



Matters of the Heart

A monthly newsletter about cardiovascular disease prevention and wellness promotion.

National Library Appreciation Week: April 12-18

Tri-County Health Network (TCHNetwork) encourages you to take part in National Library Appreciation Week this April. Throughout the region, TCHNetwork has partnered with local libraries to offer free health screenings for the past three years. This partnership allows TCHNetwork to offer health screenings in comfortable, accessible settings and keep costs down. Local libraries also offer free classes and events to enhance community health.

Books are just one of many things you can find at your local library. Libraries offer access to technology that some can't find anywhere else. They provide events for children, youth and families. Libraries offer free meeting space for small businesses, non-profits, and tutoring programs. Libraries help to ensure the American dream and promote democracy by providing service to all regardless of race, ethnicity, creed, age, ability, sexual orientation, gender identity or socio-economic status.

Librarians work with elected officials, small business owners, students and the public at large to discover and meet the needs of their communities. Whether through offering e-books and technology classes, materials for English-language learners, programs for job seekers or offering a safe haven in times of crisis, librarians listen to the community they serve, and they respond. TCHNetwork would like to thank our partners in improving community health: Ouray Library District, Ridgway Library, Wilkinson Library, Norwood Public Library, Montrose Regional Library District, Olathe Public Library, Paradox Branch Library, Naturita Library and Nucla Public Library.

Thank You!

Tri-County Health Network is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.

Food Is Medicine



When most of us think of health care, we envision doctor's visits, blood tests, and medications. But health starts long before illness. In fact, we are engaged in our own health care several times a day, every day, when we eat. Food is central to maintaining and improving our health and reducing the risk for chronic diseases such as diabetes, heart disease, hypertension, and much more.

One of the biggest challenges people face is having the time and money to buy, make and eat healthy meals. If you are having a hard time affording foods like fruits, vegetables, whole grains, and lean meats, consider applying to Colorado's Program Eligibility and Application Kit (PEAK) to see if you qualify for food assistance. This program exists to help individuals and families who are having a hard time making ends meet. The website for PEAK is <https://coloradopeak.secure.force.com/mhome>. Food banks and pantries are another source of assistance with getting food. Below are some regional resources:

- Ouray County Food Pantry www.ouraycountyfoodpantry.org/
- Angel Baskets (serves Telluride and Norwood) <http://tellurideangelbaskets.org/food>
- Sharing Ministries Food Bank (serves Montrose) <http://sharingministries.com/>

If you don't qualify for PEAK or your local food bank, but are still having a hard time affording healthy foods, consider trying the following:

- Shop the sales – look online and in local newspapers for sales.
- Buy in bulk – many stores now offer bulk foods such as brown rice, nuts, dried fruit, etc.
- Buy frozen fruits and vegetables – frozen healthy foods are great because you don't have to worry about them going bad.
- Read the labels of canned foods – canned foods can be a bargain, but remember to check the label for the salt and sugar content.



Investing in healthy foods now may save you health care costs in the future. Eating healthy foods can prevent chronic disease, reduce the negative effects of already existing disease, and increase your chances to live a longer, healthier life.

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Fast & Frugal Creole Green Beans

Ingredients

- 2 teaspoons vegetable oil
- 2 small cloves garlic, chopped
- 1 (16-ounce) package frozen cut green beans
- 1 cup chopped fresh tomatoes
- 1 cup chopped red bell pepper
- ½ cup chopped celery
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

Preparation

1. Heat oil in a large skillet over low heat.
2. Sauté garlic in oil for 1 minute.
3. Add green beans and bell peppers; increase heat to medium and cook for 7 minutes.
4. Stir in tomatoes, celery, and seasonings; cook for 7 minutes more. Serve while hot.

Makes 8 servings.

Prep time: 10 minutes Cook time: 15 minutes

Nutrition information per serving:

Calories 35, Carbohydrate 6 g,
Dietary Fiber 2 g, Protein 1 g, Total
Fat 1 g, Saturated Fat 0 g, Trans Fat
0 g, Cholesterol 0 mg, Sodium 159
mg

This recipe and more nutrition
information can be found at
[www.cdph.ca.gov/programs/cpns/
Documents/Network-FV-AA-
Cookbook-2008.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-AA-Cookbook-2008.pdf)





Community Needs Assessment

TCHNetwork conducted a community health needs survey to better understand the health needs of residents in San Miguel, Ouray, and Westend of Montrose counties. During the months of September and October, TCHNetwork outreach workers administered and collected over 1,000 community health needs surveys. Participants of the survey ranged from 18 to 94 years old; some were insured, some uninsured, and survey responses were almost equally divided between the three counties.

Common issues identified in all communities include access to specialists, dental care for adults, and mental health services. Other needs identified include access to home health/hospice services, providers not accepting insurance, and overall affordability of services. Fact sheets that highlight prioritized needs by each community can be found at <http://tchnetwork.org/programs/>. With the final results of the survey, TCHNetwork is now establishing community work groups to develop a roadmap focused on identifying solutions. “We need invested members of the community to participate in these work groups. This is an opportunity for people to be part of identifying solutions,” said Borup. If you are interested in getting involved in this process, please contact Lynn Borup at info@tchnetwork.org. The following infographics display county by county results.

