Testimonials

Here's what our participants are saying about our programs.

Car Seat Education

97% of participants identified properly installed car seats after the training. "An awesome program! The additional instruction provided by the (car seat) technician cannot be found in any guide book. A program like this helps to save lives!"

"Thank the whole team at Bright Beginnings.

They've really put work into putting together

some useful materials and classes. I'm

Heart Failure University

100% of participants attending Heart Failure classes within 60 days of their hospital stay have avoided readmission.

definitely going to refer my new parent friends to the program."

> "The information on sodium was very concise and thorough."

Heart Health Education

3,100 elementary and high-school students within five northern Colorado school districts received Healthy Hearts education: over 1.600 students participated in heart disease risi factor screening

"My coping skills, confidence and self-esteem have increased greatly. I am much more able

to redirect and avoid emotional tension."

"We look at Healthy Hearts as an integral part of our science education. It is an excellent, informative program. The kids love it and learn healthy life style choices."

96% of families reported improved understanding of their infant's developmental

Powerful Tools for Caregivers

Powerful Tools for Caregivers participants reported a 45% improvement in their emotional

National Prevention Strategy Objectives

Alignment of Community Health Programs and Services with NPSO	Healthy Eating	Active Living	Reproductive and Sexual Health	Mental and Emotional Well being	Tobacco- Free Living	Drug and Alcohol Abuse Prevention	
Aspen Club	\checkmark	✓		\checkmark	✓	✓	
Bright Beginnings	✓	✓	✓	\checkmark	✓		
Center for Diabetes	\checkmark	✓		\checkmark	✓	✓	
Coalition for Activity and Nutrition to Defeat Obesity	√	✓		✓			
Community Paramedics	\checkmark	✓		\checkmark	√	✓	
Enhance Wellness	√	✓		\checkmark	✓	✓	
Family Education	\checkmark	✓	\checkmark	\checkmark	✓	✓	
Healthy Harbors Care Coordination	\checkmark	✓	✓	\checkmark	√	✓	
Healthy Hearts Club	\checkmark	✓		\checkmark	√		
Healthy Kids Club	\checkmark	✓		\checkmark	√		
Heart Failure University	\checkmark	✓		\checkmark	✓	✓	
Medicaid Accountable Care Collaborative	√	✓	✓	\checkmark	✓	✓	
Nurse Home Visit	√	✓	√	\checkmark	√	√	
Safe Kids		✓		\checkmark			
Vida Sana	\checkmark	✓	\checkmark	\checkmark	✓	✓	

Community Health **Improvement**

PERIODIC REPORT OF PROGRAMS | 2013/2014



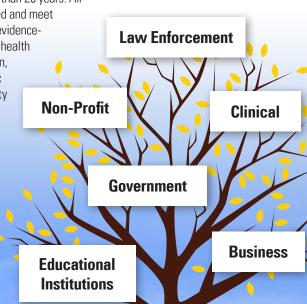
WE IMPROVE LIVES.

The Community Health Improvement department within University of Colorado Health's northern region shares a commitment to optimize the health of the communities we are privileged to serve. Vital to this effort are the strong collaborations we enjoy with our community partners.

Our contribution to the quality of life and the environment in our communities has always been a key measure of our success. Our Community Health educators have been keeping our region healthy for more than 20 years. All

programs are client-centered and meet community needs through evidenceinformed best practices for health promotion, health protection, preventive services, chronic disease management, safety and injury prevention.

The pages that follow provide a snapshot into the many ways that our community-based programs and services improve lives. Additional information can be found at uchealth.org.





Our programs raising healthy children.

In **childbirth education**, 94% of class participants learned skills to help prevent pre-term labor.

Getting a healthy start off and

Our **RN postpartum home**visit program served
744 low-income mothers,
offering lactation support
and newborn screening.

Raising healthy children is a Larimer County community-wide goal prioritized upon completion

Injury prevention and safety

of the 2013 Community
Health Needs
Assessment.

Physical activity and nutrition

Over 2,300 northern Colorado 3rd graders received **bicycle safety classroom education**; 385 free bicycle helmets were distributed.

In the **Schools on the Move Challenge,** 68% of students
reported increased physical activity
and 34% ate more fruits and veggies.

Mental and emotional well-being identified as a high priority health issue in both Larimer and Weld Counties

Our programs

Powerful Tools

34% increase in

caregiving role"

after completing

for Caregivers

participants

reported a

"feeling good

about their

the class.

Two thirds of participants in the *Enhance Wellness* program achieved increased feelings of self-efficacy in managing their chronic disease.



Of *Healthy Harbors* care coordination services recipients, **75%** became more confident in managing their child's medical care.

fostering optimal health and wellness.

Active community environment

CanDo's Healthy Eating and Active Living (HEAL)

Community-based initiatives focus on optimal food environments, built environments, school and worksite wellness cultures.



Healthy Kids Club's run series

Over 1,500 youth participated in fun runs and walks held throughout the school year.



Chronic disease prevention and management



The Center for Diabetes

We provide community-based classes to educate individuals about pre-diabetes, Type II diabetes and gestational diabetes.

Living Well in Larimer County

This is a series of health promotion, health maintenance and chronic disease self-management programs for older adults.

Enhance Wellness

In this evidence-based program, 56 percent of participants reported decreased blood pressure post program, while 33 percent were able to decrease the number of medications used regularly.

