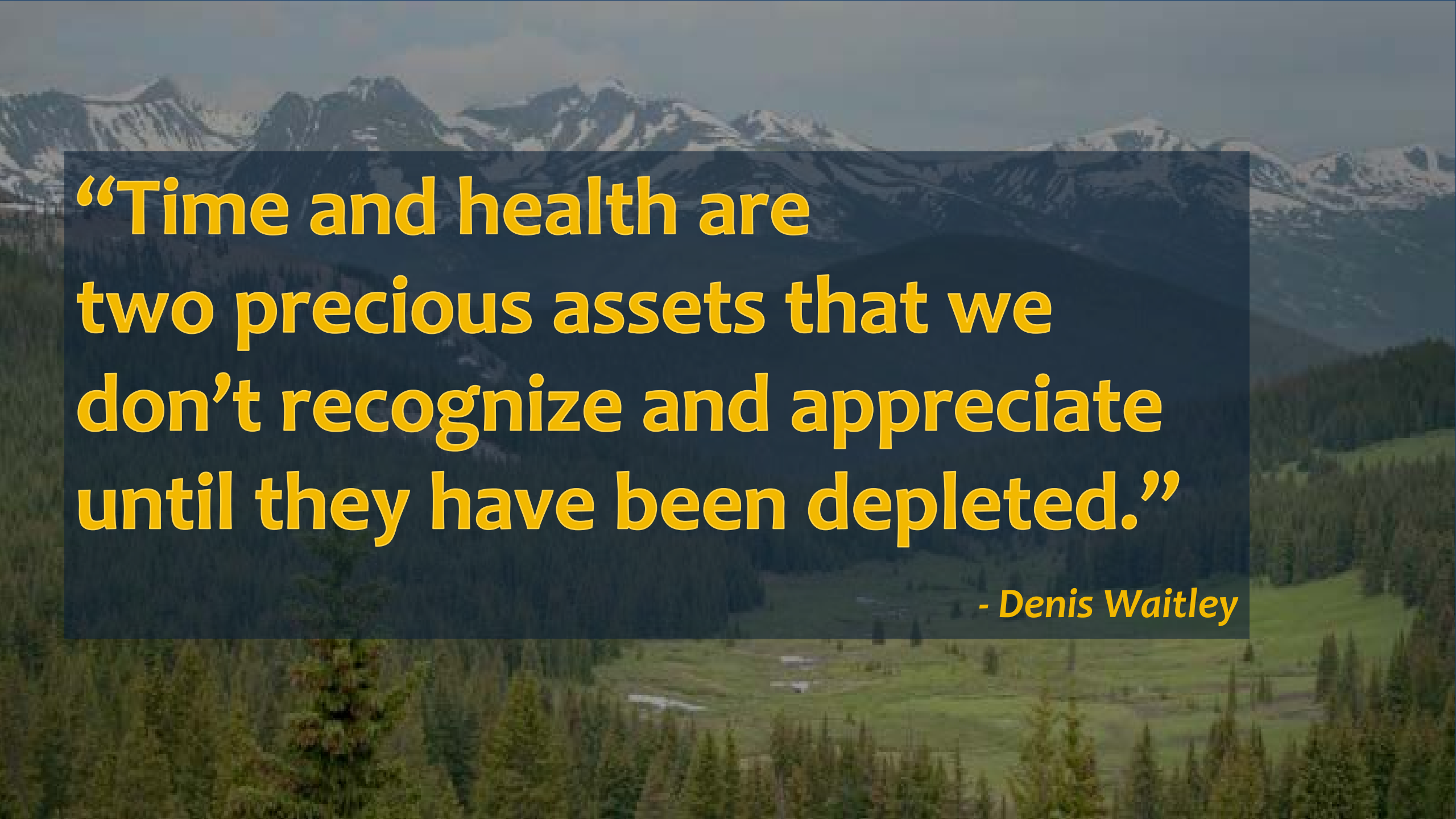


# Framing the Day

# Framing the Day: Zooming in on **HEALTH** in Northern Colorado

Health Care in *Your* Future Summit - 2018

Carol Plock, Executive Director  
Health District of Northern Larimer County  
April 4, 2018



**“Time and health are  
two precious assets that we  
don’t recognize and appreciate  
until they have been depleted.”**

**- Denis Waitley**

# What Do We Know About Health Locally?

- Much to Celebrate!
- Some Significant Concerns
- Triennial Health Assessment

Survey, Discussion groups



# Celebrate! – Dramatic Reductions in Uninsured

## Far Fewer Without Health Insurance (18-64)

Larimer County	2013	2016
Total with No Health Insurance	12%	4%
Poverty and “just above” <sup>1</sup>	36%	5%
Lower middle income <sup>2</sup>	24%	7%

