



Healthy Mesa County 2015 - 2017

Strategies to Address Community Health Needs

Created by: Mesa County Health Department, Revised January 2017



In Collaboration With

St. Mary's Hospital

Community Hospital

Family Health West

Mind Springs Hospital, Inc.



**MESA COUNTY
HEALTH DEPARTMENT**

Working Together for a Healthy Community

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Executive Summary

The Community Health Needs Assessment is an important tool for public health practice that describes the health of the community by presenting information on health status, community health needs, and analysis of local health concerns.

The main goals are to provide a current snapshot of the health status of Mesa County, bring attention to areas of concern, and fulfill assessment needs for all partners of the local public health system.

In Mesa County, the assessment is led by Mesa County Health Department and conducted every three years in collaboration with local non-profit hospitals.

This report analyzes both primary and secondary data.

Primary data was collected from subject matter experts and community members through focus groups, informal interviews, and a survey. The purpose was to gather general perceptions about health, opinions in relation to community assets and capacity to address population needs, and rank health indicators by importance and actionability.

Secondary data looks at the most

important indicators under five categories: chronic disease, communicable disease, maternal and child health, preventable injury, and oral health. Population demographics, socioeconomic factors, insurance, health care access, and mental health data are also included in this report.

Most indicators were compared to the State of Colorado. Whenever possible they were looked at over time, helping identify patterns and/or future projections.

Findings demonstrate the need for continued work around the three winnable battles identified in the 2012 needs assessment - suicide, obesity and unintended pregnancy - with an emphasis on the key determinants of health contributing to those poor health outcomes.

Key determinants (e.g., social, economic and environmental factors) strongly influence individual and community health. In fact, they have a reciprocal relationship; the lower the determinants, the more likely unhealthy behaviors are present and the more difficult it is to practice healthy ones.

Thorough understanding of key determinants can also facilitate the development of effective strategies to improve population health and support the

development of the public health system. The six key determinants outlined below have been identified as having strong correlation with health status and outcomes:

1. Percent of persons living below the federal poverty level
2. Percent of persons over the age of 16 who are unemployed
3. Percent of persons over the age of 25 years without high-school education
4. Percent of the population under 18 or over 65 years
5. Per capita personal income
6. Percent of occupied housing units with more than one person per room

The **poverty** rate in Mesa County (14.4%) is significantly higher than Colorado (11.5%), and the highest child poverty rates are seen in households led by a single mom. Out of the three school districts in Mesa County, Plateau Valley School District has the highest percent of children (0-17yrs.) living in poverty at 27.9%.

Even though Mesa County has experienced a steady decrease in **unemployment** since 2010, the current rate is still higher than Colorado and the Nation. The highest unemployment rate is among adults without a high school degree (13.4%).

Almost 40% of people in Mesa County are considered **dependent**, with 22.7% of them under the age of 18 and 16.3% over the age of 65. Even though these numbers are similar to those in Colorado, the quantity and quality of programs and services available to that population need to be examined to further understand Mesa County's ability to serve them.

For over 15 years, the **per capita personal income** in Mesa County has been lower than Colorado. Consistently, the median household income in Mesa County is \$12,000 less, and women in Mesa County earn 64% of the income men earn for the same work performed.

Independently, each key determinant has the potential of impacting health and longevity. Even more troubling is the complex interplay of those determinants, the likelihood of being impacted by more than one factor, and the long-lasting effects even if conditions improve at any given time.

Changing determinants, as well as health outcomes, is a formidable task in need of involvement and participation from all players who make up the public health system. Also needed is in-depth research of the direct association between determinants and the prevalence of preventable diseases in Mesa County.

IN-DEPTH RESEARCH

Mesa County Health Department will develop a series of reports focused on

key determinants. These reports will deepen the understanding of individual and community health. They will overlay indicators for which Mesa County is significantly different than Colorado with key environmental and socioeconomic factors. Whenever possible, these indicators will be compared by zip code or census tract.

The Mesa County community is making gains in improving its health status. Three of the top five causes of death showed decreased rates from 2012-2015. Two of the three winnable battles showed improvement: suicide and teen pregnancy. Mesa County Health Department will continue to examine the social determinants as means to further advance the community's health and well-being.

HEALTHY MESA COUNTY

Healthy Mesa County is a multi-sector and coordinated approach to improve the culture of health in the community by working together toward common goals. The priorities are based on key determinants identified to have a direct impact on obesity, suicide, and unintended pregnancy. Those determinants are: well-prepared parents, adequate support systems, meaningfully-designed communities, and access to health services. Results from the in-depth research mentioned above will guide Healthy Mesa County's strategic action.

Winnable Battles

WHAT IS IT?

Winnable battles are key public health and environmental issues where progress can be made in the next three years.

Colorado has ten winnable battles: clean air, clean water, infectious disease prevention, injury prevention, mental health, obesity, oral health, safe food, tobacco, and unintended pregnancy.

WHY ARE WINNABLE BATTLES IMPORTANT?

These are the areas where we can make the greatest impact based on current resources, political will, and community readiness.

KEY FINDINGS

Mesa County has selected the following three winnable battles:

- Suicide
- Obesity
- Unintended Pregnancy



Suicide

The suicide rate in Mesa County (24.1 per 100,000) remains at levels similar to Colorado (19.5 per 100,000); however, the rate is nearly double the U.S. rate (13.0 per 100,000).

The 2012-2014 rate of attempted suicide or self-inflicted injury hospitalization in Mesa County is alarming at 105.2 per 100,000 compared to 48.9 per 100,000 in Colorado.

Teenagers between 15-19 years old attempt suicide at a much higher rate in Mesa County than in Colorado. Males between 36-54 years old are the most likely to complete suicide in Mesa County when compared to Colorado.

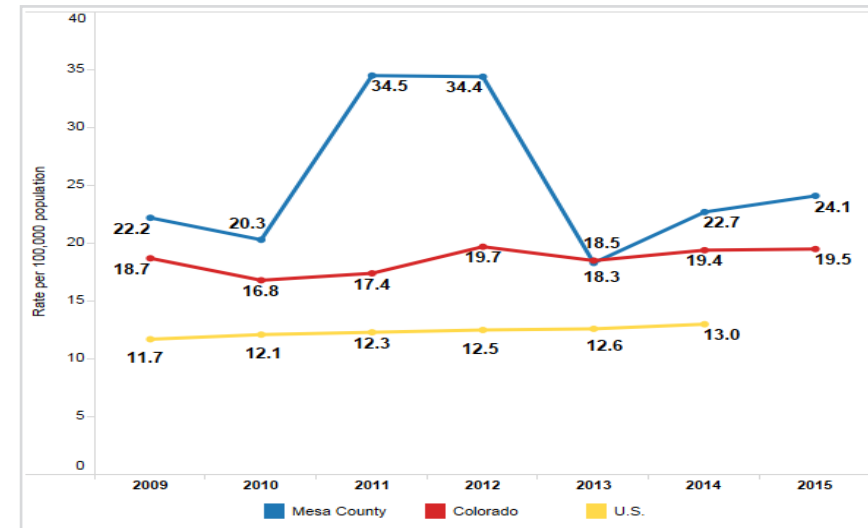
According to the Mesa County Coroner's report (2014), alcohol is one common denominator among suicides in Mesa County. Depression and poor health are two major potential stressors contributing to suicide.

A couple of findings among high school students are worthy of attention:

- One in five students reported seriously considering suicide in the past 12 months.
- One in five students reported being bullied on school property.

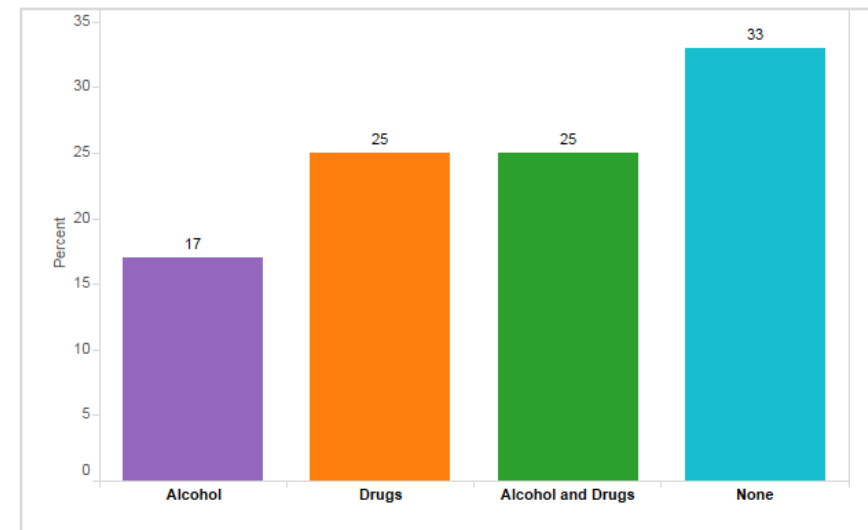
COMPLETED SUICIDE

Incidence rate, 2009-2015, Mesa County



DRUG & ALCOHOL PRESENCE AT TIME OF DEATH

2015, Mesa County



Obesity

Colorado continues to have the lowest adult (18+ years) obesity rate (21.0%) in the country; however, there has been a consistent upward trend since 2000 when Colorado was at 14.5%. In Mesa County, over half of adults (59.0%) are considered either overweight or obese.

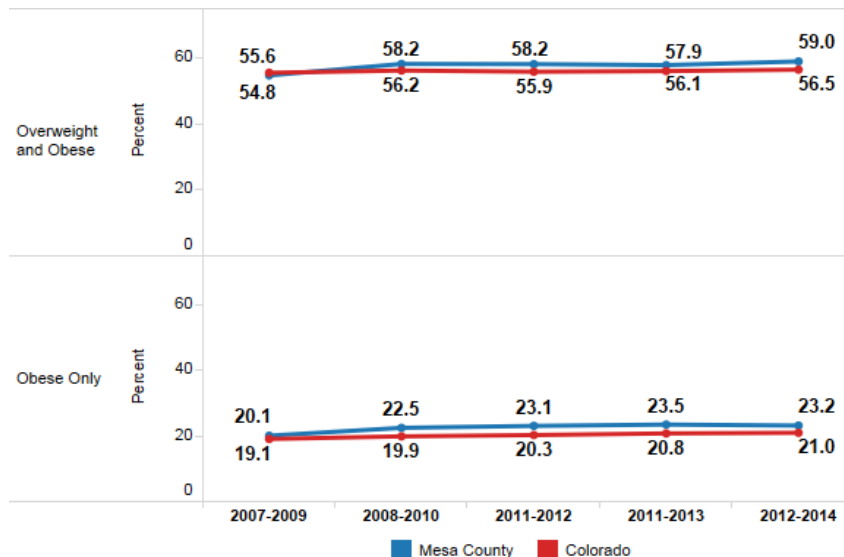
In Mesa County, the highest child poverty rates were seen in households led by a single parent; both poverty and household composition are components of food insecurity. The U.S. Department of Agriculture (USDA) defines food insecurity as having access to adequate food and nutrition limited due to cost, proximity and/or other resources.

Other factors impacting Mesa County residents include:

- Only 17% of children (1-14 years old) eat the recommended number of fruits and vegetables per day.
- Over 49% of children (5-14 years old) were not physically active at least 60 minutes per day for the past 7 days.
- 20% of adults (18+ years) report being physically inactive.

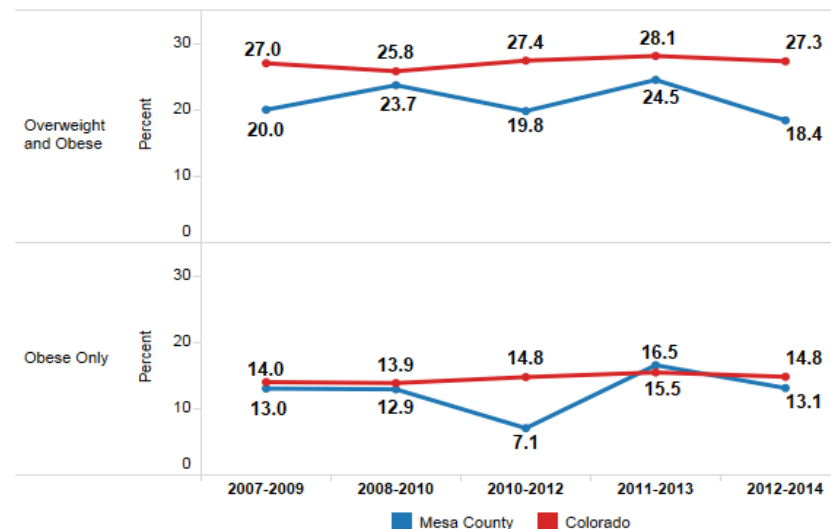
OVERWEIGHT OR OBESE

Percent of adults 18+ years, 2007-2014



OVERWEIGHT OR OBESE

Percent of children 2-14 years old, 2007-2014



Unintended Pregnancy

Since 2000, Mesa County has experienced a steady decline in the number of births among teenagers 15-19 years old. However, in 2015, the rate for number of births to teenagers continued to be significantly higher in Mesa County (31.1 per 100,000) than in Colorado (18.3 per 100,000).