2014 Survey Results

OURAY COUNTY

Tri-County Health Network initiated a survey in Ouray County to:

- Identify the current health care issues and needs in the community
- Understand the differences across communities in Ouray, San Miguel, and the Westend of Montrose
- Develop a plan that targets resources and funding for the identified community needs



Only about

25.3%



of adults report
eating enough fruits
and vegetables

This is an area with

4,462 Residents



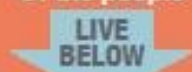
18.5%

Uninsured
rate



10.1%

Of the people



the poverty level

4.4

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*

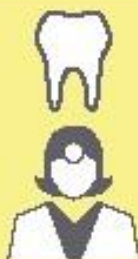


Compared to **3.9** Statewide

**OURAY IS DESIGNATED AS A MEDICALLY UNDERSERVED AREA
AND A HEALTH PROFESSIONAL SHORTAGE AREA**

44%

of adults (aged 18+
years) lost a tooth
due to decay or
periodontal disease*



Compared to

37.7%
Statewide

10.3%



Of women smoked
during the last
three months of
pregnancy

**WHILE MANY IN THE SURVEY INDICATED HAVING INSURANCE,
THE MAJOR FACTOR FOR NOT HAVING INSURANCE WAS THE COST.**

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* This is Colorado Health Indicators data from Region 10 which includes San Miguel, Ouray, Montrose, Delta, Gunnison and Hinsdale.

2014 Survey Results

WESTEND MONTROSE

Tri-County Health Network initiated a survey in the Westend of Montrose to:

- Identify the current health care issues and needs in the community
- Understand the differences across communities in Ouray, San Miguel, and the Westend of Montrose
- Develop a plan that targets resources and funding for the identified community needs

The Westend reflects the Nucla, Naturita, and Paradox region of Montrose County.



This is an area with

1,438 Residents



8% Veterans



18%

Of the people

LIVE
BELOW

the poverty level

In the Westend of Montrose County, close to a quarter of the total households are comprised of persons over age 65 years. (US Census 2010)



THE WESTEND OF MONTROSE IS DESIGNATED AS A MEDICALLY UNDERSERVED AREA AND A HEALTH PROFESSIONAL SHORTAGE AREA

The Westend of Montrose County is designated as a shortage area for dental providers.



The Colorado Health Indicators data set indicated that 21.2 percent of women often or always felt down, depressed, sad or hopeless since their baby was born, which is twice the state average.



21.2%

WHILE MANY IN THE SURVEY INDICATED HAVING INSURANCE, THE MAJOR FACTOR FOR NOT HAVING INSURANCE WAS THE COST.

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2014 Survey Results

SAN MIGUEL COUNTY

Tri-County Health Network initiated a survey in San Miguel County to:

- Identify the current health care issues and needs in the community
- Understand the differences across communities in Ouray, San Miguel, and the Westend of Montrose
- Develop a plan that targets resources and funding for the identified community needs



4.3% Of the population speaks Spanish at home and speaks English less than very well

8.6% Of the community are Hispanic or Latino

This is an area with

8,148 Residents



18.5%
Uninsured rate



7.3%

Of the people

LIVE BELOW

the poverty level

Projected change in the 65+ population between 2010 and 2020 is greater than 90%



SAN MIGUEL COUNTY IS DESIGNATED AS A MEDICALLY UNDERSERVED AREA AND A HEALTH PROFESSIONAL SHORTAGE AREA

4.2

Is the average number of days experienced by adults when their mental health was not good



27.6%

Of women went for dental care during pregnancy*



Compared to **44%** Statewide

46%

Of women received adequate prenatal care 2010-2012



WHILE MANY IN THE SURVEY INDICATED HAVING INSURANCE, THE MAJOR FACTOR FOR NOT HAVING INSURANCE WAS THE COST.

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* This is Colorado Health Indicators data from Region 10 which includes San Miguel, Ouray, Montrose, Delta, Gunnison and Hinsdale.



Client Success Stories:

"It's amazing to watch clients improve their health – sometimes in a really short period of time. One client, a woman in her sixties, came in with high cholesterol, high blood pressure, and was at high risk for diabetes. After developing an action plan of increased walking, stress management, and eating more fruits and veggies her health significantly improved. In just 10 months her cholesterol, blood pressure, and blood sugar came down to healthy ranges. Her commitment to change was amazing to watch and it was terrific to celebrate her success!"
– Community Health Worker

Insurance Assistance Program

Do you think you may qualify for Medicaid or CHP+ Assistance? Let one of our Insurance Navigators help you sign up. Our staff are Certified Enrollment Navigators. They process and enroll eligible children, pregnant women, and low-income families efficiently and effectively into entitlement programs such as Medicaid and CHP+. A Navigator will guide you through the entire enrollment process – from assuring the enrollment package is complete and submitting the application; through approval and renewal. We have enrolled more than 1,200 individuals into Medicaid or CHP+. We have five Certified Enrollment Navigators serving the communities of Delta, Olathe, Montrose, Ouray, Ridgway, Telluride, & West End includes Norwood, Nucla, Naturita & Paradox. Visit the TCHNetwork website to learn more at:

<http://tchnetwork.org/programs/>

Olathe

Olivia Gonzales*
970.765.6417

Montrose

Olivia Gonzales*
970.765.6417

Ridgway/Ouray

Carol Schutter
970.596.4764

Telluride Area

Pedro Maquera*
970.901.4335

West End

Michaela Vannest
970.261.4794

Free Confidential Health Screenings

Cholesterol, Blood glucose, Blood pressure, Height & Weight

Contact one of TCHNetwork's Community Health Workers to schedule an appointment or home visit:

Norwood, Naturita, Nucla & Paradox

Deon Tempfer 970.327.4004

Montrose

Darlene Mora 970.708.4719

Ridgway, Ouray & Telluride

Nicole Gans 970-318-6360