

# Garfield County Public Health

2024 - 2028

## Public Health Improvement Plan



***Garfield County***

Public Health

## Section I – Introduction and Departmental Prioritization

### Introduction

According to the 2008 Public Health Act local public health agencies throughout the state of Colorado are required every five years to conduct a Community Health Assessment (CHA) and Public Health Improvement Plan (PHIP)<sup>1</sup>. This process is done through the Colorado Health Assessment and Planning System (CHAPS)<sup>1</sup>. Garfield County Public Health's (GCPH) 2024-2028 PHIP has been developed in accordance with those requirements.

The goal of the PHIP is to act as a conduit between the residents of Garfield County and GCPH on the priorities that will improve health and health outcomes for all who call this county home. GCPH hopes that while the department acts as the implementing agency of the work, that it will be done in collaboration with our county partners, particularly those engaged in the strategies and activities outlined later in this document.

### Community Priorities

During the summer of 2022 GCPH engaged in a two-fold program as part of Phases 2 and 3 of the CHAPS process, community engagement and surveying. The first was a wide-ranging survey collecting quantitative data. The second were focus groups held in both English and Spanish in each of the municipalities from Carbondale to Parachute. In this way GCPH was able to build a more holistic story of what residents are seeing as the large issues facing the county.

The results from the survey focused on the economics and societal impacts of the current situation:

1. High cost of living
2. Jobs that cover the cost of living/economic opportunities
3. Affordable housing

Collecting the qualitative data from the focus groups, the top three concerns were more health related:

1. Food quality/Healthy food outlets
2. Mental health services and reducing stigma
3. Increase primary care physicians

### Capacity Assessment and Departmental Prioritization

The fourth phase of the CHAPS process is for local public health agencies to assess their ability to move the needle around the priorities that have been identified by the community. Agencies can decide how they fulfill this portion of the CHAPS process if they base it on their ability to collect, share, and use the data collected to share with their community<sup>2</sup>.

GCPH used the Colorado Association of Local Public Health Organization's (CALPHO) Core Public Health Services (CPHS)<sup>3</sup> matrix as part of the assessment process. Finding overall the department is poised well within its capacity around planning, communications, partnerships, competencies, and health access. GCPH internally needs to build up departmental abilities around policy development and support.

Looking at the department's higher capacities around partnerships, planning, and communications some of the community priority areas aligned more cohesively especially for those priorities that the





department was already working on or had possible projects that could be undertaken. With this alignment, GCPH management decided the initial focus of the PHIP should be Mental Health Services and Food Quality/Healthy Food Outlets.

## Section 2 – Action Plan Development

### Health Access Team

The seventh core public health service centers around the social determinants of health, the concept that all people have the opportunity to be as healthy as possible and that the system should do all it can to ensure that happens, such as removing barriers that hinder and promote those, supports positive health outcomes<sup>5</sup>. With that in mind GCPH in 2020 began training employees on the concepts of health access. At the completion of the first round of training the staff decided they would like to have an internal Health Access Team (HAT). The HAT is a GCPH team with members from each of the divisions within GCPH. The goals of which are to be present in the community, bring health access ideas into the work GCPH does, and to connect the community.



### Development of the Priority Action Plans

After the departmental prioritization process, it was determined a good project for the HAT would be to meet to develop the action plans around both Mental Health and Food Access. The HAT had been meeting regularly since 2020, helping to plan health fairs specifically targeted towards Hispanic/Latino residents, engaging in community-based research projects, but were not coalesced around one project. Bringing the HAT together around the formation of the goals, strategies, objectives, and activities would give the department a broader appreciation of the PHIP work to be done, but also would rely on the lived experiences of the individuals at the table to review the PHIP with a health access lens.

Beginning in July the HAT came together to learn about GCPH's previous PHIP, the priority areas for the 2018-2022 cycle, and the work that was done. Interested individuals were then asked to meet to discuss and propose goals and possible strategies around the two priorities. Members of the HAT identified gaps that they have witnessed or needs that have been unmet in our communities, these helped in the development of strategies, objectives, and key activities during the August and September monthly HAT meetings. In October the team outlined leads for each of the priority areas along with champions for the key activities and timelines. The resulting action plans are meant to be a guiding document to help bolster work around the priority areas.