<sup>1</sup> < 138% FPL

<sup>2</sup> 139-250%



# What difference does coverage make locally?

**In Larimer County,  
Over 41,000 people with new coverage**



- **Primary Care**
  - Prevention, early intervention
  - Specialty Care
- **Prescriptions**
- **Behavioral Health**
- **Critically needed surgeries, more**

# Health insurance: Big Difference for Those with Low Income

Those with low incomes unable to fill  
**Prescriptions** due to cost:

27%



12%

# Those needing **Mental Health Care** – far better chance of getting it

People with low incomes who  
put off a visit to a mental health  
provider:

2013  
**49%**

2016  
**19%**





# Notable Improvements for Middle Class<sup>1</sup>

	2013	2016
<b>Had bills you couldn't pay right away</b> (had to pay over time)	<b>40%</b>	<b>30%</b>
<b>Had to change way of life significantly to pay medical bills</b> (past year)	<b>15%</b>	<b>10%</b>
<b>Uninsured, 7 months or more, past 3 yrs</b>	<b>16%</b>	<b>10%</b>

<sup>1</sup> 250-400%, eligible for tax credits

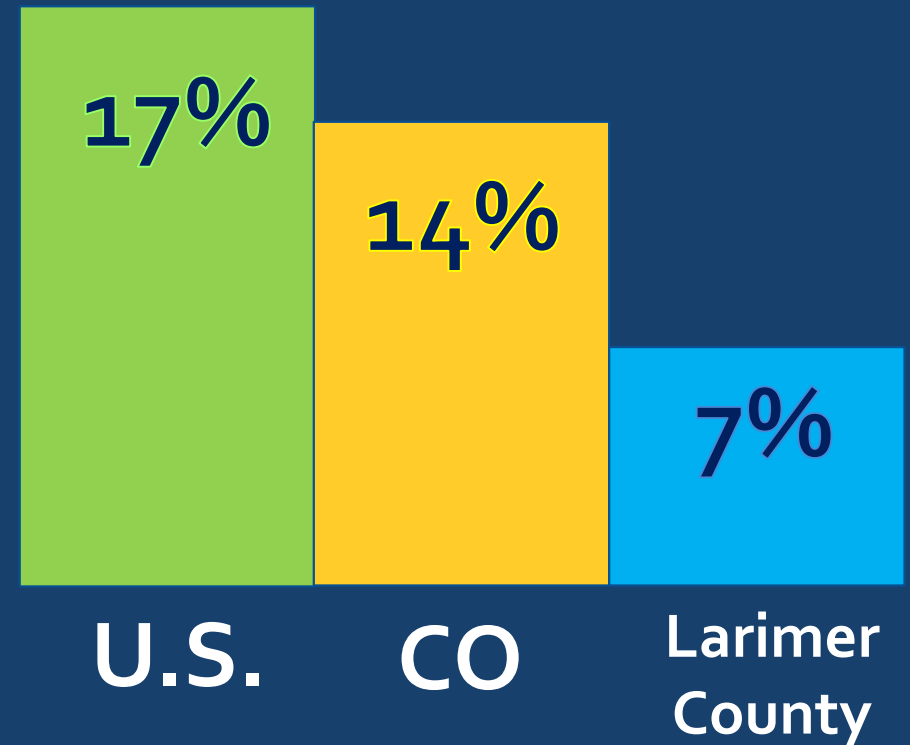
**“I would be *dead* by now  
if it weren't for [my new  
insurance provider].  
Praise God for this care.”**

- Larimer Health Connect Client

# Celebrate! - Healthy People!



## Report Fair/Poor Health



# Celebrate! - Healthy People!

## Days “not good” declining

	<u>2001</u>	<u>2016</u>	<u>CO</u>
Physical Health	3.9	3.1	3.4
Mental Health	4.6	3.1	3.5



\* Days in past 30 days health “not good”

# Celebrate! - Decline in Smoking

2001



19%

## Cigarette Smokers



2016



8 %



**Celebrate! - More Getting Dental Exam**

**Had Dental Exam in Last Year**

**2001**

**2/3**



**2016**

**3/4**

**Just a sidelight: Don't forget that  
Exercise and Diet are Important**



**Cycling is good exercise if you're a little husky!**

# Challenges: What Might Your Co-workers Face?

## Employed, 18+, Ever Diagnosed with:

- **Silent Killers**

Hypertension	14%
High Cholesterol	16%

- **Nearly 1 in 5**

Back Pain / Sciatica	17%
Asthma	18%

- **Depression, anxiety, other MH** **27%**  
(current 20%)