Between 2010-2014, Mesa County saw a steady decline in births to young mothers (10-17 years old) and mothers with less than 12 years of education; both are encouraging trends for the teen pregnancy outlook in Mesa County.

In 2015, four in ten high schools students reported ever having sexual intercourse. Furthermore, nearly one in ten sexually active high schoolers reported using no method of birth control before last intercourse.

Continued attention to sexual behaviors among young adults in Mesa County is necessary to continue the optimistic trends. This effort is also to help reduce the incidence rate of chlamydia in Mesa County, which is the top reported communicable disease in the county.

Unintended pregnancy, especially among teenagers has the potential to have a negative impact on poverty, high school graduation, and overall child well-being.

SEXUALLY TRANSMITTED DISEASES & HEALTH INDICATORS

2012-2014

Indicators	Mesa County	Colorado	Significant Difference (p<0.05)
Chlamydia incidence rate per 100,000 population, ages 15-29 years	1,719	1,649	No difference
Percent of high school students who have ever had sexual intercourse	40.4%	35.4%	No difference
Percent of high school students who used no method of birth control to prevent pregnancy before last intercourse	9.4%	11.6%	No difference
Percent of sexually active women and men aged 18-44 years using an effective method of birth control to prevent pregnancy	61.2%	65.0%	No difference

Emerging Trends

WHAT IS IT?

Emerging trends are specific areas from the Community Health Needs Assessment warranting additional discussion and follow up. The emerging trends highlighted in this document are those where Mesa County was significantly worse than Colorado. Indicators showing change or development in general direction are also noted in this section.

WHY IS IT IMPORTANT?

Emerging trends can be utilized as a planning tool; they provide evidence for sound decision-making, and strategic direction.

KEY FINDINGS

- Unintentional injury and suicide are the leading causes of premature death in Mesa County.
- Mesa County consistently has a higher rate of chlamydia compared to the state; this sexually transmitted disease can cause fertility problems if left untreated.
- Opportunities exist to improve influenza vaccination rates, particularly for older adults.



Chronic Disease

CANCER OF LUNGS & BRONCHUS

Incidence rate per 100,000, 2013-2015

41.4

MESA COUNTY

28.5

COLORADO

CHRONIC LOWER RESPIRATORY DISEASE

Death rate per 100,000, 2013-2015

60.3

MESA COUNTY

46.5

COLORADO

TOP 10 CAUSES OF YEARS OF POTENTIAL LIFE LOST (YPLL), 2012-2014

Rate per 100,000

Causes	Mesa County	Colorado	Significant Difference (p<0.05)
All Causes	4094.4	3554.0	Worse
Unintentional injuries	1017.5	782.8	Worse
Suicide	602.8	471.1	Worse
Malignant neoplasms	532.8	458.3	Worse
Heart disease	334.8	302.8	Worse
Perinatal period conditions	189.9	243.5	Better
Chronic liver disease and cirrhosis	169.6	145.5	Worse
Homicide/legal intervention	159.7	128.7	Worse
Congenital malformations	139.9	145.4	No difference
Injuries of undetermined intent	67.1	44.4	Worse
Cerebrovascular diseases	56.4	23.9	Worse

Mesa County is significantly worse than Colorado in **eight leading** causes of YPLL

Communicable Disease

INFLUENZA VACCINATION

Percent of adults 18+ years, 2012-2014

40.5%

MESA COUNTY

42.9%

COLORADO

INFLUENZA VACCINATION

Percent of adults 65+ years, 2012-2014

63.4%

MESA COUNTY

67.0%

COLORADO

CHLAMYDIA

Incidence rate per 100,000 for 15-29 years old, 2012-2014

1,719

MESA COUNTY

1,649

COLORADO

TOP 10 COMMUNICABLE DISEASES BY COUNT

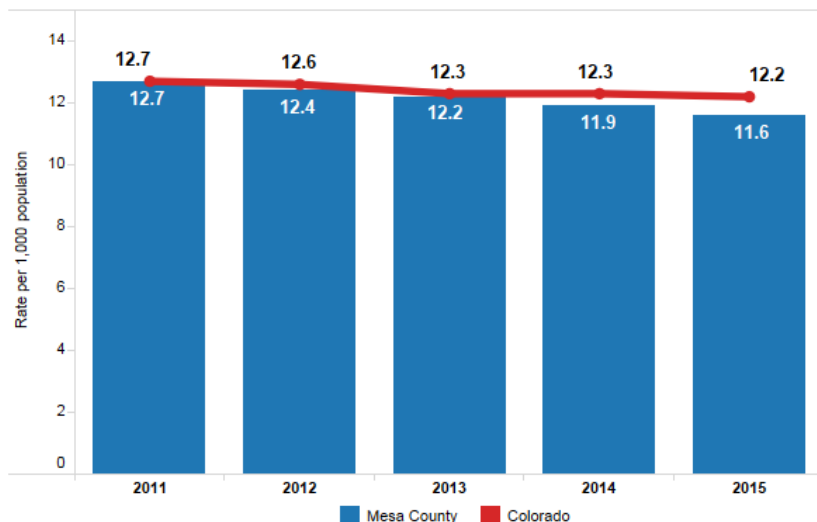
Morbidity	Cumulative Case Count (2012-2016)
Chlamydia	2,876
Hepatitis C, Chronic	515
Influenza (hospitalized)	307
Gonorrhea	204
Campylobacter	95
Strep Pneumo, Invasive	89
Salmonellosis	70
Pertussis	64
Varicella (Chicken Pox)	48
Hepatitis B, Chronic	43

In Mesa County,
the rate of chlamydia is consistently
higher than the state.

Maternal & Child Health

LIVE BIRTHS IN MESA COUNTY & COLORADO

Rate per 1,000 total population, 2011-2015



LIVE BIRTHS BY AGE GROUP

Rate per 1,000 females, 2015

Indicators	Mesa County	Colorado	Significant Difference (p<0.05)
Teen fertility rate, ages 15-17 years old	12.5	8.1	No difference
Teen fertility rate, ages 15-19 years old	31.1	18.3	Worse

ADEQUATE PRENATAL CARE

Percent of mothers, 2012-2014

57.8%

MESA COUNTY

63.3%

COLORADO

LIVE BIRTHS TO OBESSE/OVERWEIGHT

Percent of mothers, 2012-2014

48.3%

MESA COUNTY

44.9%

COLORADO

SMOKING DURING PREGNANCY

Percent of mothers, 2011-2013

14.1%

MESA COUNTY

8.1%

COLORADO

Preventable Injury

SUICIDE

Incidence rate per 100,000 population, 2011-2015

26.7

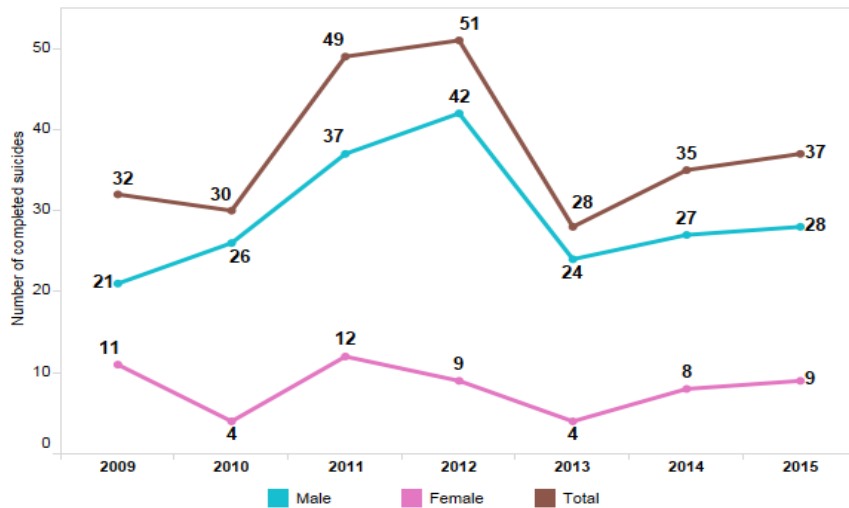
MESA COUNTY

18.9

COLORADO

COMPLETED SUICIDES

By gender, 2009-2015, Mesa County



FACTORS RELATED TO INJURY & VIOLENCE

Indicators	Mesa County	Colorado	Significant Difference (p<0.05)
Age-adjusted alcohol-induced deaths (rate per 100,000 population) (2015)	23.8	14.2	Worse
Age-adjusted rate of motor vehicle accident injuries (per 100,000 population) (2015)	80.3	63.0	Worse
Age-adjusted suicide/self-inflicted hospitalizations (rate per 100,000 population) (2012-2014)	105.2	48.9	Worse
High school binge drinking 1+ days in the past 30 days (2015)	57.6%	59.9%	No difference

The most common method of completed suicide in Mesa County is

gun shot wound

Oral Health

PERIODONTAL DISEASE

Percent of adults 21+ years old, 2012, 2014

43.3%

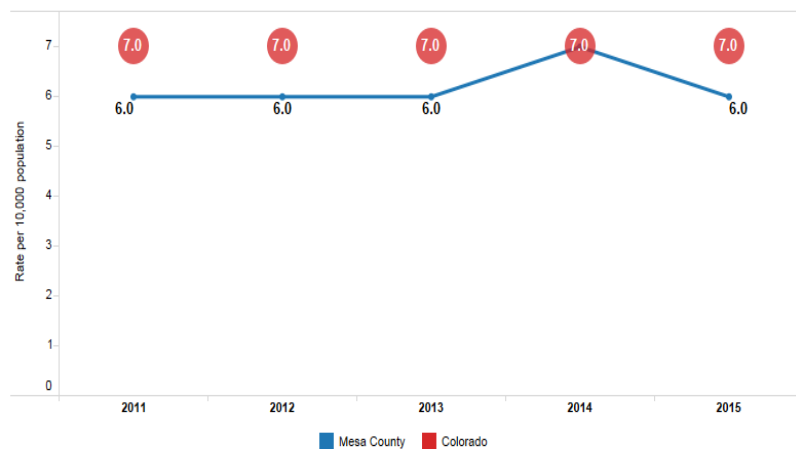
MESA COUNTY

37.0%

COLORADO

ACTIVE LICENSED DENTISTS

Rate per 10,000 population, 2006-2015



SMOKING

Percent of adults 18+ years, 2012-2014

19.9%

MESA COUNTY

17.1%

COLORADO

CHEWING TOBACCO, SNUFF, DIP

Percent of students 14-18 years, 2015

7.1%

MESA COUNTY

4.9%

COLORADO



of Mesa County residents visited a dentist in the past 12 months.

Population Demographics

WHAT IS IT?

Population demographics are specific characteristics of a population in terms of age, gender, and race.

WHY ARE DEMOGRAPHICS IMPORTANT?

The demographic composition of a population helps determine services and resources needed in a community.

KEY FINDINGS

- Females in Mesa County live longer than males.
- Life expectancy among females is 81.7 years and 76.4 years for males.
- 16.3% of the population is 65 years and older.
- Hispanic is the largest ethnicity in Mesa County.



GEOGRAPHY

Mesa County is located on the western border of Colorado, 250 miles west of Denver. The County, one of sixty-four counties in Colorado, spans 3,313 square miles. The County seat, Grand Junction, is the largest city in Western Colorado. Grand Junction is in a river valley and gets its name from the confluence of the Gunnison and Colorado rivers. The Grand Valley covers 38.22 square miles and has an elevation of 4,586 feet. Mesa County also includes the towns of Collbran, De Beque and Palisade, the city of Fruita, and smaller unincorporated areas.

POPULATION SIZE

According to the 2015 U.S. Census Bureau, Mesa County's population is 147,834. The median age in the County is 38 years, which is slightly older than the median age for Colorado (36 years). Since 2010, Mesa County has seen a 0.3% annual average population change (CSDO, 2014).

