



St. Vincent
Health

HEALTH + HAPPINESS



2023 COMMUNITY HEALTH NEEDS ASSESSMENT

St. Vincent Health
Leadville, Colorado


PREPARED BY:



LAKE COUNTY BUILD A GENERATION
Building a movement for community health and well-being

TABLE OF CONTENTS

| | |
|--|----------------|
| <u>Letter of Welcome.....</u> | <u>Page 3</u> |
| <u>Executive Summary.....</u> | <u>Page 4</u> |
| <u>Community Profile.....</u> | <u>Page 8</u> |
| <u>Health and Happiness Survey.....</u> | <u>Page 10</u> |
| <u>Stakeholder Meeting + Focus Groups.....</u> | <u>Page 31</u> |
| <u>Identified Health Needs.....</u> | <u>Page 36</u> |
| <u>CHNA Priorities.....</u> | <u>Page 47</u> |
| <u>Appendix A: Survey and Results.....</u> | <u>Page 48</u> |





Thank you, in advance for reading the 2023 St. Vincent Health Community Health Needs Assessment, also known as the Health and Happiness Report.

The report is designed to identify and highlight the current experience of Lake County residents in 2023. A systematic approach to understand the health and health-related factors that contribute to our resident's ability to live happy and healthy lives. The report also explores the barriers that keep people from achieving more health and happiness.

St. Vincent Health's mission statement is "Delivering excellent healthcare to our community with dedication, honesty and compassion." Our goal is to understand where we are now, where we excel and where we have opportunities to improve for the future.

St. Vincent Health is grateful for the partnership with Lake County Build a Generation (LCBAG), who conducted the process and compiled this report. LCBAG assisted us in focusing on both direct health needs and external factors impacting the physical and mental wellbeing of Lake County residents.

While St. Vincent Health is responsible for conducting a Community Health Needs Assessment every 3 years, the report is also a resource for agencies and organizations throughout Lake County.

St. Vincent Health will now be creating an action plan to positively affect some of the top health-related priorities identified in the report. We look forward to sharing the implementation plan in the early part of 2024.

We are grateful for all the survey respondents and stakeholder/focus group participants who made this report possible. We are grateful to serve Lake County residents.

Andy Dreesen
Administrator/CEO
St. Vincent Health

Every three years St. Vincent General Hospital District (DBA St. Vincent Health) is required to conduct a Community Health Needs Assessment (CHNA) to better understand the health needs of the Lake County community and ensure that they are working towards service provision and growth strategies that are based on community data and input. Starting with the 2020 CHNA process, St. Vincent Health, Lake County Build a Generation, and Lake County Public Health Agency branded the process as the Health and Happiness Project and began using the Wellbeing Index developed in Santa Monica as a pillar of the process. The survey (included in full as an appendix to this report), was modified slightly based on Lake County's unique needs, feedback from community members who took the survey in 2020, and the specific questions that St. Vincent Health was hoping to have answered.

The six domains of the survey seek to answer the following questions:

- **Outlook:** How are people feeling about their lives? How do they view their current positions and what are their emotional responses to things going on around them?
- **Community:** How do respondents participate in the community? How connected, welcome, and safe do they feel in their neighborhoods? How much influence do they feel like they have in local decision making?
- **Place and Planet:** How do people feel about the resources (natural, social, and commercial) that they have access to?
- **Learning:** What are people interested in learning about and what opportunities do they pursue in service of that knowledge?
- **Health:** How do people rate their personal health? What are some of the barriers to seeking traditional medical care more readily? How can the hospital improve to better meet the needs of the Lake County Community?
- **Economic Opportunity:** How do people feel about their financial situation and the opportunities that they have had access to in Lake County?

Over the course of several weeks in the summer months of 2023, Lake County Build a Generation and St. Vincent Health administered the survey online and throughout the community. The end result was 314 completed surveys, the results of which are explained in the following report in detail. After the survey administration, the Health and Happiness team invited community partners to co-host focus groups and community discussions that mapped to the domains covered in the survey: housing, childcare, program delivery, community resources, and access to healthcare.

This report will be used by St. Vincent Health to help guide their annual implementation plans over the course of the next three years and ensure that their big picture decisions are rooted in community data. In 2020 the process identified the three community priorities as: increased access to affordable housing, increased opportunities to earn a living wage in Lake County, and increased access to high quality and affordable childcare opportunities. In the 3 years since the completion of that report, some of the successes across those issues have been:

Improve Housing Options:

- The passage of a voter-approved, publicly funded housing fund to support the development of affordable housing
- The creation of a Leadville + Lake County Regional Housing Authority and the hiring of an Executive Director to lead that organization
- The public purchase of several residential units within the city and county that will support affordable rental housing

Increase Opportunities to Earn a Living Wage:

- Several major local employers—including the hospital—have increased their pay scales to remain competitive in their fields and try to keep pace with the continued cost of living increases in Leadville and Lake County

Increase Affordable Childcare Options for Families:

- Bright Start Childcare Center was reopened with new staff, new board members, and new students
- The childcare coalition was started and is working with the Friends, Family, and Neighbors network within Lake County to ensure these providers have resources and professional development opportunities to provide high-quality childcare
- The licensed care centers are participating in a mentoring program with local high school and college students who are interested in pursuing a career in early childhood education so that we can continue to build a pipeline of local professionals

In the 2023 data collection efforts, highlights across the survey domains include:

Outlook: Nearly 80% of the survey population answered that they are happy most of the time or more; there was a decrease in feelings of isolation from 2020 when 63% of respondents answered that they felt isolated “Some of the time” or “Often” compared to 50% in 2023.

Community: Lake county continues to be a friendly community in 2023, 85% of respondents answered that strangers say hello or smile at them when they pass them in public; only 28% of respondents feel that they can influence the decisions affecting Lake County.

Place and Planet: People remain happy with their living situations at similar rates to 2020 with 81% of people answering that they are “Moderately satisfied” or “Very satisfied” with their house or place that they live. However, due to rising housing costs the number of people who answered “Often” to the question “Have you or a close friend or family member considered moving from your neighborhood in the last few years because of rising housing costs?” increased to 33% from only 17% in 2020.

Learning: More than half of the survey population remain active learners and have taken a class or course in the last year with the two most popular topics being “sports, fitness, or dance” and “language.”

Health: Nearly three-quarters of the survey population self reported their health to be “Good” or “Very Good” (72%). The main recent diagnoses in the past year were mental health conditions, asthma, and heart problems—which is consistent with data reported in 2020. The care that people are traveling out-of-county most frequently for is: dermatology, mental health, cardiology, pediatrics, and pain management. The top three reported barriers to accessing care more readily were: lack of provider choices, cost of care, and access to insurance.


Economic Opportunity: There are more folks in full time work compared to the 2020 survey pool (up to 51% from 41%), but the percentage of folks who are “Dissatisfied” or “Very Dissatisfied” with their jobs also increased to 17% in 2023 from 11% in 2020. The number of people who answered that they are “Very worried” about not being able to pay their rent, mortgage, or other housing costs increased to 13% in 2023 from 7% in 2020.

Health Issue Prioritization:

Based on the data from the survey, the secondary data review, and the stakeholder meetings the top issues from the 2023 CHNA process are: increased access to medical services, affordable housing, and living wage.

St. Vincent Health recognizes that they are not likely to affect overall wages and larger issues affecting housing in Lake County. Therefore, the priorities addressed by St. Vincent Health over the next 3 years will focus on increasing access to medical services. Data on the other two top issues is still included in the following report.