# Challenge: Alcohol

16% of American  
adults

**Binge Drink**

30% of adults in  
Larimer County  
who are employed



**Heavy  
Drinkers**

12% of those  
employed in  
Larimer County

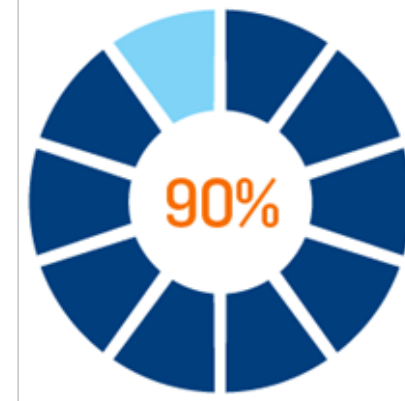
(2 x US rate)

Binge: 4 women, 5 men, single occasion  
Heavy: 8 women, 15 men, week

# Sidelight: Mental Health Disorders

## Mental Health Disorders **ARE** Health Disorders

Mental illness and  
substance use disorders -  
like diabetes or heart disease:  
can be chronic, disabling,  
life-threatening



*Nearly 90% of people view  
physical and mental health as  
equally important*

American Foundation for Suicide Prevention

# Locally: Critical Gaps in Mental Health Care

## Major Impact on

Hospitals/Ambulance  
Health Care



Human Service  
Organizations



Police, Courts, Jails



Friends



Co-workers



Family



Spent in  
wrong place



# What Would It Take?

## Solutions to Gaps in Mental Health Services

**“Whether an illness  
affects your heart,  
your leg,  
or your brain,  
it’s still an illness,  
and there should be no distinction”**

# Solutions to Gaps in Mental Health Services

Thorough Assessments (MI, SUD)

Crisis Stabilization

Withdrawal Management (f/k/a detox)

Short-term Residential (SUD)



Assistance with costs

Enough intensive outpatient

Long-term low intensity residential

Complex needs? Care coordination, support services

# Challenge: Use of Marijuana

## Marijuana Use, Past Year

### Larimer County

2013: 17%

2016: 32%



### U.S.

2016: 10%



# Challenge: Distracted Driving



Employed, text while driving: 25%

# Challenge: Distracted Driving



Crash risk is about **5x greater** when drivers use a cell phone compared to when they are not distracted.

Source: Insurance Institute for Highway Safety/Highway Loss Data Institute

Employed, make/receive phone calls when driving: **55%**



# Challenge: Oh What a Difference Our Age Makes



	<u>≤ 50</u>	<u>50+</u>
Silent Killers (BP, Chol)	8%	40%+
Pain most/every day	18%	30%
Arthritis/rheumatism	9%	37%
Put off getting a hearing aid: cost	14%	27%

# Biggest Challenge of All: COST

Health care and financial

**SECURITY**

matters deeply to people



# Challenge: Cost

## Change in Wrong Direction:

Put off going to a health care provider due to cost:

34% → 39%

Driven almost entirely by lower middle income<sup>1</sup>



<sup>1</sup> 139-250% FPL

## Challenge: Cost

**Worried they will be unable to afford:**

**Health insurance: 60%**

**Medical care: 47%**



**“People have  
great anxiety about  
their health and  
their financial  
situation.”**

- Community Discussion Group, 2016



# What Local People Care Most About

- **Insurance that is there when they need it**

- deny  
- cancel  
- charge more

> due to illness

- **Full range of coverage – essential services**

- **No annual or lifetime caps on what insurance will pay**

- **Cost, cost, cost**



YOUR POLICY ONLY COVERS  
ODD-NUMBERED LIVES



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PARISI

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# Tidbits for Your Brain to Keep



## Yes!



**Fewer without health insurance** (12% to 4%)

41,000 with new coverage (Rx, Doc, Mental Health care)



**Healthier than CO or US!**



**Downward smoking trend continues** (19% ➡ 8%)



**More getting dental care** (2/3 ➡ 3/4)



# Tidbits for Your Brain to Keep




**DANGER**

**Watch out!**

 Depression, anxiety, other mental illness are common (20%)

 Yes, Larimer County, you do have a drinking problem  
2x the US rates (and 3x more of you used pot last year than US)

 Distracted driving should be on the radar of every business  
(25% employees text and drive, 55% calls)

 People are putting off health care due to cost (40%)  
and the majority of us are worried about our ability to afford insurance and care

Health. Is. Everything.

“Life, at times,  
throws *everybody*  
curve balls.

Everyone deserves the opportunity to  
know that their health matters and they  
will be cared for in times of need.”

- Client, Larimer Health Connect



# **Triennial Community Health Assessment**



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