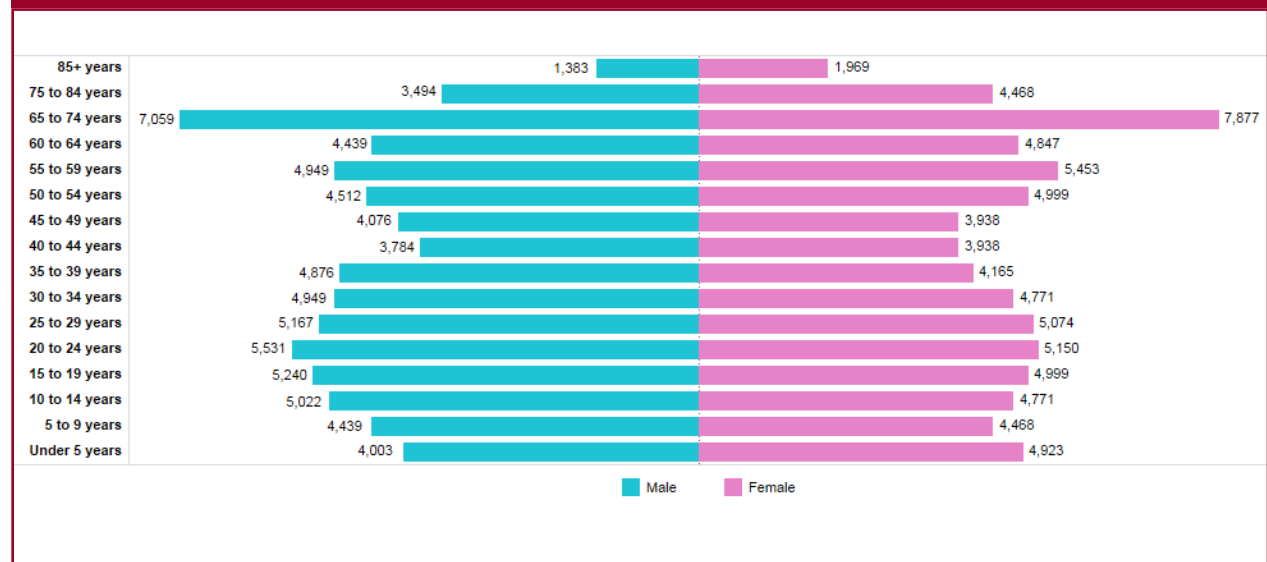
ETHNICITY

Mesa County's population is 92.8% White; Hispanic or Latino is the largest ethnicity (13.9%).

Figure 1: Population by Age and Jurisdictional Area, 2016 (U.S. Census Bureau, ACS, 2011-2015)

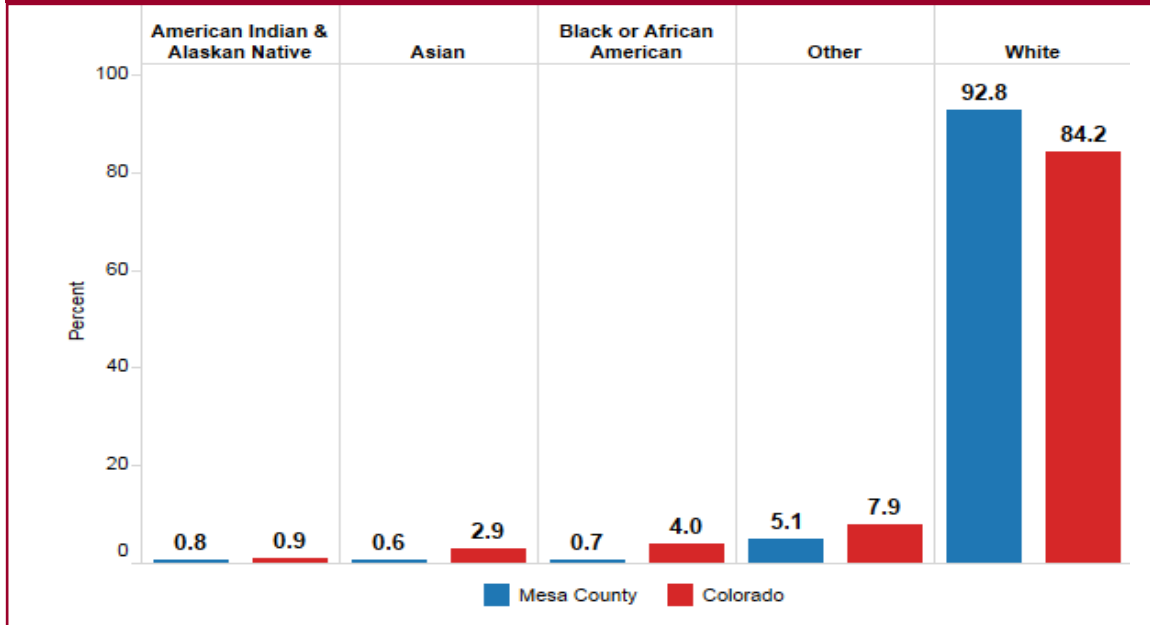
Jurisdictional Area	Total Population	18 Years and Over		65 Years and Over		Median Age
	Number	Number	Percent	Number	Percent	Years
Clifton	28,711	22,308	77.7%	4,106	14.3%	36.9
Collbran	2,243	1,826	81.4%	458	20.4%	44.0
De Beque	762	561	73.6%	119	15.6%	40.8
Fruita	23,693	17,675	74.6%	3,696	15.6%	39.4
Palisade	2,654	1,991	75.0%	364	13.7%	37.9
Grand Junction	87,213	67,852	77.8%	14,913	17.1%	37.6
Mesa County	147,834	114,276	77.3%	24,097	16.3%	38.4
Colorado	5,278,906	4,038,363	76.5%	644,027	12.2%	36.3

Figure 2: Number of Persons by Age and Sex in Mesa County, 2015 (U.S. Census Bureau, ACS, 2016)



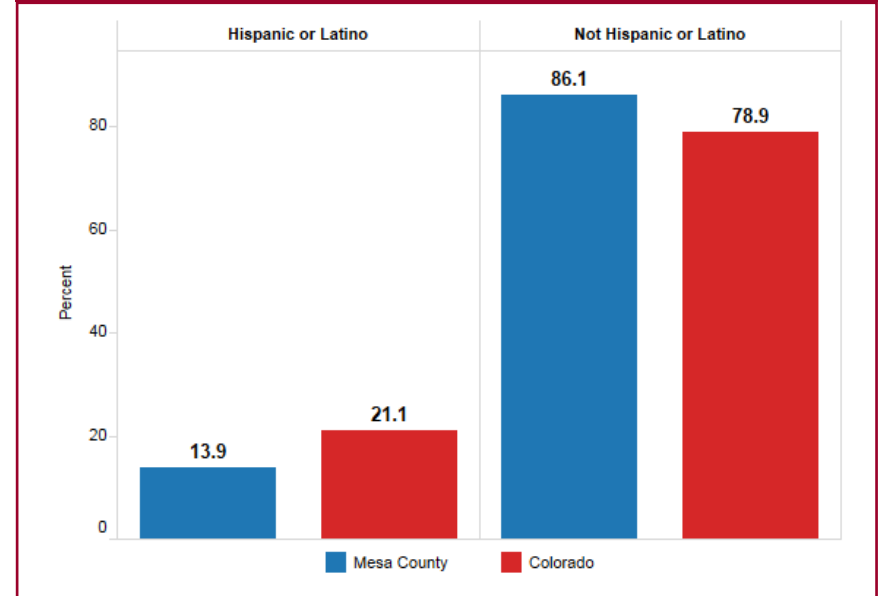
Although the number of children and young adults are relatively equal for male and female, as the population becomes older, there are more females in Mesa County because they are living longer than males.

Figure 3: Percent of Population by Race, 2015 (U.S. Census Bureau, ACS, 2016)



In Mesa County, the majority of residents identify as White with the second highest category of residents identifying as Other.

Figure 4: Percent of Population by Ethnicity, 2015 (U.S. Census Bureau, ACS, 2016)



In Mesa County, almost 14% of residents identify as Hispanic or Latino compared with 21% in Colorado.

FAMILIES WITH CHILDREN

According to the most recent U.S. Census Bureau ACS estimates, 26.8% (18,275 families) are family households with one or more their own child(ren). A family household is any housing unit in which the householder is living with one or more individuals related to him or her by birth, marriage, or adoption.

POPULATION UNDER AGE 18 & OVER 65 YEARS

In Mesa County, 33,626 people (22.7%) are under 18 years of age and 24,084 (16.3%) are older adults 65 years and older. Both of these populations have unique health needs which should be considered separately from other age groups.

POPULATION WITH ANY DISABILITY

The percent of the total civilian non-institutionalized population with a disability in Mesa County is 13.8% (20,188 people). Mesa County's rate of individuals with disabilities is higher than Colorado (10.4%) and the U.S. (12.4%).

HOMELESSNESS

Several counties in Colorado participate in an annual snapshot count of homelessness in their communities called the Point in Time Study. The most recent study was conducted in January 2015. The study provides an idea of the burden of homelessness in the state, though it is important to note that it is always changing. Due to the transient nature of the population, the numbers from the study should be considered an underestimate of the true burden of homelessness (Colorado Coalition for the Homeless, 2015).

Who's at risk for homelessness? Households headed by a single adult less than 25 years old, veterans [particularly persons with severe disabilities such as traumatic brain injuries and Post Traumatic Stress Disorder (PTSD)], survivors of domestic violence and other forms of abuse or trauma, and children in poverty.

What are risk factors for homelessness? Lack of affordable housing, inadequate income, lack of access to needed services (particularly in rural areas), experiencing trauma, behavioral health problems, mental illness, and substance abuse (National Alliance to End Homelessness, 2015).

Figure 5: Homelessness Point in Time Study Results in Mesa County and Colorado (23 participating counties), 2015 (Colorado Coalition for the Homeless, 2015)

Indicator	Mesa County	Colorado
Total number homeless persons	507	3,548
Percent of persons under 18 years old	28	26
Percent of persons 18-24 years old	8	11
Percent of persons 24+ years old	64	63
Percent female	40	41
Percent chronically homeless*	32	21
Percent that were veterans	8	8
Percent reporting at least one disability	42	40

*As indicated by respondents living in shelters/on-the-street for a year or more or who have been homeless on the streets 4+ times in the past 3 years and reported at least one disability. Mesa County saw a higher percent reporting that they were chronically homeless and had at least one disability compared with Colorado.



Social and Economic Factors

WHAT IS IT?

Social and economic factors relate to experiences and realities which help mold attitudes, beliefs, and behaviors. They determine individual and family culture.

WHY ARE SOCIAL AND ECONOMIC FACTORS IMPORTANT?

Advantage or disadvantage in one or multiple factors can determine health outcomes, educational attainment, and overall success. Social and economic factors are important to consider prior to introducing new community interventions or programs.

KEY FINDINGS

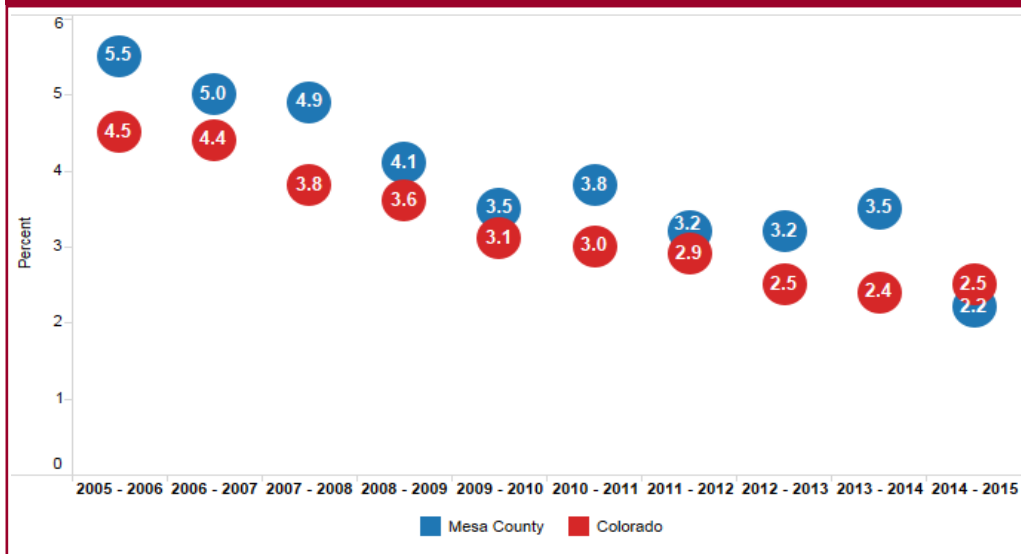
- Approximately 1 in 3 adults in Mesa County have a college degree.
- Since 2012, more children and adults in Mesa County are living in poverty.
- Nearly half of Mesa County residents who rent their home pay more than 35% of their household income to rent.