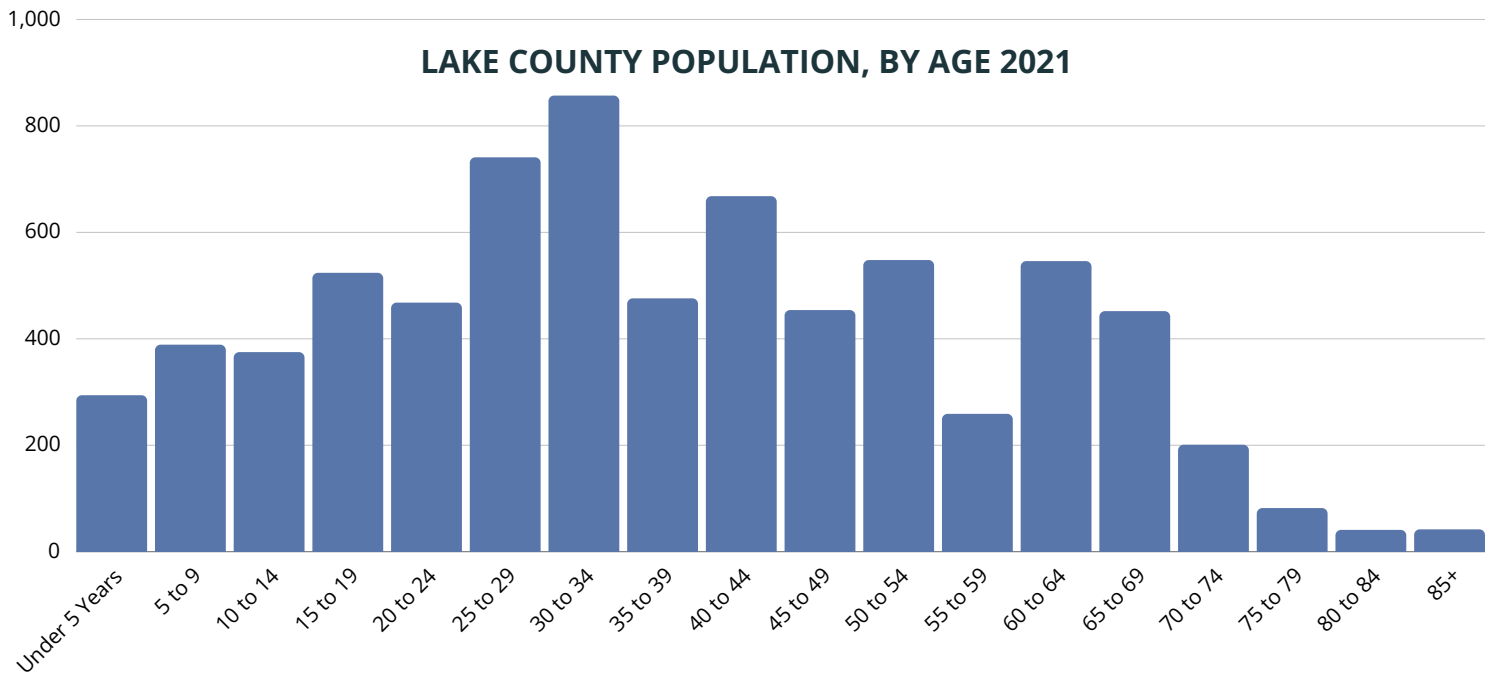
All basic survey data is available at the end of this report in the appendices. If you are interested in looking at an answer stratified by gender, ethnicity, age, or neighborhood or if you have general questions about the survey data—please reach out to info@lcbag.org and we will respond to your request as best we can.





Lake County is a rural community nestled in the Central Mountains of Colorado and is home to 7,417 residents ([2021 ACS DP05](#)). Within the county, 63% of residents live in unincorporated Lake County, 35% live in the city of Leadville, and 2% live in the village of Twin Lakes. Notably, 76% of the land in Lake County is federally owned. As the CHART demonstrates, Lake County's population has been slowly trending upwards over the past 10 years, with a population loss during the early years of the COVID-19 pandemic that seems to be reversing as well.

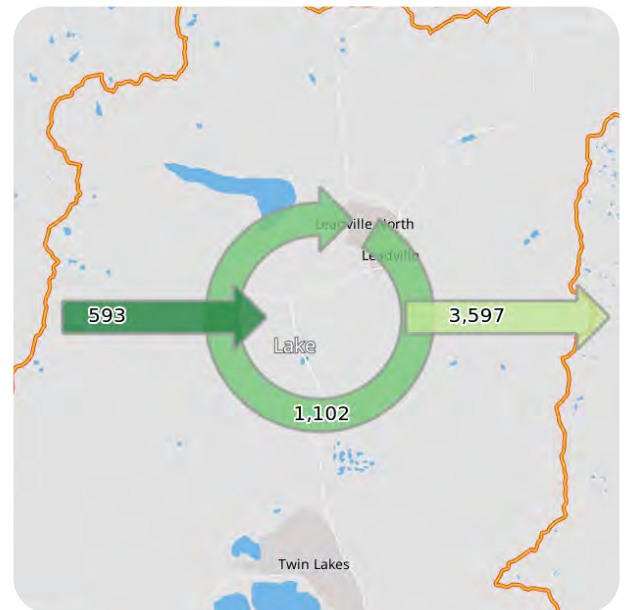
The county age-breakdown is displayed in the chart below ([2021 ACS S0101](#)). The trend of having a larger population under the age of 34 is something that has stayed consistent in Lake County for several years. There are many more employment opportunities for young professionals and it is a more difficult climate to age in, resulting in a sharp decline in the older population of the community.



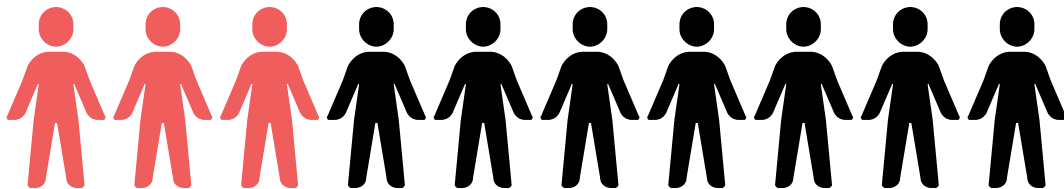
LAKE COUNTY

The ethnic demographics of the county as a whole are roughly 61% white (not Hispanic/Latine) and 30% Hispanic/Latine (of any race) (2021 ACS DP05) but when you look at the middle and high-school student population in Lake County, that shifts to 22% white (not Hispanic/Latine) and 54% Latine (Healthy Kids Colorado Survey).

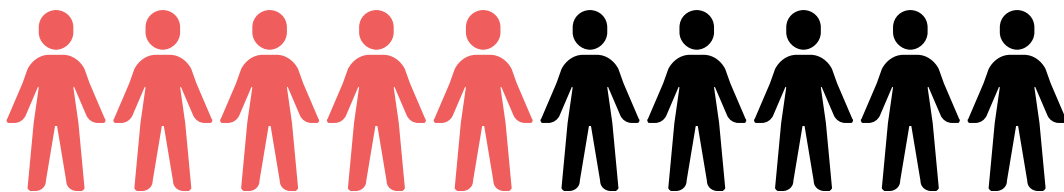
Lake County has long been a bedroom community for surrounding counties like Eagle, Summit, and even Chaffee. As of 2021, the rate of commuters out of county was 76% (OnTheMap).



Every day, 593 workers came into Lake County for work, 3,597 left the county, and 1,102 remained in county (2021, OnTheMap)



According to the census data, 30% of the general population is Latine.



