

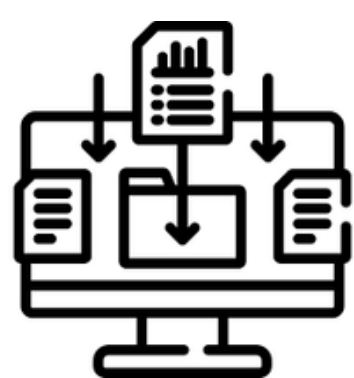
Community Health Assessment (CHA)

The Pueblo Department of Public Health and Environment (PDPHE) partnered with various county-wide organizations and individuals to complete community health assessments. All aspects of the CHA process heavily involved community partner organizations and members, including development of the surveys, selection of guiding framework, strategic planning, community outreach and prioritization setting. Community input and participation were essential to ensure the process was community driven and results reflected the needs and perspective of Pueblo County residents. This year's CHA was a joint effort with four additional health agencies in Pueblo County to ensure a community-wide approach.

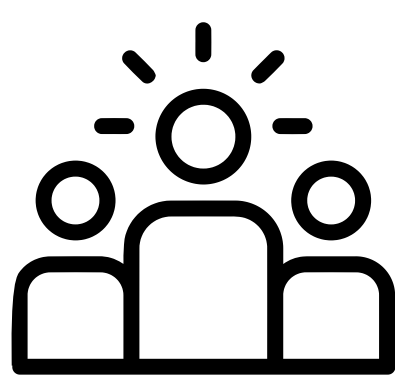
A total of 510 responses were collected from the community member survey

Incentives including gift baskets and gift cards were given out to the community members for completing the survey and attending focus groups

How was data collected?