EDUCATION

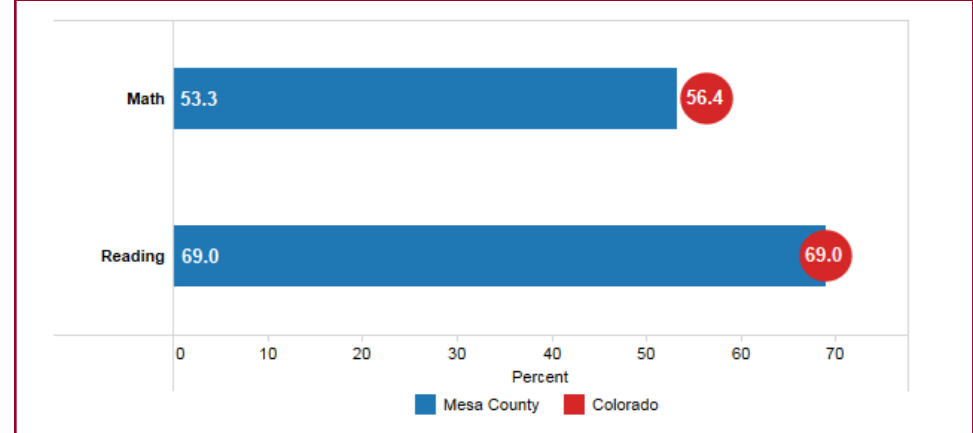
Higher education may be the best socio-economic status predictor of good health (Winkleby, et al.). Education is a staple of a healthy, thriving community. It leads to greater employment opportunity, increased income, a highly skilled workforce, less crime, and less reliance on public services. It also is linked to reduced illness, increased longevity, and improved health and educational opportunity for future generations. Mesa County is served by three school districts: Mesa County Valley School District 51, Plateau Valley School District 50, and De Beque School District 49-JT. Data from the three districts were combined to create the charts represented in this section (Figures 6, 7, 8).

Figure 6: Percent of High School Students that Dropped Out of School by School Year in Mesa County and Colorado, 2005-2015 (CDE, Annual Dropout Rate, 2016)



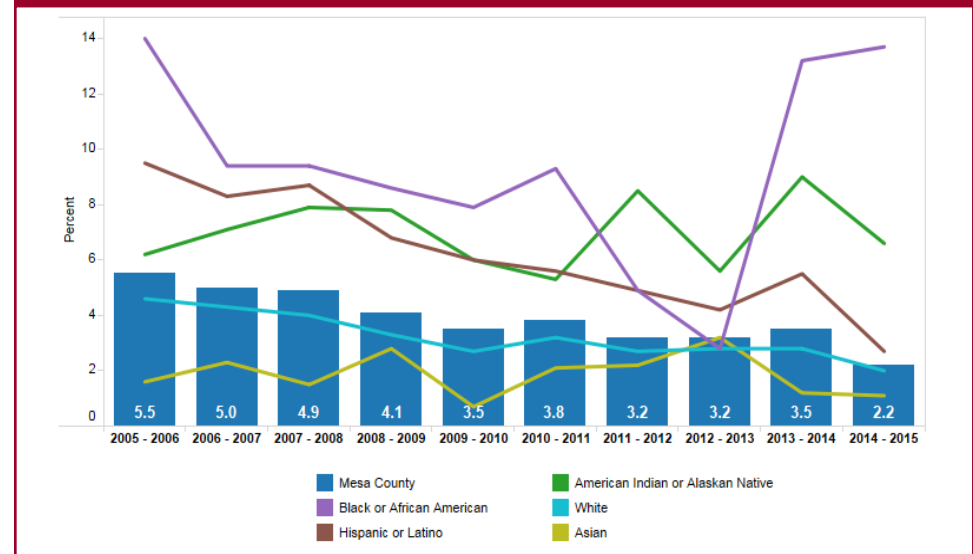
Between 2005-2014, Mesa County saw a higher percent of high school students drop out of school compared with Colorado. During the 2014-2015 school year, Mesa County saw a lower percent of students drop out.

Figure 7: Percent of Students in Grades 3-10 Who Are Proficient or Advanced for Grade Level Standards in Math and Reading, 2014 (CDE, 2014)



Although Mesa County and Colorado students are the same for reading proficiency (69%), Mesa County students are not as likely to be as proficient in math as Colorado students.

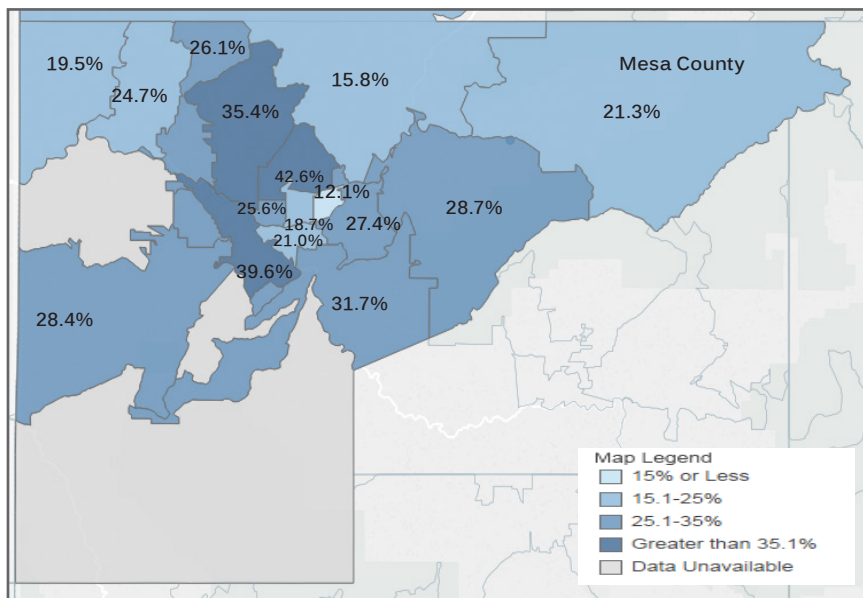
Figure 8: Percent of High School Students that Dropped Out of School by Race and Ethnicity and School Year in Mesa County and Colorado, 2005-2015 (CDE, Annual Dropout Rate, 2016)



Black or African American students had the highest percent of students that dropped out of school.

Educational Attainment

Adults 25-64 years, by zip code, 2011-2015



(U.S. Census Bureau, 2011-2015)

The percent of adults with a Bachelor's Degree or higher ranges from:

42.6% in zip code 81506

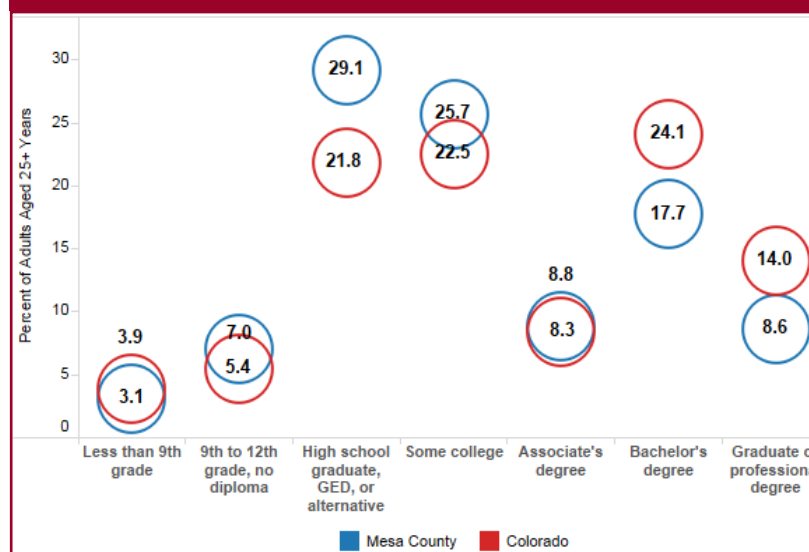
to

12.1% in zip code 81520

By the Numbers

Zip Code	Percent	Zip Code	Percent
81501	25.6	81523	28.4
81503	21.0	81524	24.7
81504	18.7	81525	19.5
81505	35.4	81526	27.4
81506	42.6	81527	31.7
81507	39.6	81624	21.3
81520	12.1	81630	15.8
81521	26.1	81643	28.7
81522	N/A	81646	31.3

Figure 9: Percent of Adults Aged 25+ Years and by Educational Attainment, 2015 (U.S. Census Bureau, ACS, 2016)

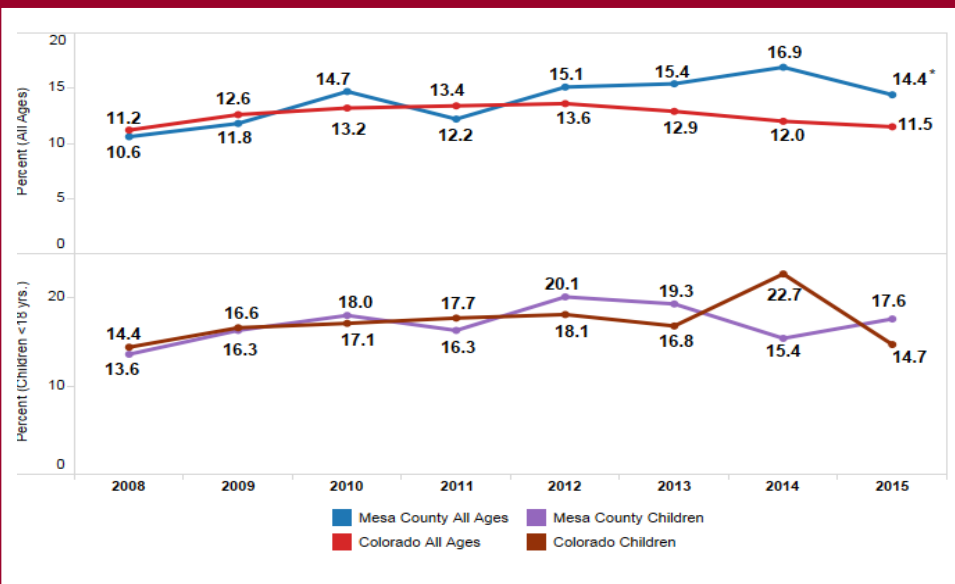


Less than one in five Mesa County adults have a Bachelor's degree, which is less than Colorado.

POVERTY

The National Center for Health Statistics (CDC) (2012) indicates that “adults living in poverty are more likely to be in poor health, to be uninsured, and to die at a younger age than adults not living in poverty” (Health, United States, 2011, pg. 36). Furthermore, “growing up in poverty raises a child’s risk for school failure, poor health, and teen pregnancy and childbearing” (Health, United States, 2011, pg. 27). In 2016, the Federal Poverty Level Guidelines set the poverty threshold for a family of four at \$24,300. The poverty rate in Mesa County is 14.4%; this is significantly higher than Colorado’s rate of 11.5%.

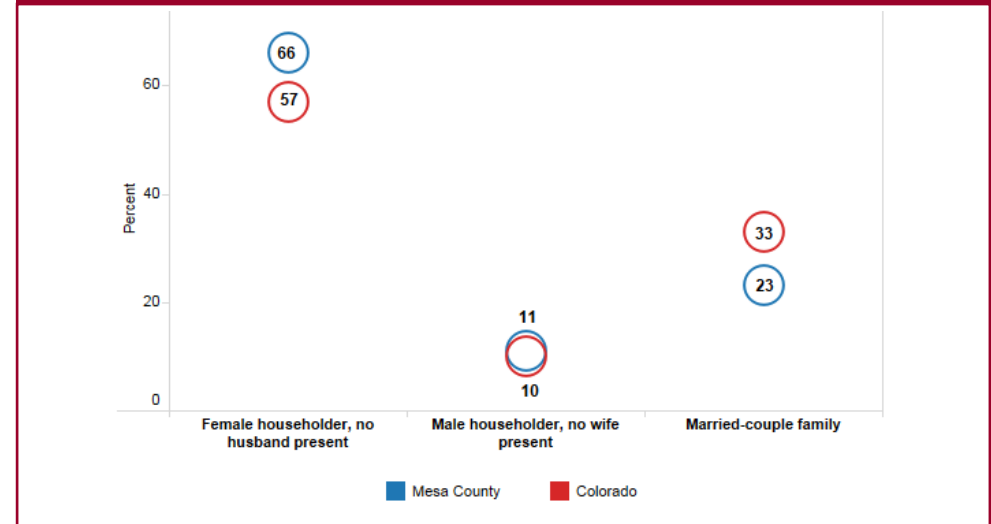
Figure 10: Percent of Population Living in Poverty, 2008-2015 (U.S. Census Bureau, SAIPE, 2016)



Since 2012, more Mesa County residents are living in poverty compared with Colorado.

*Significantly higher than Colorado.

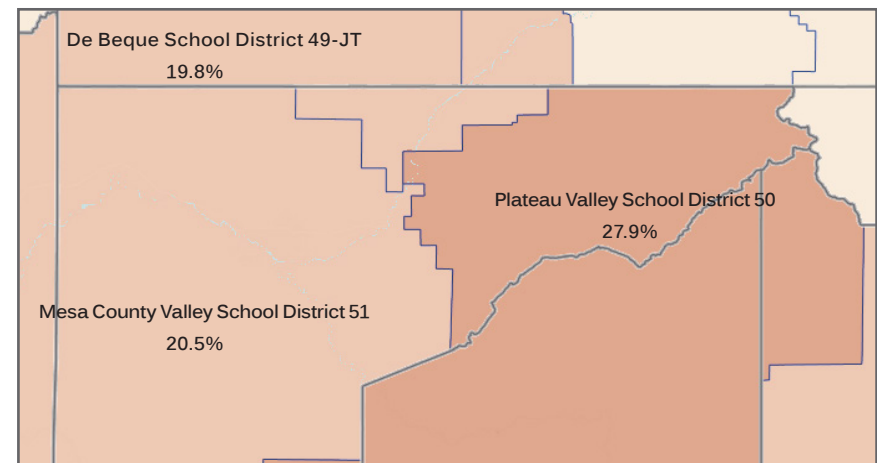
Figure 11: Percent of Children Living in Poverty by Type of Household, 2015 (U.S. Census Bureau, American Community Survey, 2015)



In Mesa County, the highest child poverty rates were seen in households led by a single female.