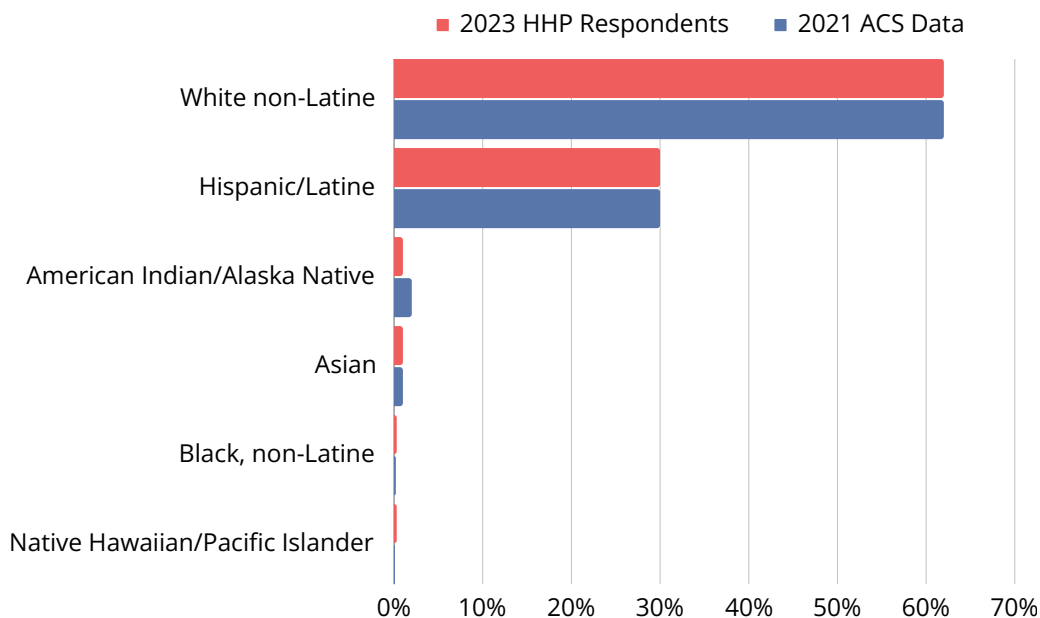
According to the Healthy Kids Colorado data, 50% of the high school and middle school population is Latine.

In 2023, the Health and Happiness Survey received 314 unique responses after accounting for inconsistent or outlier responses. For these assessments, our goal is to reach between 4-5% of the population, and 314 is 4.2% of the current population estimate. We also compare the demographics of the respondents to the community as a whole based on race/ethnicity, age, and gender to make sure we're not only hearing from one specific group within our community.

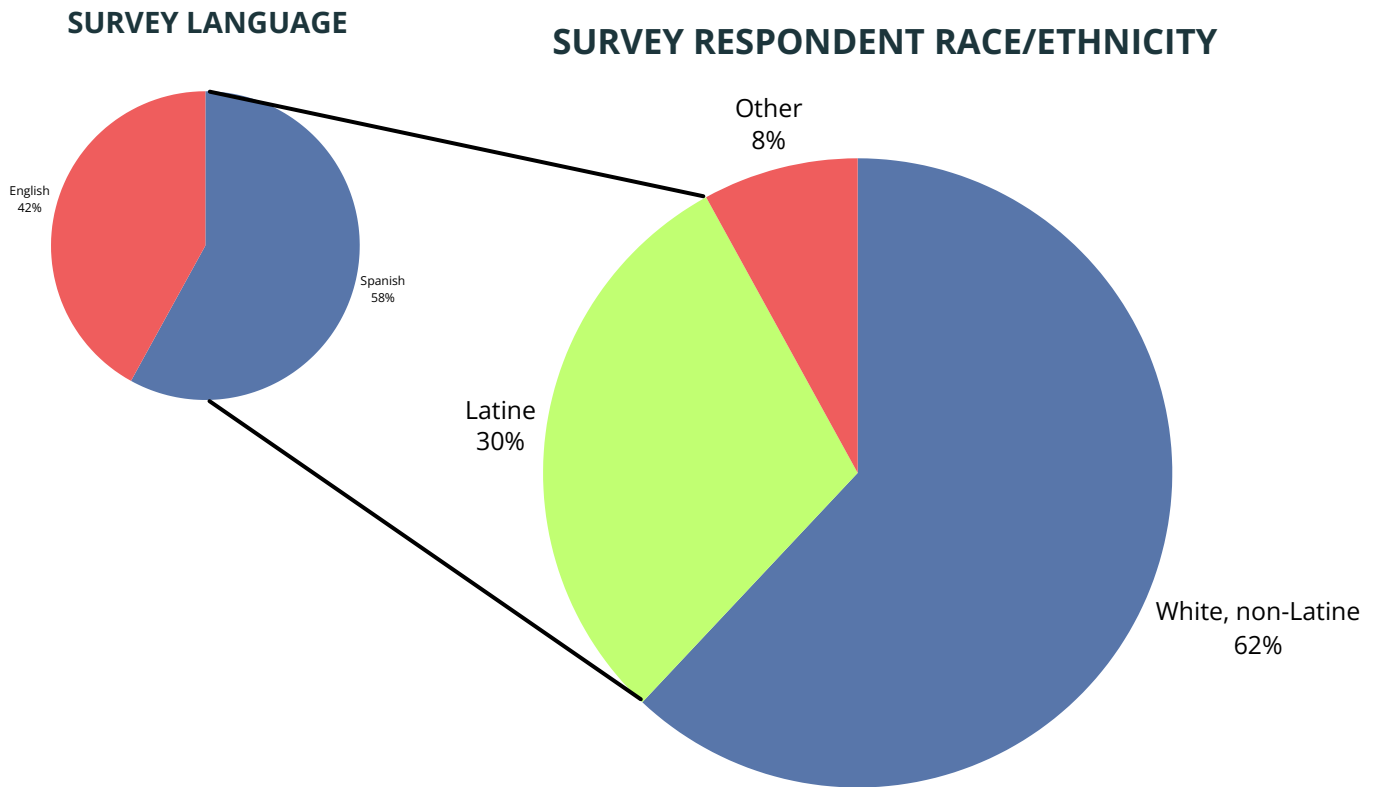
The following charts show that we were able to sample a fairly representative group of folks from our community based on race and age. Unfortunately, when broken down by gender, our respondents were skewed as female-identifying. According to the American Community Survey Estimates, the county is 52% male identifying and 48% female identifying (the ACS only collects data on binary "sex" and does not include data by gender). However the survey respondents were 28% male and 65% female and 7% a combination of "prefer not to answer," "gender fluid," or "transgender."

Receiving responses that are representative of the community's gender demographics has been difficult in previous versions of the survey as well, and is an area of growth for the project moving forward. Because of the small sample size of non-binary respondents and the size of our community, when answers are broken out by gender we will only be identifying female and male responses to protect the safety of individuals and don't intend this representation to signal an erasure of those identities.