Secondary data collection



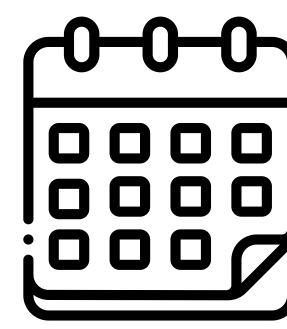
Community Leader Survey



Community Member Survey

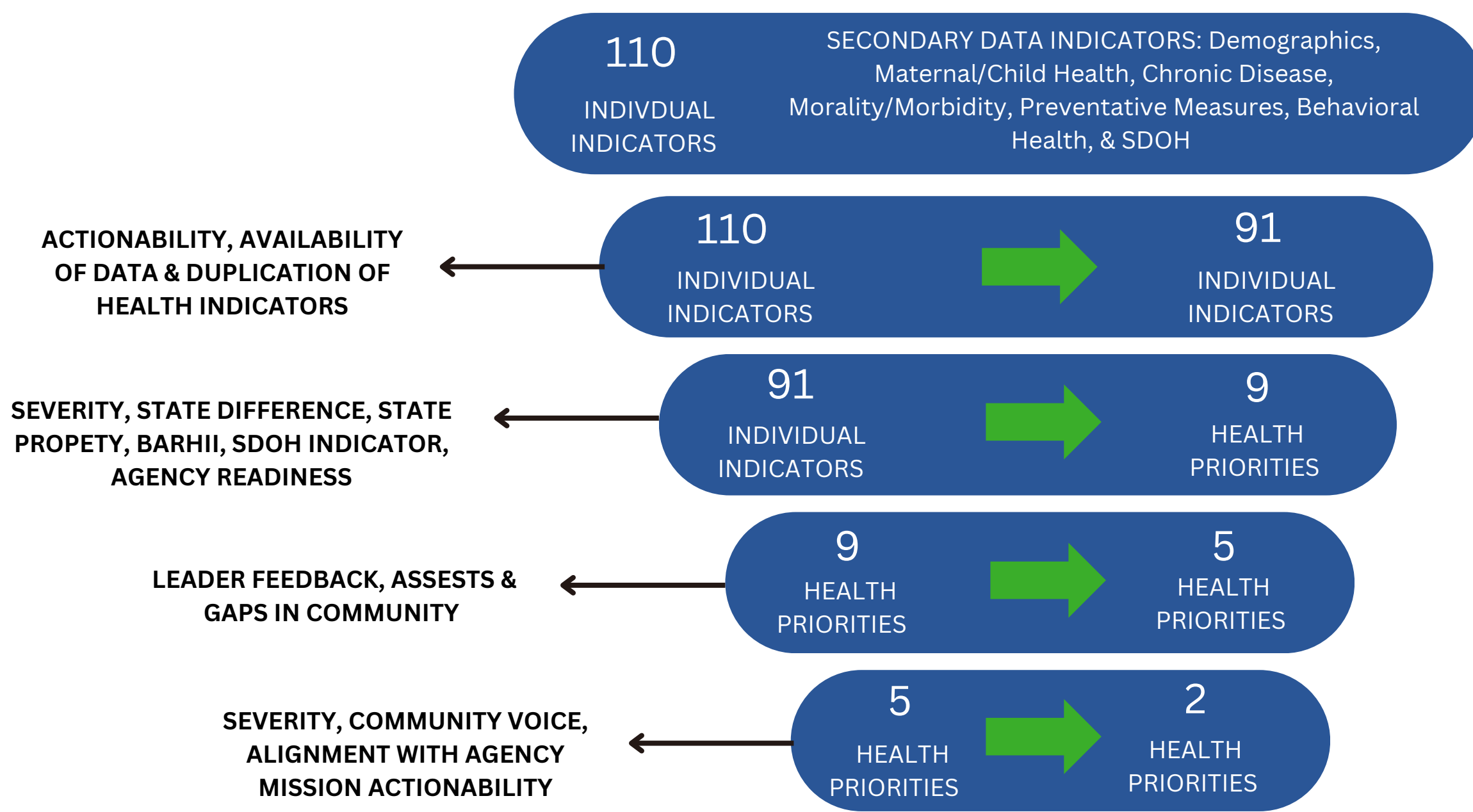


Community Member Focus Groups



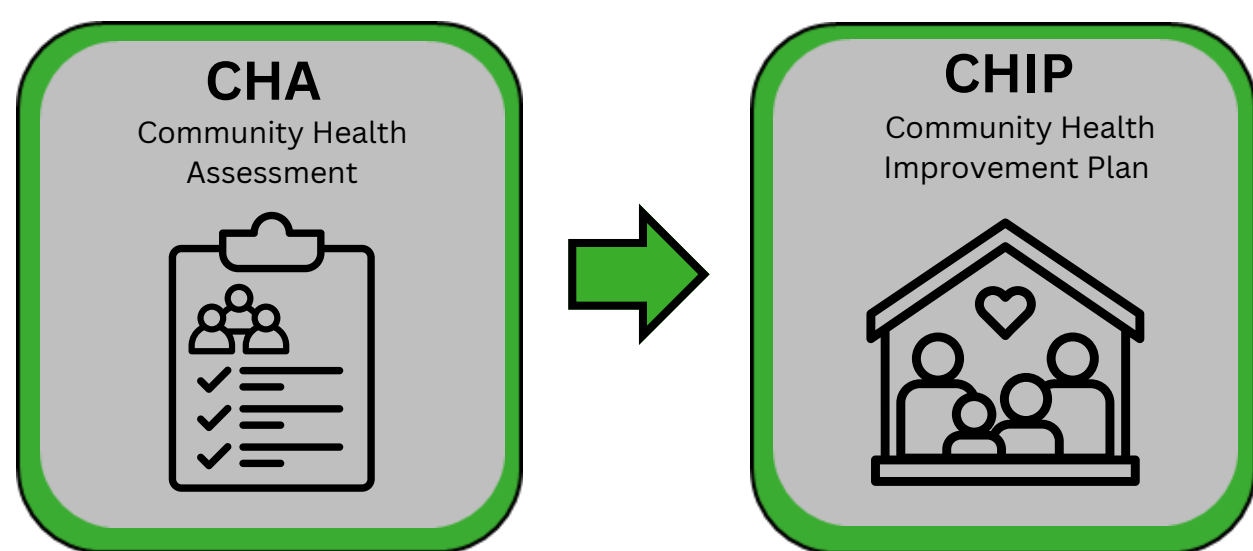
Community Events

How was data prioritized?



This visual was created to explain the joint CHA data prioritization process

How is the data used?