Poverty by School District

Children 0-17 years old, 2012-2014

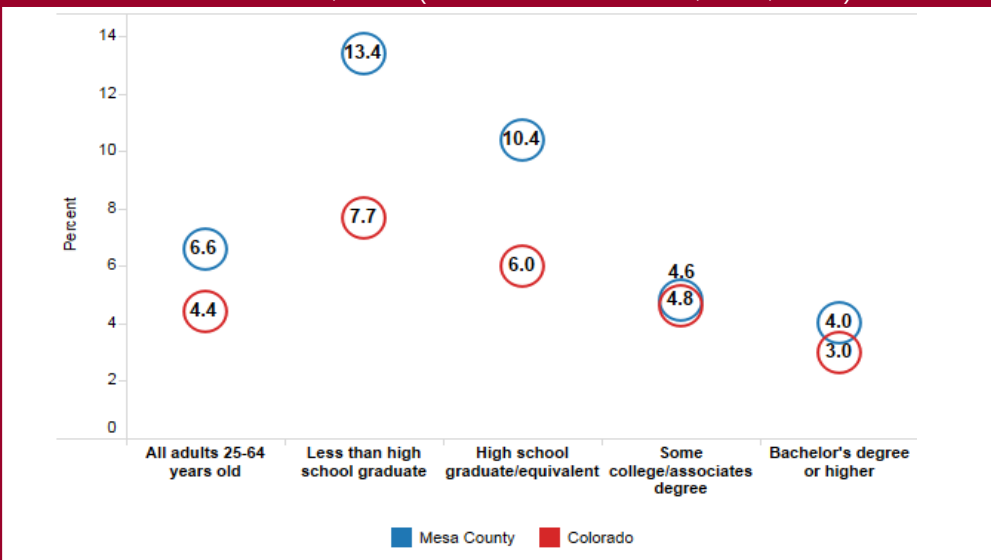


In Mesa County, the Plateau Valley School District has the highest percent of children (0-17 years old) living in poverty (Community Commons, 2015; U.S. Census Bureau, ACS, 2012-2014).

EMPLOYMENT

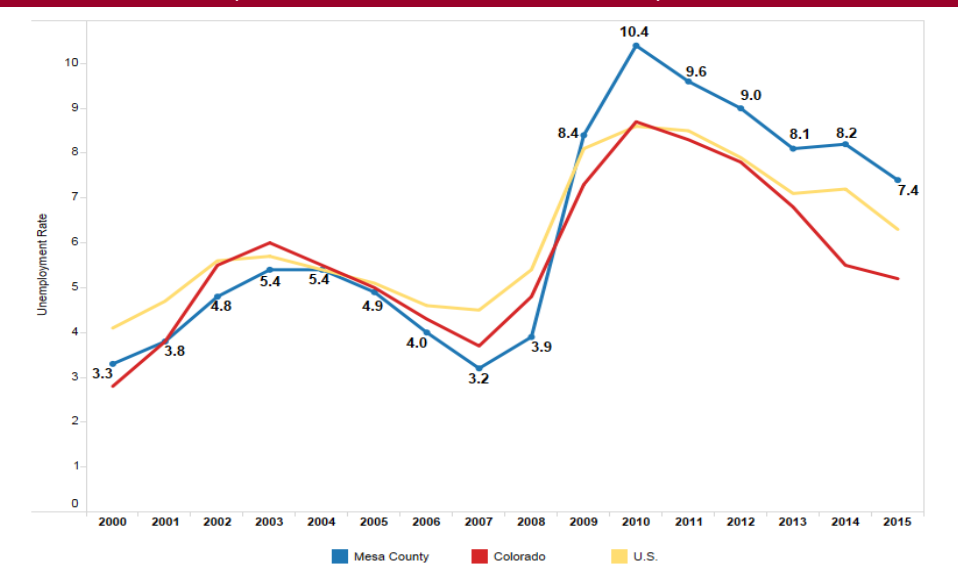
Employment status is closely linked with health and wellness. In reference to the U.S. Department of Labor, “not only do most Americans spend a large proportion of their time in the workplace, but employment can provide income and benefits that help enable a healthy life. Job loss and unemployment are associated with stress and other adverse health effects” (Colorado Health and Environmental Assessment, 2013). The U.S. Census Bureau shows the 2015 unemployment rate for Mesa County at 7.4%; this is higher than Colorado’s rate of 5.2% and the United States at 6.3% for the same period.

Figure 12: Percent of Adults (25-64 Years Old) Who Are Unemployed by Educational Attainment, 2015 (U.S. Census Bureau, ACS, 2016)



In Mesa County, the highest unemployment rates were seen among adults with less than a high school degree (a trend also mirrored in Colorado).

Figure 13: Unemployment Rate in Mesa County, Colorado, and the U.S., 2000-2015 (U.S. Census Bureau, ACS, 2016)



In Mesa County, the lowest unemployment rate was seen in 2000 and the highest in 2010.

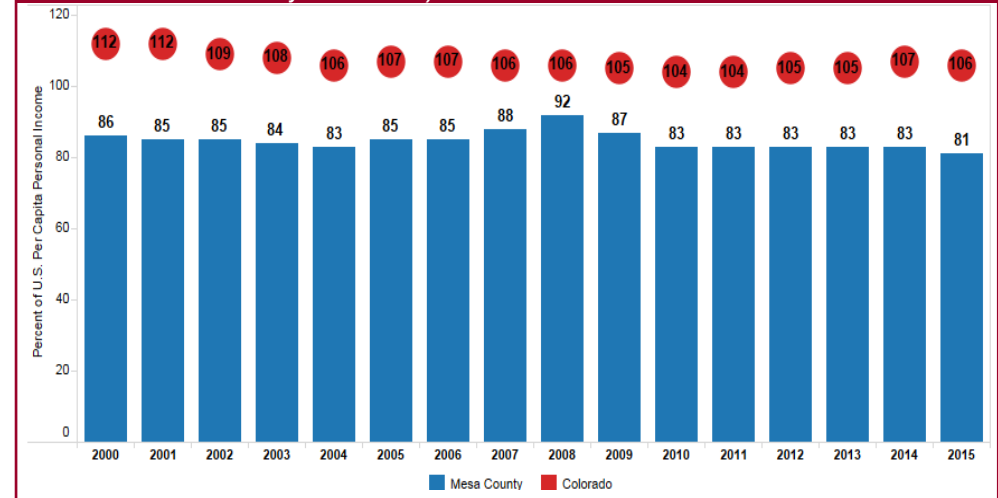
Since 2009, Mesa County experienced a consistently **higher unemployment rate** than Colorado and the U.S.

INCOME

Income is essential to the financial wellbeing of families and communities. Two selected measures explore income over time in Mesa County: per capita personal income (PCPI) and median household income. In 2015, Mesa County had a PCPI of \$38,863.

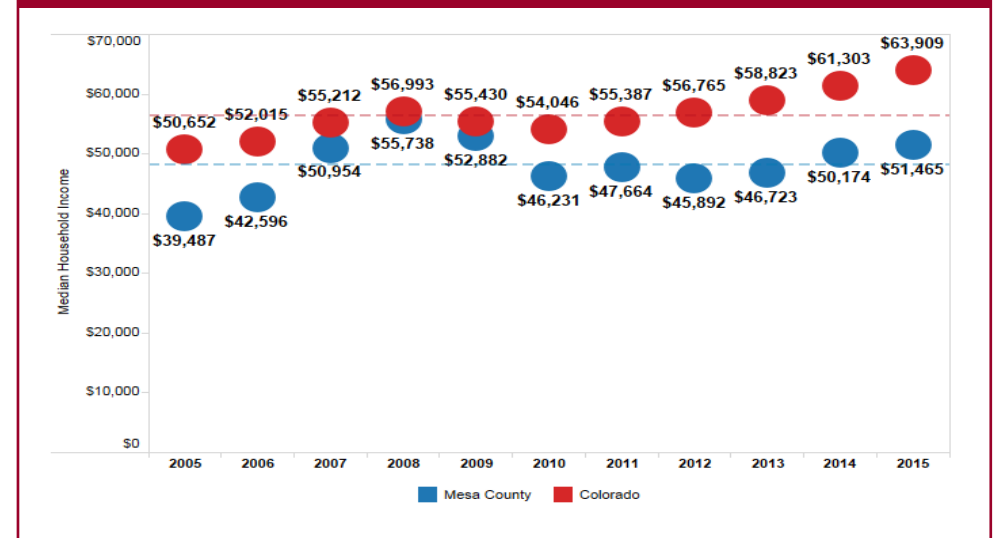
This PCPI ranked 43rd among Colorado counties. Mesa County's PCPI is 76% that of Colorado (\$50,899) and 81% of the U.S. average (\$47,979). Figure 14 shows a dramatic difference in PCPI between Mesa County and Colorado, a trend that has continued for more than a decade.

Figure 14: Per Capita Personal Income (PCPI) as a Percent of the U.S. PCPI for Mesa County and Colorado, 2000-2015 (U.S. Bureau of Economic Analysis, 2016)



Mesa County shows consistently lower PCPI than Colorado and the U.S.

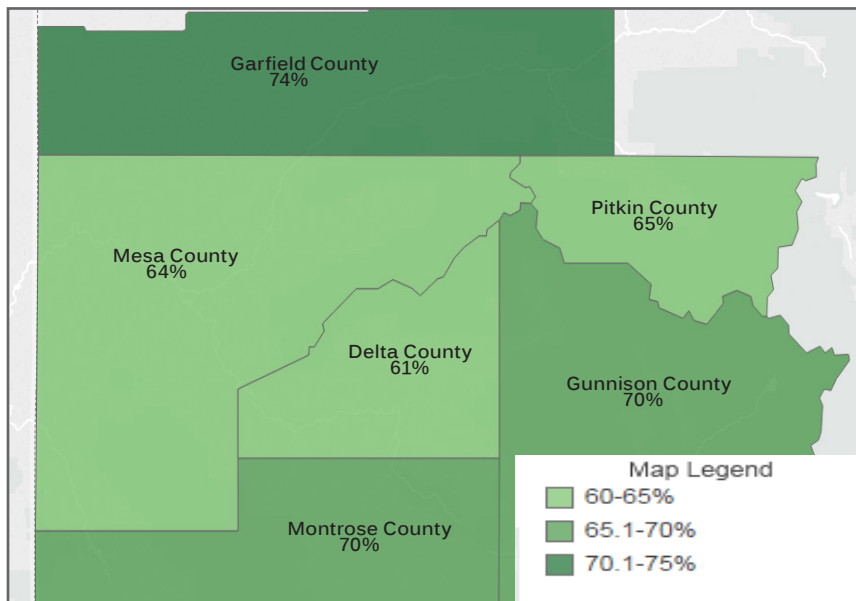
Figure 15: Median Household Income with Average Lines Shown, 2005-2015 (U.S. Census Bureau, ACS, 2016)



Mesa County's median household income is consistently lower than Colorado.

Women's Income as Percentage of Men's Income

Ratio by county, 2011-2015



In Mesa County, women earn 64% of what men earn for the same work performed. This is worse than most of the neighboring counties with the exception of Delta county (61%) (U.S. Census Bureau, ACS, 2011-2015).

Insurance and Access to Care

WHAT IS IT?

Health insurance coverage is a factor that influences access to care. Access to timely and appropriate care provides individuals and communities with the resources they need to manage chronic conditions, control acute illnesses, and prevent occurrence of disease (CDC, Health Insurance and Access to Care, 2012).

WHY ARE HEALTH INSURANCE AND ACCESS IMPORTANT?

Health insurance makes medical care more affordable when it's needed most, and having access to medical care means that care is more likely to be received without delay.