COMPARISON OF SURVEY RESPONDENTS RACE/ETHNICITY AND COMMUNITY DATA

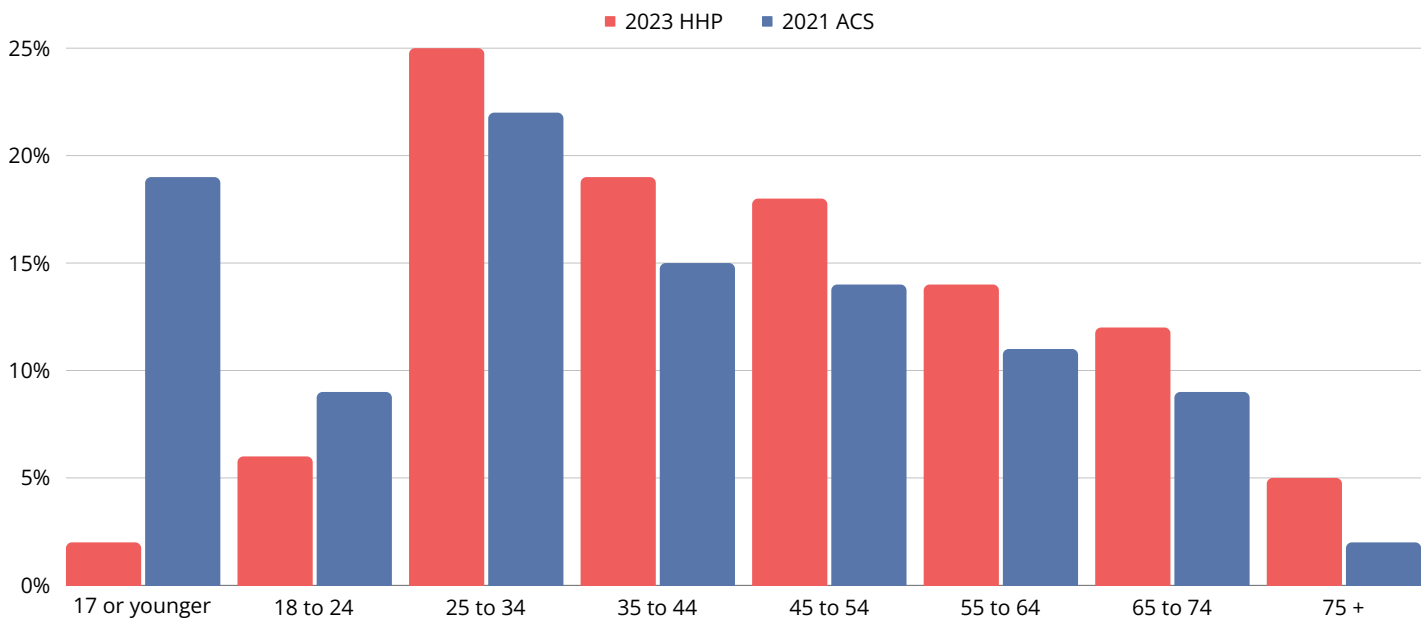


The survey population was very similar to the community race and ethnicity demographics.



Of the survey respondents that identified as Hispanic/Latine, 58% of them took the survey in Spanish

COMPARISON OF POPULATION BY AGE, SURVEY TO CENSUS



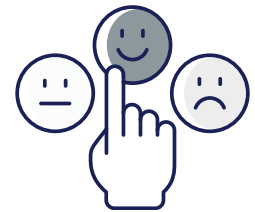
The survey population was representative of Lake County in most age groups except the youngest Lake County residents.



The survey is broken down into six domain areas: outlook, community, place and planet, learning, health, and economic opportunity. The following section takes a closer look at the questions within each of the domains. This narrative section of the report provides highlights of the data collected; for all of the data, please see the appendix.

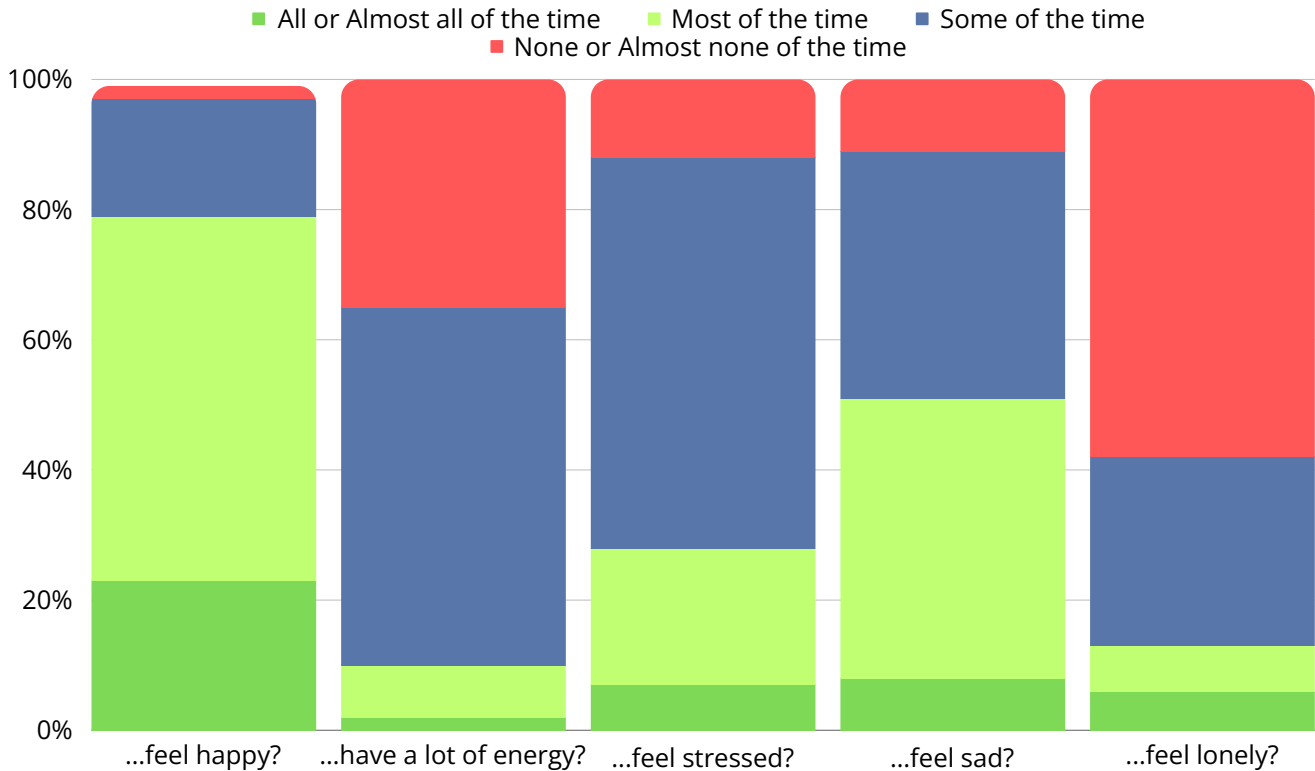
Outlook

This section tries to understand how people are feeling about their lives at the time they took the survey, providing insight into how we might adapt our approach or services to better serve the community. One of the questions asks respondents to think about the past week of their lives and answer how often they have felt happy, energetic, stressed, sad, or lonely. The chart on the following page breaks down the survey responses.



Very similar to the 2020 results, nearly 80% of the survey respondents answered that they are happy most of the time or more; only 50% have a lot of energy most of the time or more; only 30% feel stressed most of the time or more; less than 10% of the respondents answered that they are sad most of the time or more; and roughly 13% answered that they are lonely most of the time or more.

HOW MUCH OF THE TIME IN THE PAST WEEK DID YOU...



When stratified by age, gender, and ethnicity there were a few different narratives hidden within the totals.

Happiness –

Women were more likely to answer that they were happy “All or almost all of the time” than men (24% women compared to 17% men). Latine respondents were also more likely to answer “All or almost all of the time” to this question compared to their white neighbors (30% compared to 18%).

Outlook

Stress –


White folks who completed the survey were more likely to answer that they were stressed “All or almost all of the time” compared to their Latine neighbors (8% compared to 2%). The age group with the highest response rate of “All or almost of the time” for stress were the 25 to 34 year olds (14%).

Loneliness –

Men in the survey sample are more prone to loneliness than women. When asked how often they feel lonely “All or almost all of the time” men answered 10% compared to 4% in women; conversely when asked to identify if they had felt lonely “None or almost none of the time” 48% of men selected this answer compared to 62% of women.

Also of note in this section was the change in feelings of isolation from 2020 to 2023 which we are reasonably assuming has to do with the end of COVID-19 social distancing and isolation requirements. In 2020 63% of respondents answered that they felt isolated “Some of the time” or “Often” and in 2023 that dropped to 50%.

Finally, in the Outlook domain there has been a decrease in reported satisfaction with people’s work/life balance. In 2020, 49% of respondents answered “Agree” or “Strongly Agree” to the question “How satisfied do you feel with balance between your work and other aspects of your life?” compared with only 40% in 2023.



Community

This section's goal is to understand how residents involve themselves in their local community and neighborhoods, with measurements of how integrated residents feel in their government, and how much influence they believe they have in those decision-making spheres.