The 2024 CHA results provided two health priorities; **mental health and risky behaviors.**



Definitions

Incentive:
A thing that motivates or encourages one to do something.

Secondary Data collection:
Process of retrieving data that has already been collected by someone else and is available for use.

Indicator:
The way of measuring specified health characteristics in a given population.

Social Determinants of Health (SDOH):
Conditions in the environment where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Health Priorities:
Specially rated health related activities or conditions that are used in establishing health planning goals.

Methodology:
A system of methods used in a particular area of study or activity.

Methodology

- 1 Planning the process
- 2 Ensuring Equity and Community Engagement
- 3 Conducting the Assessment
- 4 Assessing Capacity
- 5 Prioritizing Issues

2024-2027 Community Health Priorities - Mental Health and Risky Behavior

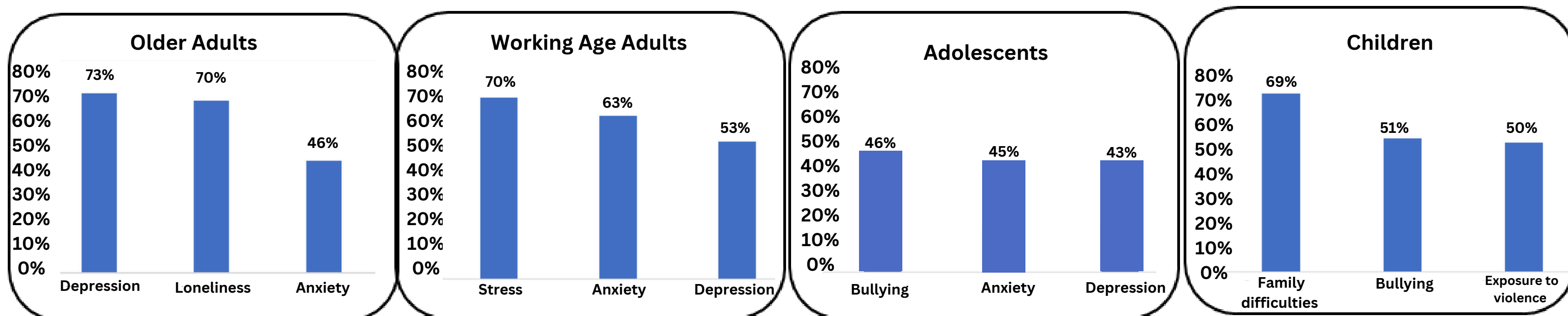
Mental Health

Mental health includes our emotional, psychological, and social well being. It affects how we think, feel, and act. It can also determine how we handle stress, relate to others, and make healthy choices. There was a total of 50 community gaps mentioned by local leaders which included lack of any support system, needing Spanish speaking therapists and reducing stigma on receiving care. This will steer specific strategies on making improvements to the community's mental health.

Risky Behavior

High-risk behaviors are defined as acts that increase the risk of disease or injury, which can subsequently lead to social problems, disability, or death. There was a total of 95 community gaps mentioned by local leaders which included a lack of any support system, more education and coordination within the local school systems, reducing stigma and generational norms and inpatient care facility locally that can accept youth and adults. This will help steer specific strategies on making improvements to the community's risky health behaviors.

Top three mental health concerns for all ages



The Community Health Survey asked the following, "What would you rate the top three mental health concerns affecting...." The data above shows the top three concerns community members had chosen.

Key Findings

- 355 responses collected stated that 23% of community members were always able to receive mental health care while 5% were never able to.
- 62% of 246 responses collected stated anxiety had the most impact on themselves and/or someone they may live with or care for.
- Community members were asked to rate the access of quality mental health care, out of 292 responses 25% had stated the access was good as 25% stating it was poor.
- 40% of 320 respondents stated that substance use was one of the top risky behavior concerns for adolescents in Pueblo County.
- Out of 346 responses 27% of community members stated that alcohol/substance misuse has the most impact on themselves and/or the people they may live with or care for.

To learn what community members thought were harmful activities or not, they were asked through the CHA community member survey, "How much do you think people risk harming themselves physically or in other ways when..." Respondents were asked to rate these on a scale from no risk to extreme risk. The graph shows what activities they believed can have a high risk or an extreme risk of hurting people.