KEY FINDINGS

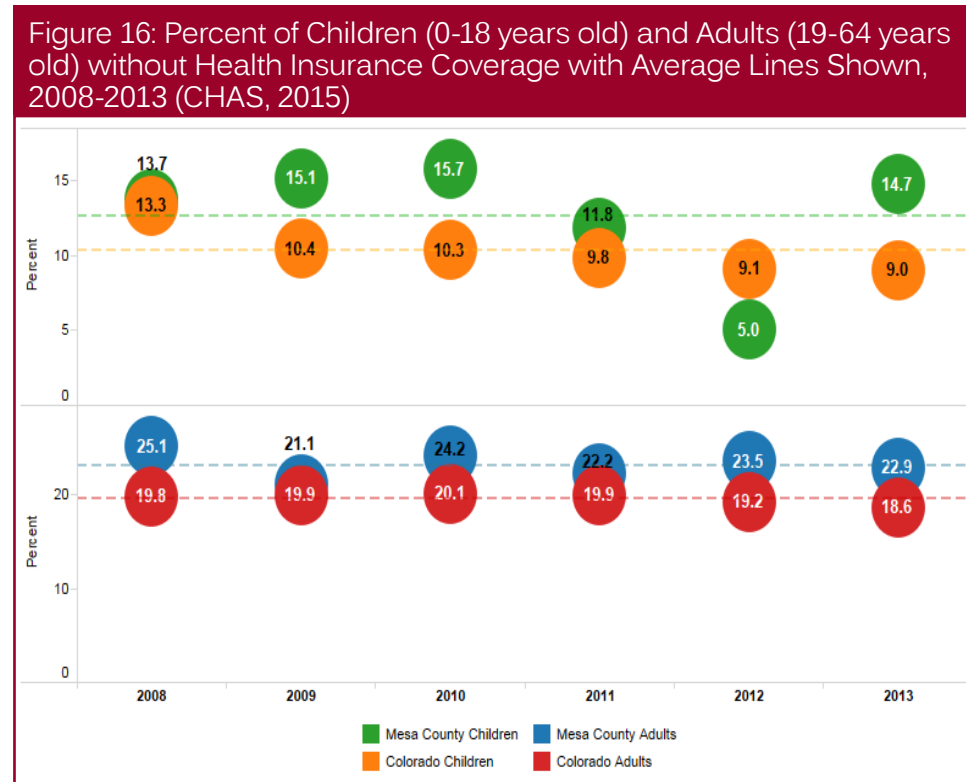
- Approximately 8.0% of Mesa County residents do not have health insurance coverage compared with 6.7% in Colorado.
- Children eligible but not enrolled in Medicaid or CHP+ went from 25.6% in 2009 to 9.2% in 2012.
- Over 80.0% of Mesa County adults have a regular healthcare provider, which is significantly higher than Colorado.



HEALTH INSURANCE

In Mesa County, about 8.0% of residents do not have any health insurance coverage compared with 6.7% in Colorado. Additionally, 36.0% of Mesa County residents do not have any dental insurance compared with 29.0% in Colorado (CHAS, 2015).

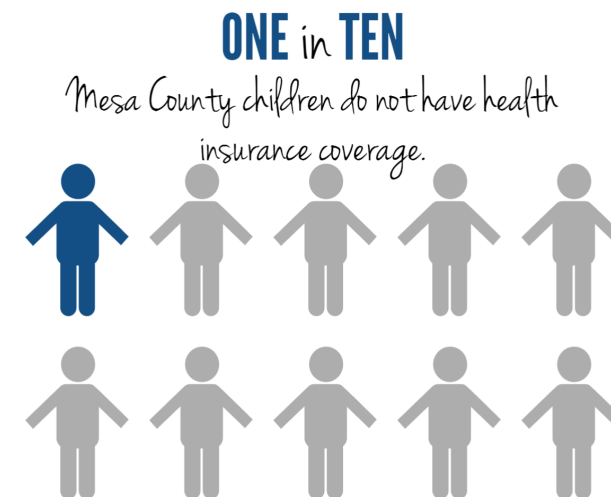
Gaps in health insurance coverage remain an important issue for Mesa County. About one in five residents reported that they were uninsured at some point within the past 12 months.



Although the percent of uninsured children decreased between 2008-2012, it rose to 14.7% in 2013 (higher than Colorado). Mesa County adults were consistently more likely to be uninsured than adults in Colorado over all years.

Figure 17: Percent of Population by Health Insurance Coverage and Type, 2015 (CHAS, 2015)

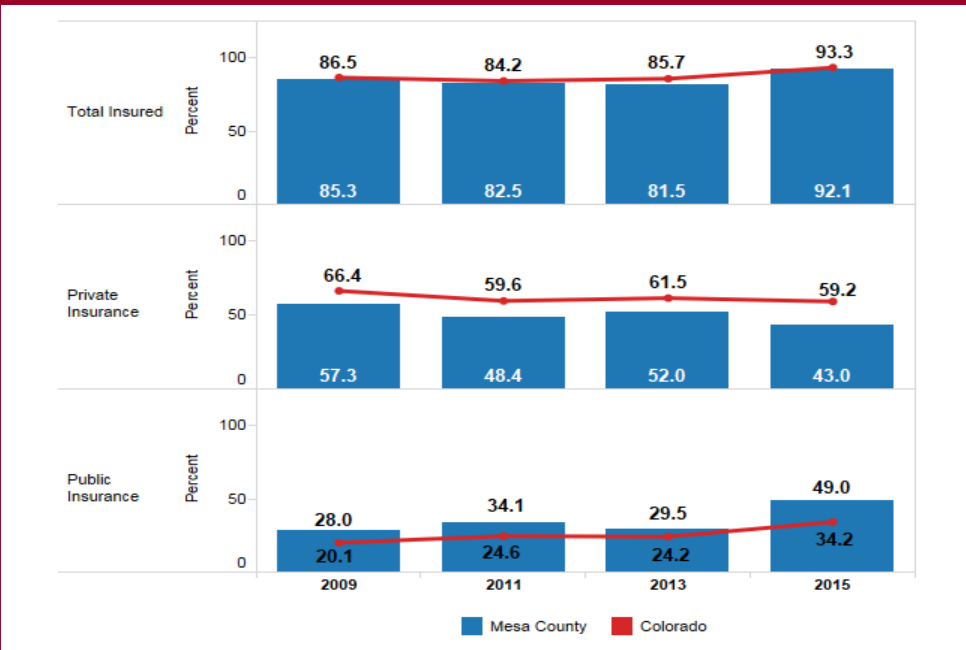
Indicator	Mesa County	Colorado
Residents with any health insurance	92.1	93.3
Residents with private insurance	43.0	59.2
Residents with public insurance	49.0	34.2
Residents with no health insurance	8.0	6.7



TYPE OF INSURANCE

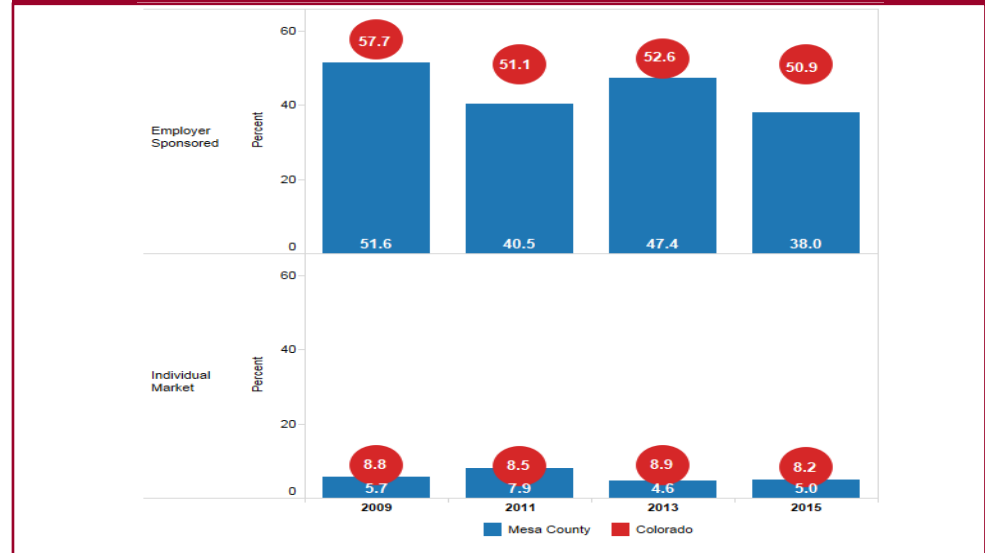
In Mesa County, 92.0% of residents report having health insurance coverage, with the majority covered by public insurance such as Medicare and Medicaid/CHP+. The percent of residents utilizing Medicaid/CHP+ in Mesa County more than doubled between 2009-2015 (a trend mirrored in Colorado). Medicare provides coverage for adults 65+ years, adults with certain disabilities, and persons with End Stage Renal Disease (CMS, 2015). Medicaid/CHP+ provides insurance for low-income families based on the Federal Poverty Level.

Figure 18: Percent of Residents With Health Insurance in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



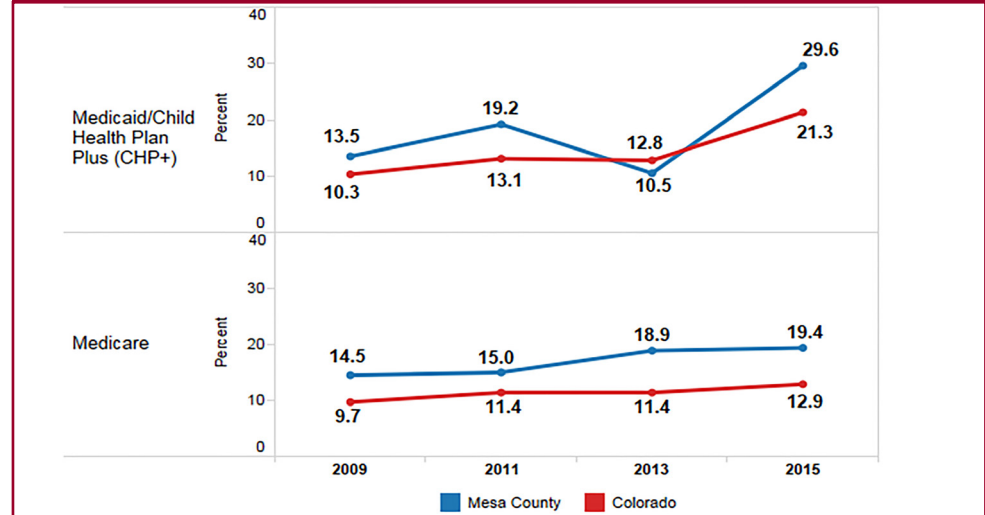
Mesa County and Colorado both have over 90% of residents who report health insurance coverage. Between 2009-2015, the percent of Mesa County residents reporting private insurance decreased, while those reporting public insurance increased (a trend also mirrored in Colorado).

Figure 19: Type of Insurance Among Residents With Private Health Insurance in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



Of those residents reporting private health insurance coverage, the majority are covered by an employer sponsored plan.

Figure 20: Type of Insurance Among Residents With Public Health Insurance in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



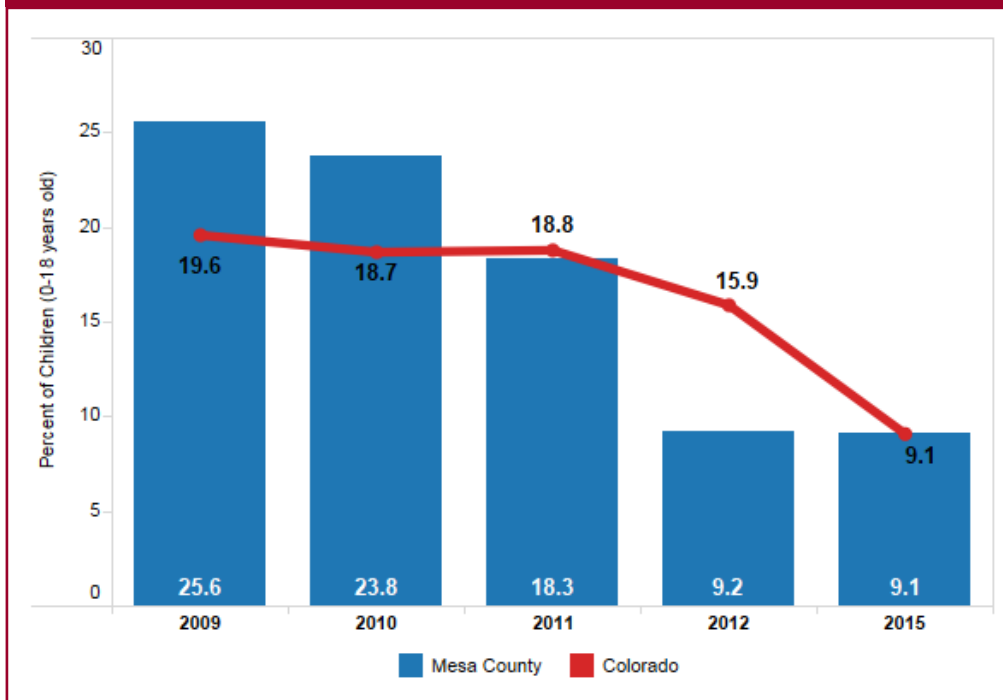
Residents utilizing Medicare increased slightly between 2009-2015.

UNDERINSURANCE

Underinsurance means “spending a high share of annual income on medical care” (America’s Underinsured: A State-by-State Look at Health Insurance Affordability Prior to the New Coverage Expansions, The Commonwealth Fund, March 2014).