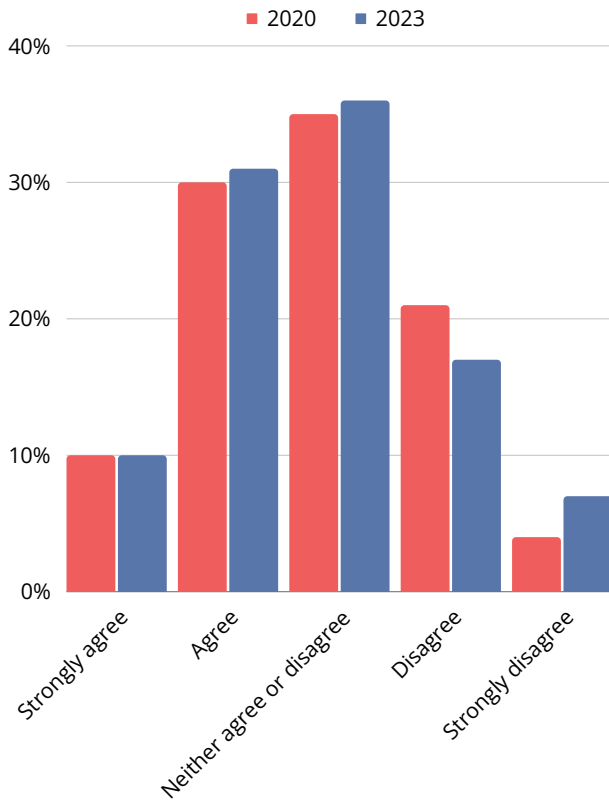
According to the survey data, Lake County continues to be a socially rich and friendly environment for most folks. 50% of the respondents answered that they meet socially with friends at least once or twice a week, and 85% answered that strangers say hello or smile at them "Sometimes," "Often," or "Every time I go out." These numbers are slightly higher than they were in 2020, but not significantly different.

One of the questions in this section asks respondents how they view the availability of arts and cultural opportunities in the community. In 2020, 28% of folks answered "Good" or "Very Good," in 2023 that increased to 37% of residents and is likely due to the continued success and dedication of the many organizations working to provide more access to these opportunities including The Tabor Opera House, Leadville Main St, the Tourism Panel, and the Economic Development Corporation. Likewise, there was an increase in the percentage of people who answered that the availability of social and community events was "Good" or "Very Good" from 37% in 2020 to 48% in 2023.

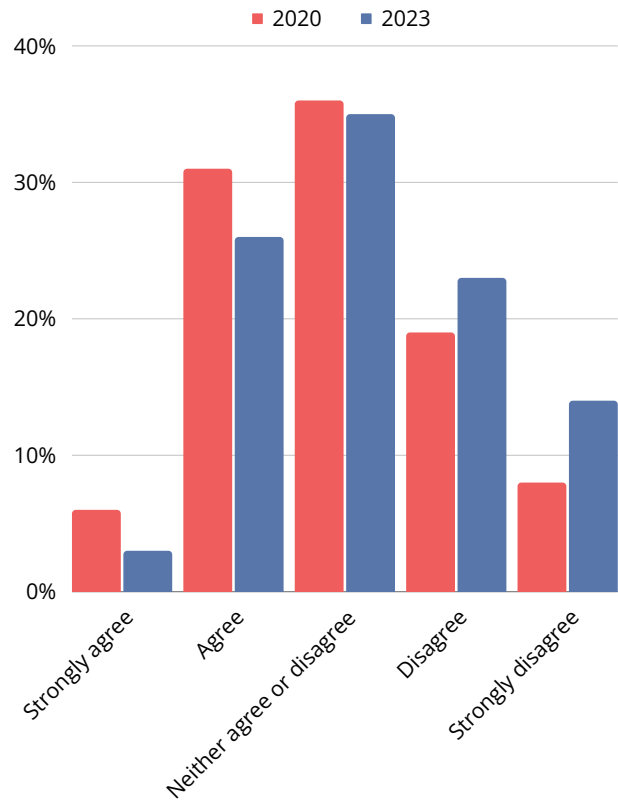
The other two main categories covered in this domain are government and religion. The survey population was slightly less religiously involved than in 2020. The question “In the past four months, how often did you attend religious services?” received a response rate of 15% for “About every week” or “More than one time per week” in 2023 compared to 19% in 2020. The number of respondents that answered “Extremely” to the question “How much do religious or spiritual beliefs influence the way you live?” dropped from 31% in 2020 to 19% in 2023.

Despite the fact that the folks who feel like they “Put a lot of time and effort into being part of the Lake County community” has stayed stable compared to the 2020 response rate (41%), there was a decline in the percentage of people who feel that they can “influence the decisions affecting Lake County.” In 2020 37% of respondents answered “Agree” or “Strongly Agree” but in 2023, that dropped to 28%.

I PUT A LOT OF TIME AND ENERGY INTO BEING PART OF THE LAKE COUNTY COMMUNITY



I CAN INFLUENCE THE DECISIONS AFFECTING LAKE COUNTY



HEALTH AND HAPPINESS SURVEY

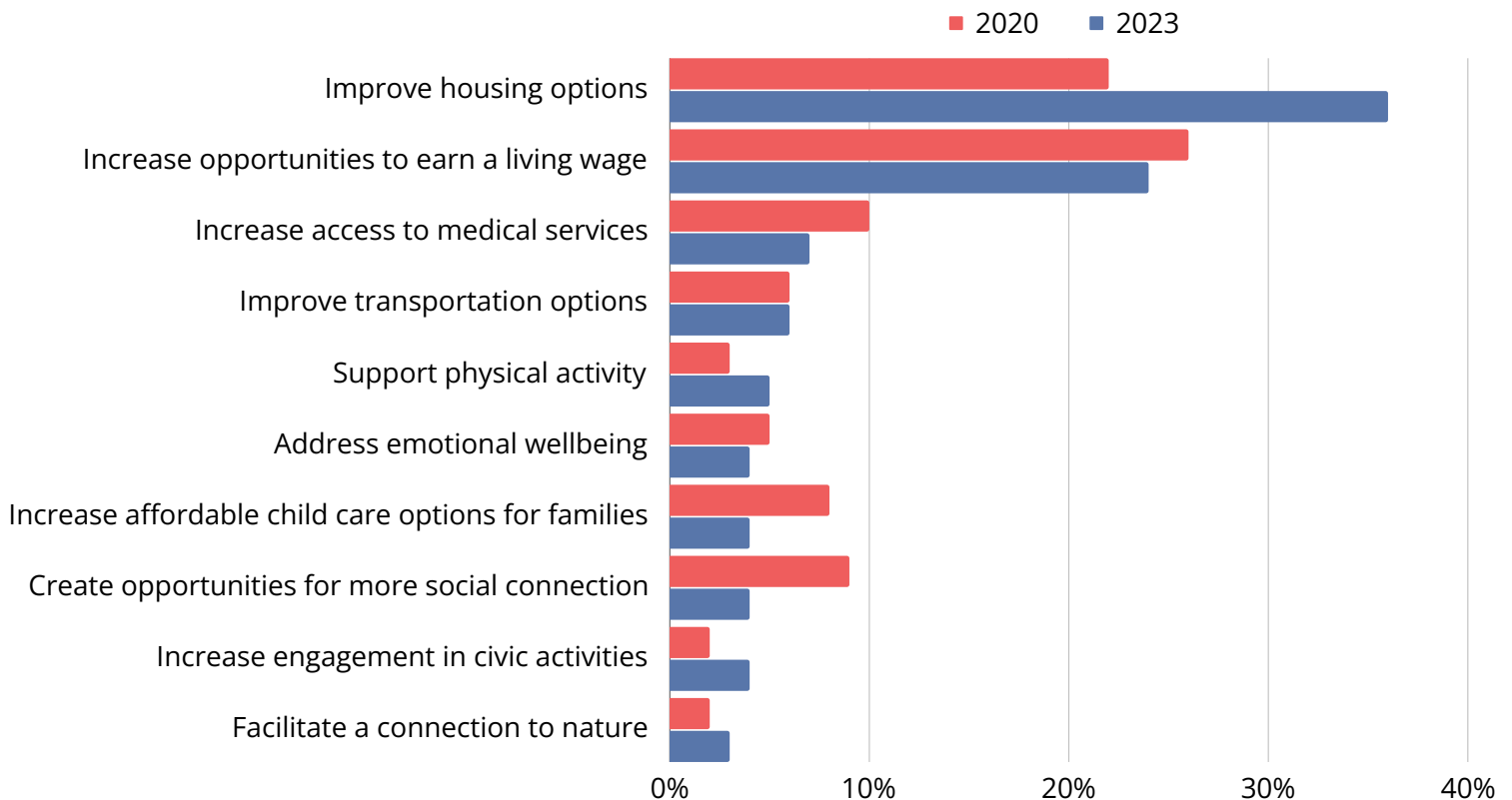
Community

The final question of this survey is one of the main drivers of the priorities of the report and asks “What is one thing that can be done to improve the well-being of your community?” It provides several options that people can select from, as well as a free response opportunity. According to this question the three most important improvements that can be made to the community are:

- Improve housing options (36%)
- Increase opportunities to earn a living wage (24%)
- Increase access to medical services (10%)

The first two priorities were the same as the 2020 report, although housing increased in its portion of response share from 22% to 36% and opportunities to earn a living wage decreased from 26% to 24%.