Once the PHIP is accepted by the Garfield County Board of Health the department can enter the seventh CHAPS phase *Implementation*. The leads and champions will meet to discuss project charters around each of the objectives and key activities ([Project Charter Template-forviewing.docx](#)). This will be used to keep the project(s) moving forward, build in accountability, aid in reporting, and evaluation of both successes and challenges. The PHIP is not, nor should be, a static document. Annually the department will look at the action plans and make changes as necessary.





Part of the implementation of the PHIP will be to work with our community partners and stakeholders to bring the work beyond the department. One of the lessons learned when GCPH had to devote most, if not all, of its time to the COVID-19 pandemic response was without outside agencies willing to collaborate and coordinate efforts all the good work that was intended to be done to improve the public's health was set to the side and unfinished in terms of the previous PHIP. By bringing in those entities from the beginning we hope to have continuous efforts throughout the next five years, even if another event would require a change of focus for GCPH, while also allowing for a more whole approach between the department and the residents of Garfield County.

### **Section 3 – Garfield County 2024-2028 Public Health Improvement Plan**

#### **Terms and Definitions**

The PHIP is intended to be an internal document for GCPH, but as we are stewards for the public and our county having a level of understanding is necessary for access.

#### **Definitions<sup>6</sup>**

- Stigma – a set of negative and unfair beliefs that a society or group of people have about something; a mark of shame
- Healthy – beneficial to one's physical, mental, or emotional well-being
- Nutrition – the act or process of being nourishing
- Pilot – serving, or acting, as a guide

#### **Terms<sup>(internal)</sup>**

- Appropriate – for each person as they want
- Access – ability to get or attain
- Develop – plan and create materials
- Digestible – to learn and understand





## Action Plans





Mental Health PHIP Action Plan								
Goal:	People in Garfield County will have appropriate support when seeking access to resources, while reducing stigma and increasing the normalization of mental health as part of one's health.							
Strategy 1:	Increase exposure of programs, agencies, and organizations that provide mental and behavioral health services, especially bilingual/bicultural services.							
Objective A:	By 2024 GCPH will develop a mental/behavioral health resource list that will be available for the community	Data Source: Mental Health Resource List		Progress Update (report on objective target and c,n,o,b status)				
				0	0	0	0	
				Progress Status (c n o b)				
		Key Activities	Start & End Date	Responsible Persons or Group	c (completed)	n (not started)	o (ongoing)	b (behind)
A.1 Assessment of local resources, highlighting those that provide services to marginalized communities (and what that means)								
A.2 Develop list in both English and Spanish								
A.3 Find avenues for maintaining the resource list								
A.4 Education on telehealth and online platforms								



Objective B:	By 2025 GCPH will develop a multi-level education program that uses different approaches to get mental/behavioral health information to people in ways that is easily digestible and outside of the usual, "Meet Them Where They Are"	Data Source: multi-media campaign			Progress Update (report on objective target and c,n,o,b status)			
					0	0	0	0
					Progress Status (c n o b)			
					c (completed)	n (not started)	o (ongoing)	b (behind)

			Responsible Persons or Group	c (completed)	n (not started)	o (ongoing)	b (behind)
			Community partners, Jannette, Mason				
A1. Assessment of populations within Garfield County and their barriers for accessing mental health care		1/1/2024 6/30/2024					
A2. Identify existing resources that reduce stigma and normalize mental health		3/1/2024 7/31/2024	Mason, Sara B, Jannette				
A3. Identify individuals who are willing to share their mental/behavioral health journey		3/1/2024 12/31/2024	Community partners, Carrie, Mason, Brisa				
				Progress Update (report on objective target and c,n,o,b status)			
Objective B:		Data Source:		0	0	0	0
				Progress Status (c n o b)			
			Responsible Persons or Group	c (completed)	n (not started)	o (ongoing)	b (behind)
		Start & End Date					
B1. Promote agencies that are providing family support for individuals in recovery and other mental health issues							
B2. Look for "out of the box" ideas in helping give families support, e.g. child care for Intensive Outpatient Therapy							
B3. Identify avenues to foster connectedness and pro-social engagement							
B4. Assist agencies that are providing support with technical assistance to offer services for all residents in Garfield County							



Objective C:	By 2025 GCPH will develop educational materials that show the links between mental and physical health	Data Source: Educational materials		Progress Update (report on objective target and c,n,o,b status)			
				0	0	0	0
Key Activities		Start & End Date	Responsible Persons or Group	Progress Status (c n o b)			
				c (completed)	n (not started)	o (ongoing)	b (behind)
C.1	Assessment of the avenues/links between mental/behavioral and physical health	1/1/2024	6/30/2024	Mason, Shania			
C.2	Simple messaging around the concepts, including being honest around screening(s)	3/1/2024	7/31/2024	Mason, Shania, Jannette, Literacy Outreach			
C.3	Education around the benefits of combining mental and physical health, and that private insurance covers mental health services						