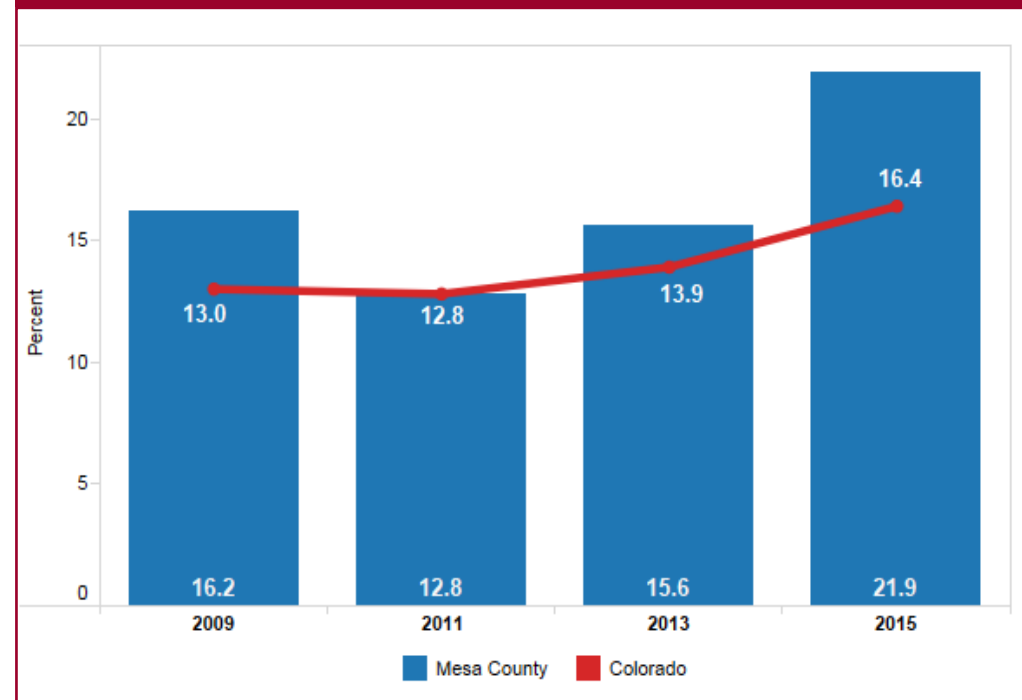
Underinsurance can occur in many circumstances but perhaps most strikingly, when a person has an unexpected medical situation and requires costly treatment or care that may not be entirely covered by their health insurance. In Mesa County, 21.9% of residents are estimated to be underinsured, compared with 16.4% of Coloradans (CHAS, 2015). Underinsurance can have a tremendous financial burden on families and communities.

Figure 21: Percent of Children (0-18 years old) who were Eligible but not Enrolled in Medicaid or CHP+, 2009-2015 (Colorado Health Institute, Analysis of the U.S. Census Bureau American Community Survey, 2016)



Between 2009-2015, Mesa County made progress in reducing the percent of children eligible but not enrolled in either Medicaid or CHP+. No data available for 2013 and 2014.

Figure 22: Percent of Residents who are Underinsured, 2009-2015 (CHAS 2015)



More than 20% of Mesa County residents were underinsured in 2015. Both Mesa County and Colorado saw an increase in underinsurance between 2011 and 2015.

USE OF HEALTHCARE

Understanding how people in Mesa County access healthcare provides valuable insight to form policies and promote appropriate use of local healthcare resources.

People with a usual source of care are more likely to have better health outcomes and experience less disparities. They can develop a relationship with their providers thereby improving communication, trust, and appropriate care. Health insurance coverage is potentially one of the most important factors related to access and use of healthcare. Lack of health insurance leaves people with either aggravated health issues or high medical bills.

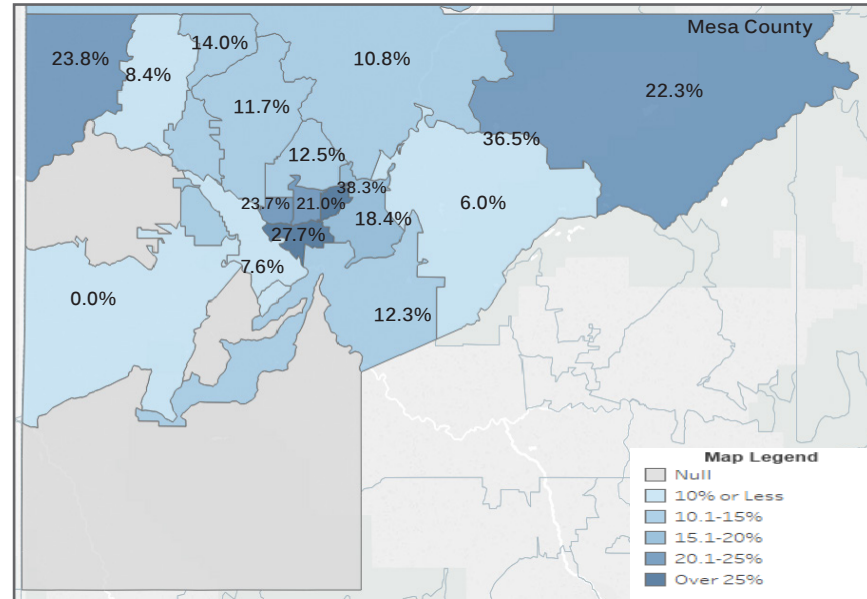
Service and coverage each have significant impact on utilization of high-cost settings such as emergency rooms and urgent care.

Nationwide, there is an urgency to increase the proportion of persons with health insurance, increase the number of practicing care providers, increase the number of people who have a source of ongoing care, and reduce the number of non-urgent visits to the emergency room.

Understanding the specific barriers to care, health needs, common attitudes, behaviors, and beliefs regarding utilization is crucial to improving health outcomes in Mesa County residents.

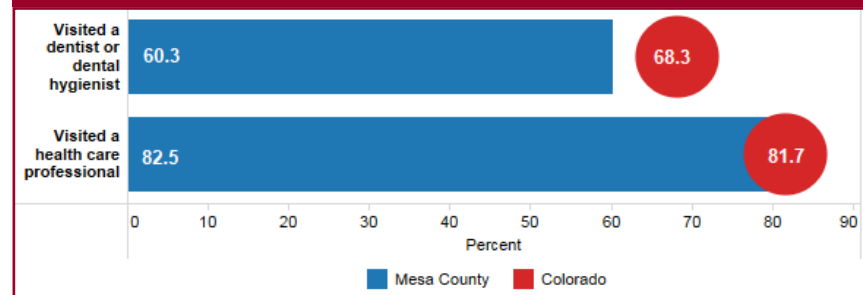
Medicaid Coverage by Zip Code

Percent of all residents, 2011-2015



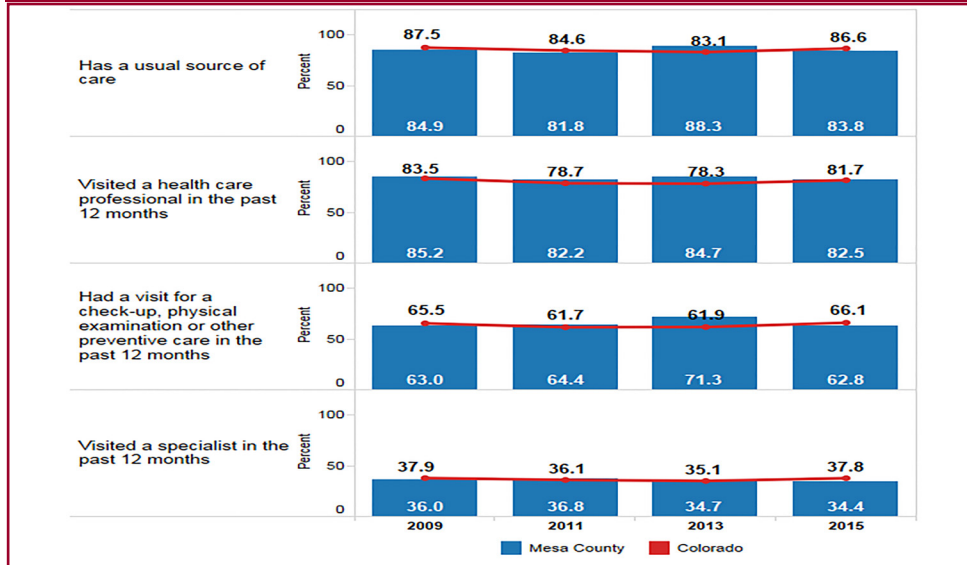
Zip codes with the highest percent of residents covered by Medicaid are: 81520 (38.3%), 81646 (36.5%), and 81503 (27.7%). The areas with the lowest percent of residents covered by Medicaid are: 81523 (0%), 81643 (6.0%), and 81507 (7.6%) (Community Commons, 2015; U.S. Census Bureau, ACS, 2009-2013).

Figure 23: Percent of Population Using Healthcare in the Past 12 Months, 2015 (CHAS 2015)



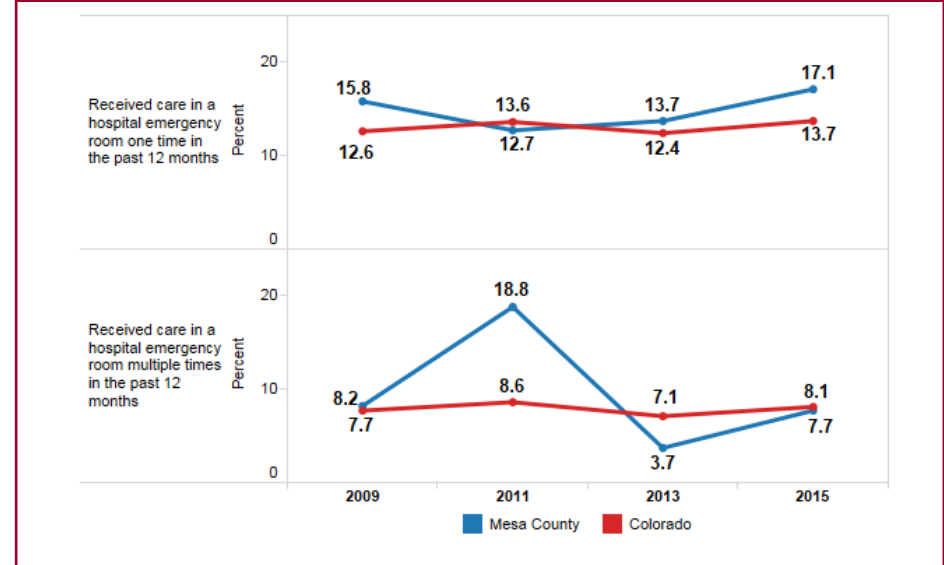
Three out of five Mesa County residents reported visiting a dentist or dental hygienist in the past 12 months. More than four out of five Mesa County residents reported visiting a health care professional in the past 12 months (e.g. doctor or nurse practitioner).

Figure 24: Routine Medical Care in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



The majority of Mesa County residents have a usual source of care (83.8%) though only 62.8% reported a preventive care visit in the past 12 months.

Figure 25: Emergency Medical Care in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



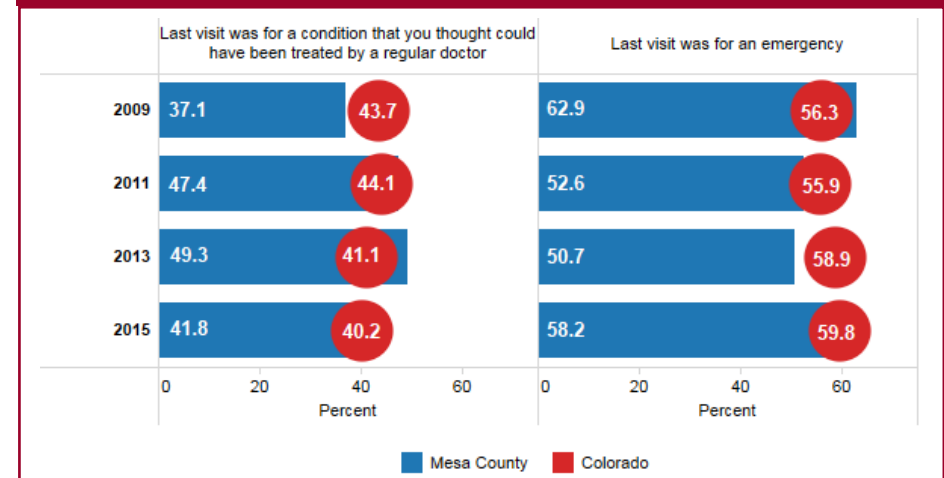
Mesa County saw an increase in the percent of residents who reported using the emergency department one time (17.1%) and multiple times (7.7%) in the past 12 months.

Over 40%



of visits to the emergency department could have been treated by a routine provider.