WHAT IS ONE THING THAT CAN BE DONE TO IMPROVE THE WELL-BEING OF YOUR COMMUNITY?



The need for more affordable housing is even more acute in 2023 than it was in 2020

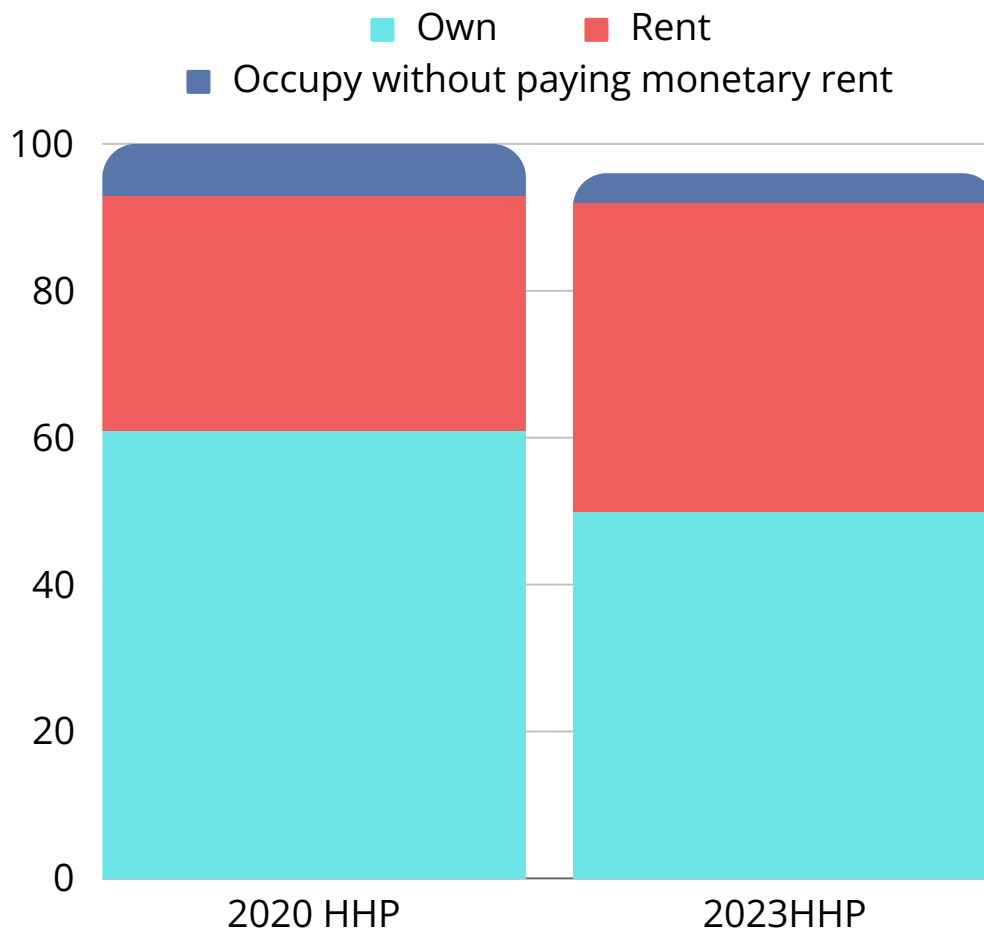
Place + Planet

This section aims to help answer how people feel about what's around them, including open space, buildings, and the social environment.



This survey cycle reached more renters than the 2020 version—44% of the folks who participated in the survey were renters with 52% owning the home they live in and 4% occupying a home without paying rent. In 2020, the survey population was 32% renters, 61% owners, and 7% occupying their living space without paying rent. According to the census ([ACS 2021 B25003](#)), the community is made up of 21% renters and 79% homeowners.

DO YOU CURRENTLY OWN OR RENT THE HOME YOU LIVE IN?



In terms of satisfaction with people’s living arrangements, folks feel similarly as they did in 2020. 81% are “Moderately satisfied” or “Very satisfied” with their house or place they live compared to 83% in 2020. However there was a small increase in the percentage of folks who are “Very dissatisfied” with their situation, increasing from 4% in 2020 to 7% in 2023.


Regardless of satisfaction, one question in this section asks people “Have you or a close friend or family member considered moving from your neighborhood in the last few years because of rising housing costs?” The responses are below:

**HAVE YOU OR A CLOSE FRIEND OF FAMILY MEMBER
CONSIDERED MOVING FROM YOUR NEIGHBORHOOD IN THE
LAST FEW YEARS BECAUSE OF RISING HOUSING COSTS?**

| | 2020 | 2023 |
|----------------------|------|------|
| Often | 17% | 33% |
| Some of the time | 32% | 32% |
| Hardly ever or never | 51% | 35% |

This is a significant increase in the number of folks who feel like the increased housing costs of the community are forcing them to consider relocation. When broken down by age categories, the 25-34 demographic is feeling this pressure the most acutely with 51% of respondents in this age category answering “Often.”

Outside of the home, people are spending more time in public places like parks and libraries more than they were in 2020: 60% of respondents spent time in those places at least once a month, compared to 52% of respondents in 2020. Leisure time outdoors increased as well, going up to 88% of respondents spending time outdoors at least once a month compared to 83% in 2020 with the largest growth in the “Every day or almost every day” category that increased to 39% in 2023 compared to 26% in 2020.



Learning

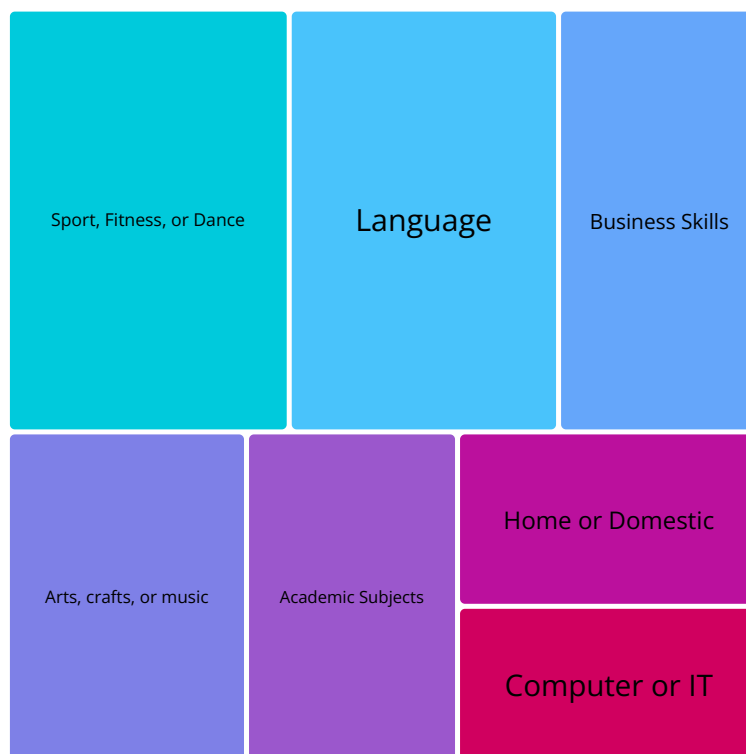
This domain asks respondents questions that measure traditional education metrics including school and college, as well as lifelong learning opportunities outside of the classroom.