Food/Nutrition Access PHIP Strategic Plan									
Goal:		Increase access to healthy nutrition options for Garfield County residents.							
Strategy 1:		Identify programs and opportunities to access nutritious food and drinks from existing resources.							
				Target: 1 restaurant		Progress Update (report on objective target and c,n,o,b status)			
Objective A:		By 2024 GCPH will pilot a healthy beverage program for kids.		Data Source		000000			
						Progress Status (c n o b)			
						c (completed)		n (not started)	
						o (ongoing)		b (behind)	
A.1 Develop pilot program materials and education plan in both English and Spanish				Start & End Date		Responsible Persons or Group			
				1/1/2024 3/31/2024		Christine and Emily			
A.2 Identify interested restaurant(s) to participate in pilot program				2/1/2024 3/31/2024		Christine, Emily, and CP			
A.3 Offer technical assistance for agencies around policies that promote healthy beverage				1/1/2024 12/31/2024		Christine, Emily, community partners			
Objective B:		During Fall 24 GCPH will monitor the school-based nutrition programs to offer		Data Source:		Target: 1		Progress Update (report on objective target and c,n,o,b status)	



[illegible]

Key Activities		Start & End Date	Responsible Persons or Group	Progress Status (c n o b)			
				c (completed)	n (not started)	o (ongoing)	b (behind)
A.1 Explore the appropriate communication platforms to engage a variety of populations in best practices		1/1/2024 12/31/2024	Nutrition Services, Community Partners				
A.2 Develop consistent outreach around food and nutrition in Garfield County with appropriate messaging		1/1/2024 12/31/2024	Nutrition Services, Community Partners				
Objective B:	By May of 2024 GCPH will provide education to decision makers on the local food environment	Data Source:	Target: 1	Progress Update (report on objective target and c,n,o,b status)			
				0	0	0	0
Key Activities		Start & End Date	Responsible Persons or Group	Progress Status (c n o b)			
B.1 Assessment of the food environment	c (completed)			n (not started)	o (ongoing)	b (behind)	
B.2 Present to at least one town council							
Objective C:	Develop education plan to help maximize enrollment in nutrition education and food access, including Cooking Matters, SNAP, WIC, CHHS	Data Source:	Target: 1	Progress Update (report on objective target and c,n,o,b status)			
				0	0	0	0
Key Activities		Start & End Date		Progress Status (c n o b)			



		Responsible Persons or Group	c (completed)	n (not started)	o (ongoing)	b (behind)
C.1 Support the work being done by Mountain Coalition for Food and Nutrition Security	1/1/2024	ongoing				

## Section 4 – References

### References

1. Colorado Department of Public Health and Environment. (2022). CHAPS Background and Requirements. Accessed from <http s://cdphe-lpha.colorado.gov/assessment-and-planning/chaps-background-and-requirements> on 10/16/2023.
2. Colorado Department of Public Health and Environment. (2022) CHAPS Phases, Phase 4 – Assess Capacity. Accessed from <ht ps://cdphe-lpha.colorado.gov/chaps-phases#Phase4-anchor> on 10/24/2023.
3. Colorado Association of Local Public Health Organizations. (2023). Colorado’s Core Public Health Services and Foundational Capabilities. <http s://www.calpho.org/core-public-health-services.html> accessed 10/24/2023.
4. “Healthy Communities: Social Determinants of Health.” RWJF, [www.rwjf.org/en/building-a-culture-of-health/focus-areas/healthy-communities-social-determinants-of-health.html](http://www.rwjf.org/en/building-a-culture-of-health/focus-areas/healthy-communities-social-determinants-of-health.html) accessed 26 Oct. 2023.
5. “What Is Health Equity?” RWJF, [www.rwjf.org/en/insights/our-research/2017/05/what-is-health-equity-.html](http://www.rwjf.org/en/insights/our-research/2017/05/what-is-health-equity-.html) accessed 26 Oct. 2023.
6. “America’s Most Trusted Dictionary.” Merriam-Webster, Merriam-Webster, [www.merriam-webster.com/](http://www.merriam-webster.com/) accessed 26 Oct. 2023.

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