Figure 26: Reason for Using Emergency Department (in past 12 months) in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



In Mesa County, about 60% of visits to the emergency department were for an actual emergency.

HEALTHCARE WORKFORCE AND SERVICES

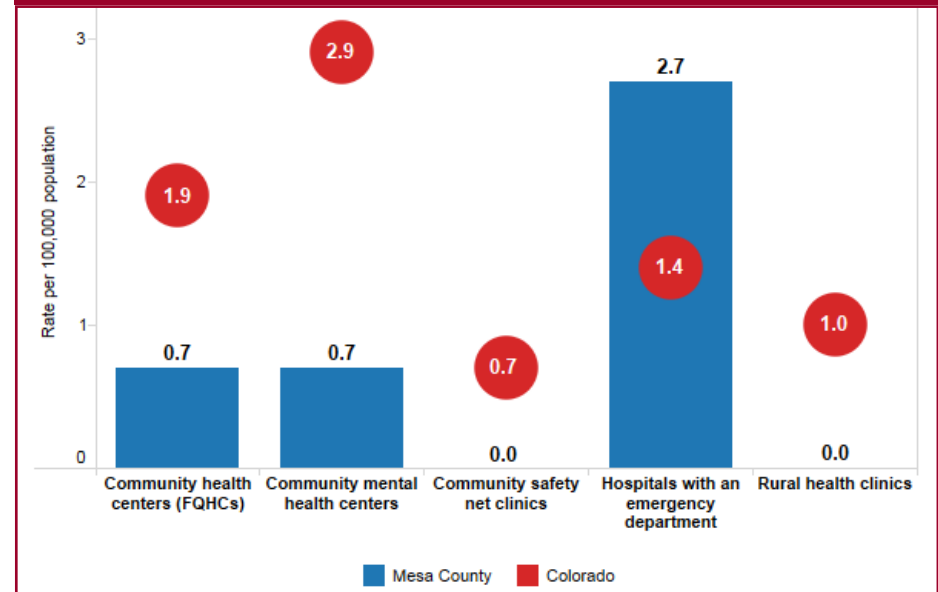
Ensuring a well-qualified and adequate healthcare workforce makes it easier to obtain timely care when it's needed most. Registered nurses are the most common healthcare professional in Mesa County, followed by physicians. Less than one-third of all practicing physicians are primary care providers. Additionally, in Mesa County, there are two community health centers, one mental health center, one community safety net clinic, and three hospitals with an emergency department.

With the expansion of Medicaid and the roll-out of the Affordable Care Act, health care access is improving. However, primary care provider exclusions, both explicit and informal, are having a cumulative effect of reducing the number of Medicaid patients that are able to find a provider.

Figure 27: Number of Healthcare Professionals by Type in Mesa County and Colorado, 2015 (CHAS, 2015)

Professional	Mesa County	Colorado
Nurse practitioners	92	3,408
Registered nurses	1,920	59,305
Physician assistants	66	2,473
Dentists	97	3,747
Dental hygienists	110	3,612
Psychologists	35	2,479
Clinical social workers	79	4,257
Physicians	504	15,155

Figure 28: Rate of Health Services Sites in Mesa County and Colorado per 100,000 population, 2014 (CHAS, 2015)



Although Mesa County has a lower rate of community health centers and mental health centers compared with Colorado, it does have a higher rate of hospitals with an emergency department.

HOSPITALS

Mesa County has five hospitals, all of which aim to meet the needs of residents in Western Colorado and Eastern Utah.

St. Mary's Hospital & Regional Center

Is a non-profit, fully-accredited facility in Grand Junction with over 350 beds, a level II trauma center, air emergency transport services, and a level II neonatology center. They also offer a full range of psychiatric services, a rehabilitation center, dialysis, open-heart surgery, brain and spine center, and a comprehensive oncology clinic. They are currently the only hospital in the county that provides labor and delivery services.

Community Hospital

Is a full-service, non-profit, acute-care hospital licensed for 78 beds. They provide complete surgical services, an emergency department, a critical care unit, an imaging center, full rehabilitative therapy services, home health, and a comprehensive occupational medicine program.

Family Health West

Is a 16-bed, non-profit, critical-access hospital in Fruita. Services provided include an emergency department, general and orthopedic surgery, imaging and radiology, a coagulation clinic, and a full-service laboratory.

Department of Veterans Affairs (VA)

Medical Center in Grand Junction is a federal health facility with 53 acute and long-term beds. They provide inpatient and ambulatory medicine, surgery, and psychiatric services to all veterans.

West Springs Hospital, Inc.

Is a 32-bed, non-profit, facility in Grand Junction and the only psychiatric hospital on the western slope. They provide inpatient treatment for psychiatric disorders and offer special programs and accommodations for children and adolescents.

1,578:1

ratio of patients to
full-time primary care
physicians
[3rd best (lowest
ratio) in CO]

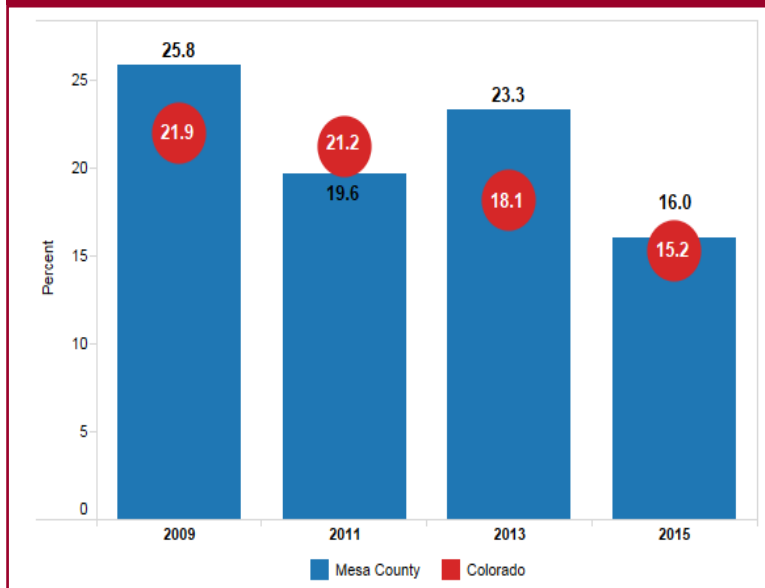
1,063:1

ratio of Medicaid
enrollees to Medicaid
full-time primary care
physicians
[3rd best (lowest
ratio) in CO]

BARRIERS TO MEDICAL CARE

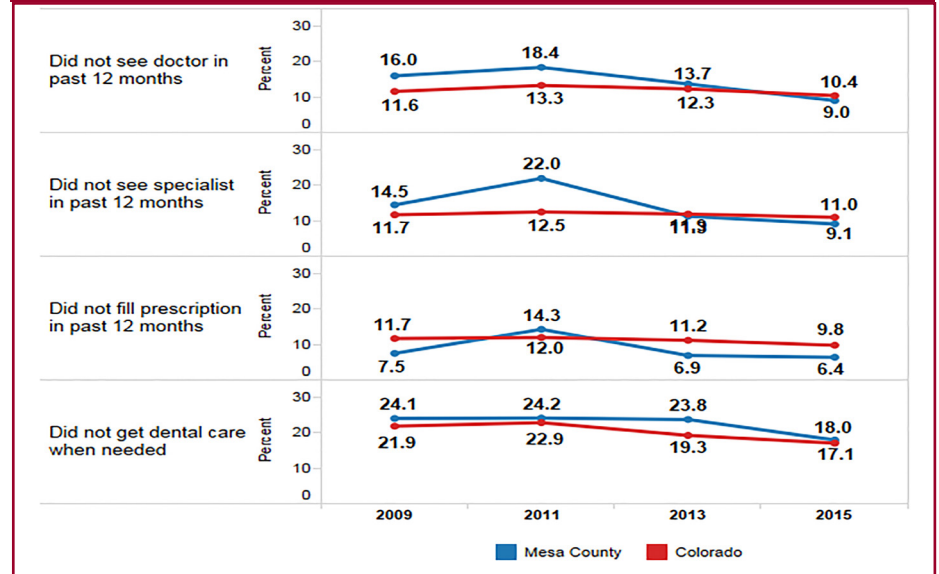
As of 2015, approximately one in six residents in Mesa County had difficulty paying their medical bills. Cost is not the only barrier to medical care; other factors such as availability of providers and whether a provider accepts a person's health insurance impacted Mesa County residents' ability to access care.

Figure 29: Percent of Residents That Had Problems Paying or Were Unable to Pay Family's Medical Bills (CHAS, 2015)



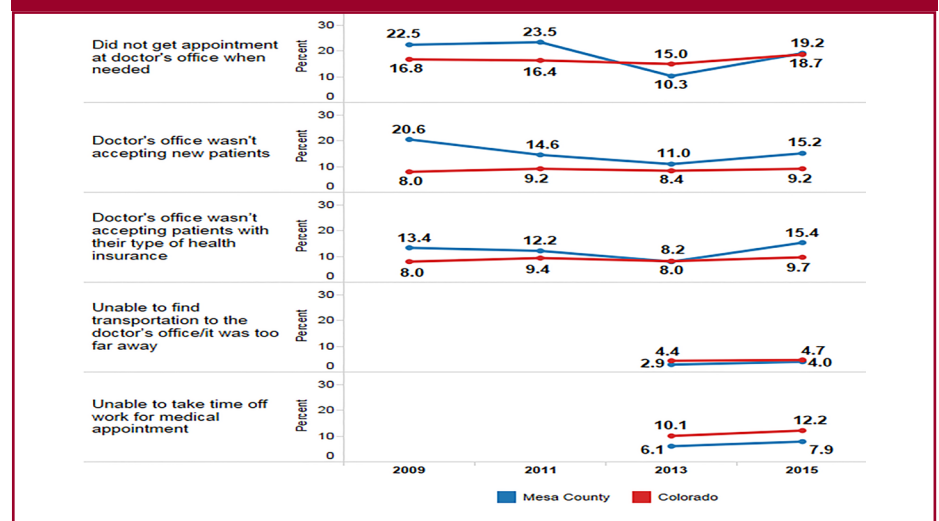
Although the percent of residents reporting difficulty paying medical bills decreased between 2009-2015, 16.0% of residents still report this as a problem in Mesa County.

Figure 30: Percent of Residents That Faced Barriers to Medical Care due to Cost in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



Nearly one in five Mesa County residents do not receive dental care when needed.

Figure 31: Percent of Residents that Faced Other Barriers to Medical Care in Mesa County and Colorado, 2009-2015 (CHAS, 2015)



Barriers that are increasing for Mesa County residents include the inability to obtain timely appointments when needed and doctor's offices not accepting new patients.

MENTAL HEALTH

Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”. The U.S. Department of Health and Human Services estimates that only 17% of adults in the U.S. are in a state of optimal mental health (CDC, Mental Health Basics 2015).

Figure 32: Mental Health Indicators (PRAMS; CDPHE, 2015; CHAS, 2015)

Indicators	Mesa County	Colorado	Significant Difference (p<0.05)
Percent of persons aged 5+ years with good mental health (less than 8 days of poor mental health during the past 30 days) (2015)	86.9%	90.7%	Unknown
Percent of persons aged 5+ years with poor mental health (8 or more days of poor mental health during the past 30 days) (2015)	13.1%	9.9%	Unknown
Percent of persons aged 5+ years that needed mental health care or counseling services but did not get it at that time during the past 12 months (2015)	6.7%	9.0%	Unknown
Percent of parents who reported behavioral or mental health problems in children (1-14 years old) (2012-2014)	21.3%	21.5%	No difference
Percent of high school students who felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the past 12 months (2015)	37.8%	29.5%	No difference
Average number of days (in the past 30 days) experienced by adults of poor physical or mental health that kept them from doing usual activities (2012-2014)	4.3	3.9	No difference
Average number of days (in the past 30 days) experienced by adults 65+ years of poor physical or mental health that kept them from doing usual activities (2012-2014)	5.2	5.1	No difference
Percent of high school students who seriously considered attempting suicide during the past 12 months (2015)	19.8%	17.4%	No difference
Percent of mothers that had a health care professional talk with them about what to do if they experienced postpartum depressive symptoms during pregnancy or after delivery (2011-2013)	79.8%	77.8%	No difference
Percent of women who often or always felt down, depressed, sad or hopeless since the new baby was born (2012-2013)	14.3%	9.9%	No difference
Percent of pregnant women who experienced one or more major life stress events 12 months before giving birth (2011-2013)	81.0%	71.3%	Worse
Age-adjusted rate of mental health diagnosed hospitalizations (per 100,000 population) (2012-2014)	2,397.6	2,731.1	Better
Age-adjusted rate of suicide hospitalizations (per 100,000 population) (2012-2014)	105.2	48.9	Worse

In Mesa County, a significantly higher percent of pregnant women report experiencing one or more major life stress events 12 months before giving birth. Mesa County has also a significantly higher rate of suicide hospitalizations compared to the state.