The section highlights the confidence of survey respondents in their ability to use the internet to find reliable information, cook a meal from basic ingredients, and carry out basic repairs around the home. 69% of folks feel that they can use the internet to find reliable information, 77% answered that they could cook a meal from basic ingredients, but only 44% felt they could carry out basic repairs around the house.

According to the survey results, 60% of the respondents have taken some kind of course in the last 12 months, with the most popular categories being: sport, fitness, or dance (18%); language (18%); skills for business such as accounting or marketing (13%); arts, crafts, or music (12%); an academic subject like history or science (11%); skills for home such as parenting, maintenance, or cooking (8%); and computer or IT skills (7%).

IF YOU HAVE TAKEN A COURSE IN THE LAST 12 MONTHS, WHAT WAS THE SUBJECT OF THE COURSE?



Health

This section asks questions specific to how residents feel about their physical and emotional health and the resources that they feel they have access to that help them manage and improve their health.



All of the questions in this domain help the hospital determine the appropriate next steps in their service delivery and customer service approach for the following 3 years. The first question asks respondents to rate their health “in general,” and 72% of people rated their health as “Good” or “Very good,” which is a slight decrease over 2020, when it was 77%.

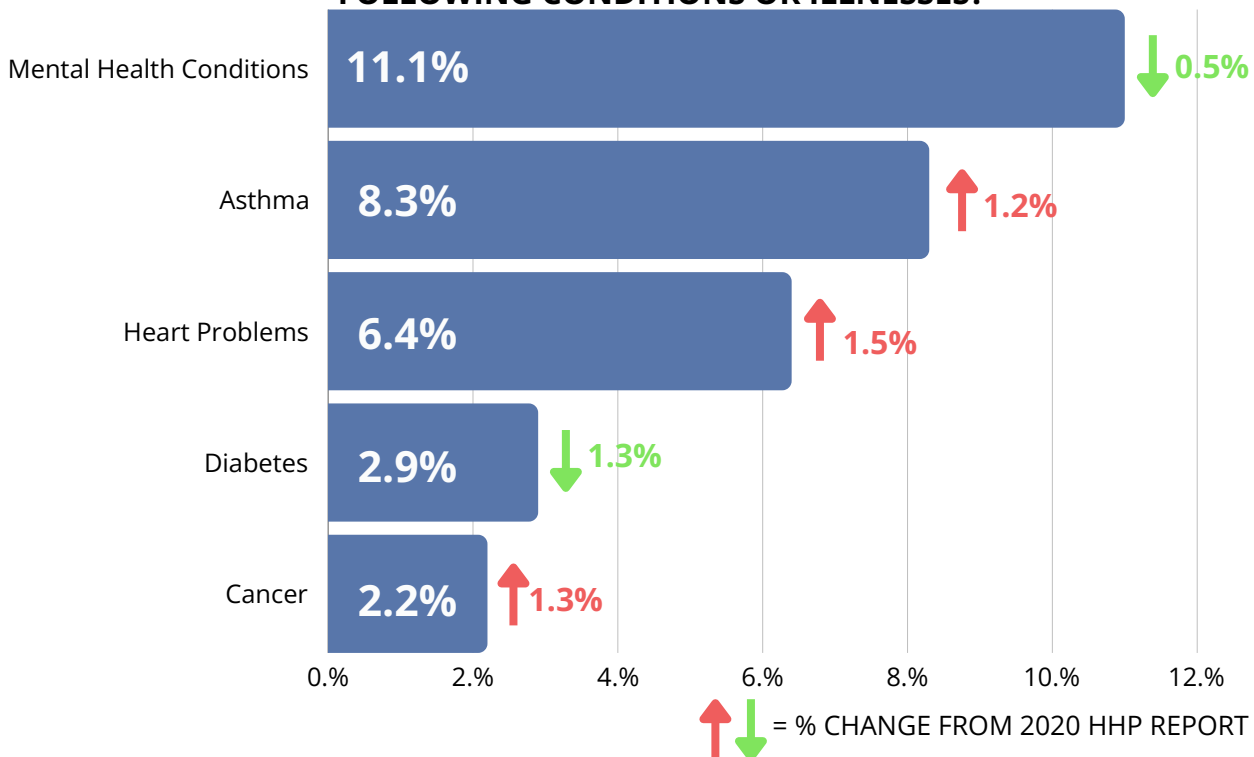
The questions then get more specific to help determine what is contributing to people’s self-selected rating system by asking about their interactions with the medical system. 56% of the respondents answered that they receive regular health screenings as recommended by a doctor (no change from 2020), but when broken down by ethnicity and respondent’s language that the survey was answered in, you can see variations in the responses.

There is a higher likelihood that white respondents agreed that they received the proper screenings compared to their Latine peers (66% compared to 40%). You see a similar trend when looking at the language the survey was taken in: folks who filled out the survey in English answered yes (they receive proper screenings) at a rate of 64% compared to the folks who took the survey in Spanish who only answered yes at a rate of 29%.

When asking about whether or not people have a relationship with a primary care doctor (PCP), there is again very little change in the data from 2020, with 53% of respondents agreeing that they do have that relationship. However, the data point is skewed towards older respondents who were more likely to answer yes to the question compared to only 35% of survey respondents between 25-34 agreed with the statement. And again, when looking across language, 60% of folks who answered in English claimed to have a relationship with a PCP compared to only 30% of folks who answered in Spanish.

Looking to understand the current health needs of the community there are two questions about the recent diagnoses that survey respondents have received as well as the specialist care that people have had to travel out-of-county to receive. There was very little change in the diagnosis rate since 2020, with the most common diagnoses being mental health conditions, asthma, heart problems, diabetes, and cancer.

IN THE PAST YEAR, DID A DOCTOR TELL YOU THAT YOU HAVE ANY OF THE FOLLOWING CONDITIONS OR ILLNESSES?



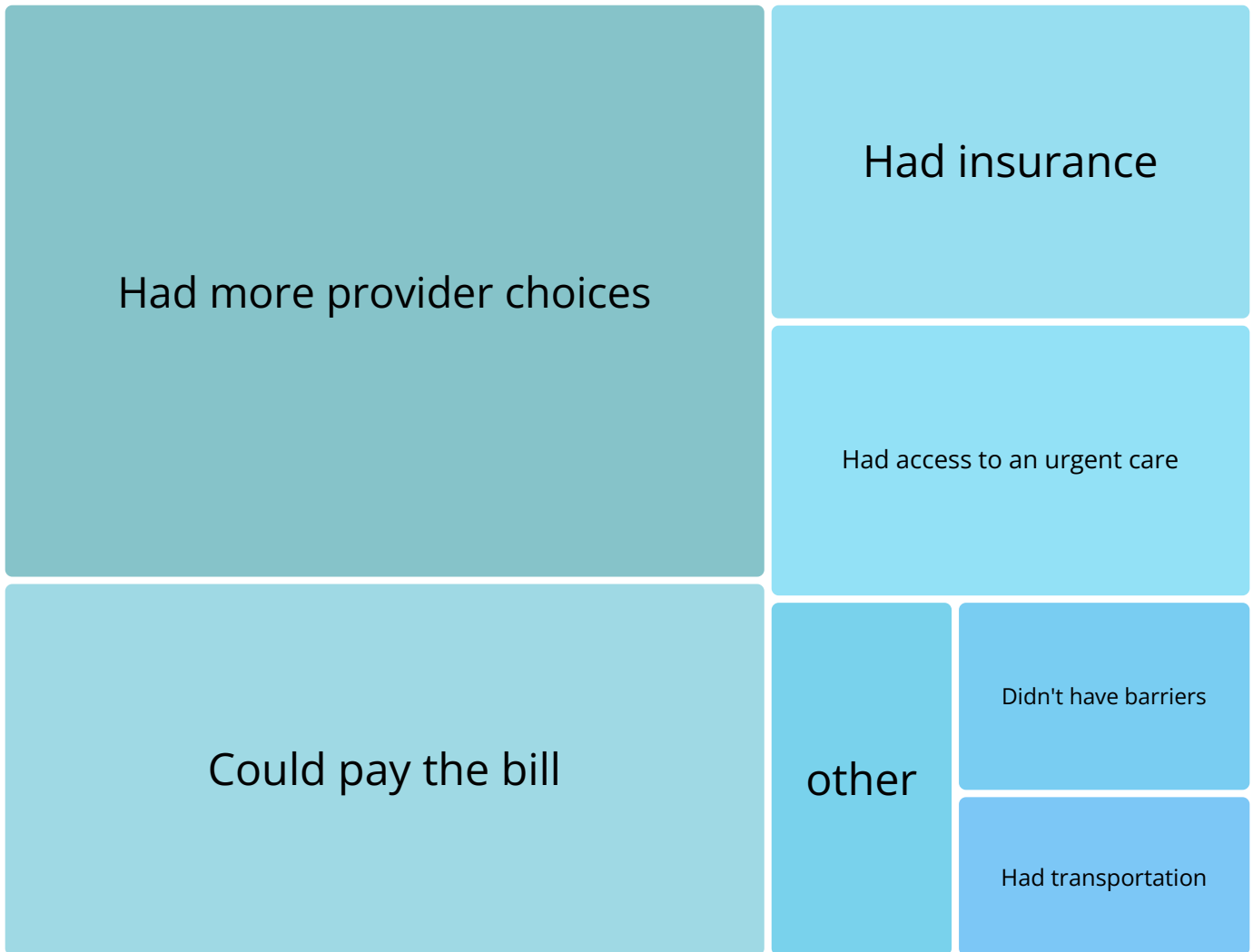
The survey seeks to understand what medical services people are traveling out-of-county for. The following tables show the relative frequency that survey respondents left Lake County in the past year to receive medical care by specialty.

THINKING ABOUT THE PAST YEAR, WHICH OF THE FOLLOWING SERVICES HAVE YOU HAD TO TRAVEL OUTSIDE OF LAKE COUNTY TO ACCESS (FOR YOURSELF OR A FAMILY MEMBER)?

| | |
|---------------|-----|
| Dermatology | 38% |
| Surgery | 25% |
| Orthopedics | 23% |
| Mental Health | 21% |
| Cardiology | 18% |
| Pediatrics | 15% |

| | |
|-----------------|-----|
| Pain Management | 14% |
| Pulmonology | 8% |
| Podiatry | 5% |
| Vision/Dental | 4% |
| OB/GYN | 2% |
| Primary Care | 2% |

Looking to understand people's self-reported barriers to receiving medical care broadly, there is an open-ended select-all-that-apply question asking "I would seek a medical provider's care more readily if I..." The total response breakdown was:



PERCENTAGES OF RESPONSES WERE: HAD MORE PROVIDER CHOICES (46%), COULD PAY THE BILL (30%), HAD INSURANCE (16%), HAD ACCESS TO AN URGENT CARE (14%), OTHER (7%), DIDN'T HAVE BARRIERS (6%), HAD TRANSPORTATION (5%)

These priorities are different for different sub-populations of the total survey group. For example, the ability to pay the bill seems to be a larger issue for 25 to 34 year olds (43%) and the survey population that answered the survey in Spanish (40%) compared to general survey population (30%). The total survey population listed having insurance as a barrier to access at a rate of 16%, but again, the 25 to 34 year old age group seems to feel this disproportionately at a rate of 35% as well as the Latine survey respondents (also 35%) and the Spanish survey-taking population (at a rate of 47%). Having access to more provider choices was the top answer across the total survey population, but was selected as a barrier more frequently by the 18 to 24 year old age group (59%), the 45 to 54 year old age group (58%), women more than men (52% compared to 37%), and white folks more than Latine folks (55% compared to 34%).

There are a few questions in this section that don't map directly to hospital services, but have an impact on health. Among them, the survey asks how often people are performing physical activity for at least 20 minutes that causes them to sweat or breathe heavily. The general recommendation is to achieve this level of physical activity every day, but only 38% of the respondents achieve this benchmark, with 17% answering that it is less than once a month. On the other end of the spectrum, the survey asks how much sleep folks get on average (the recommendation here being at least 7 hours), but only 52% of the survey population answered 7+ hours every night. Finally there is a question that asks about fruit and vegetable consumption (with the goal of 5 servings per day) where only 15% of the respondents claimed to get the recommended 5 servings or more daily.

Economic Opportunity

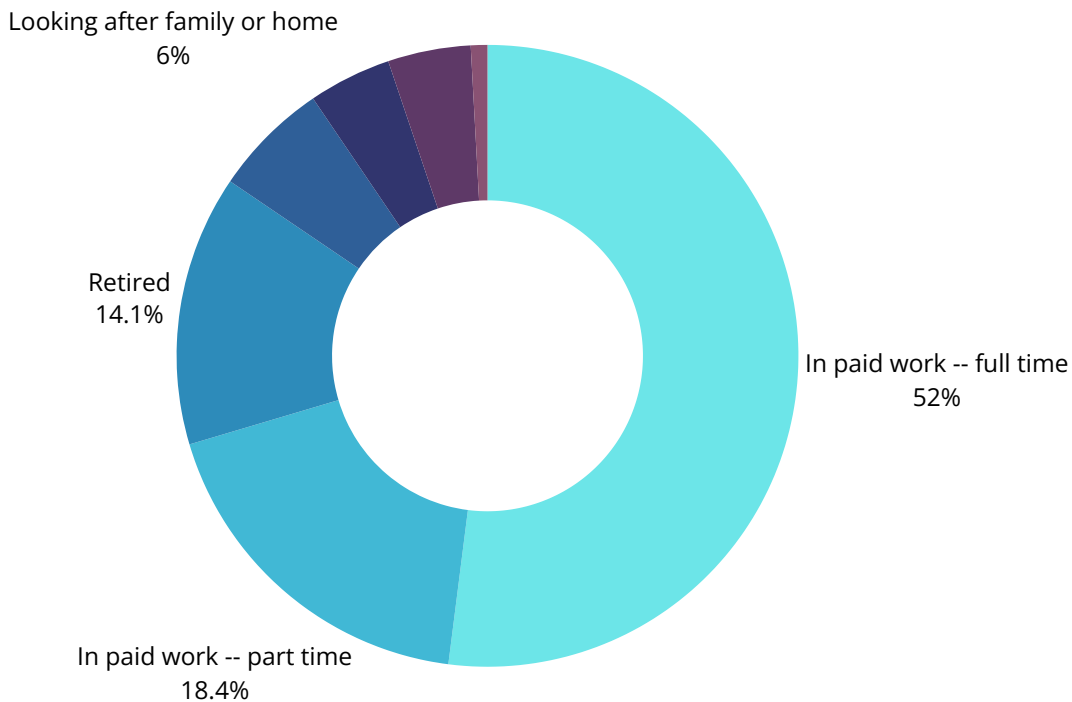
This final domain asks questions about residents' financial resiliency, financial position, and the degree to which they feel they can influence or improve those components of their lives.



The following chart shows the breakdown of life situations around employment for survey participants. It matches the demographics from 2020 very closely except there are more people in full time work in the 2023 survey respondents (51% compared to 41%) and fewer students than in 2020 (4% compared to 11%).

WHICH OF THE FOLLOWING BEST DESCRIBES YOUR SITUATION:

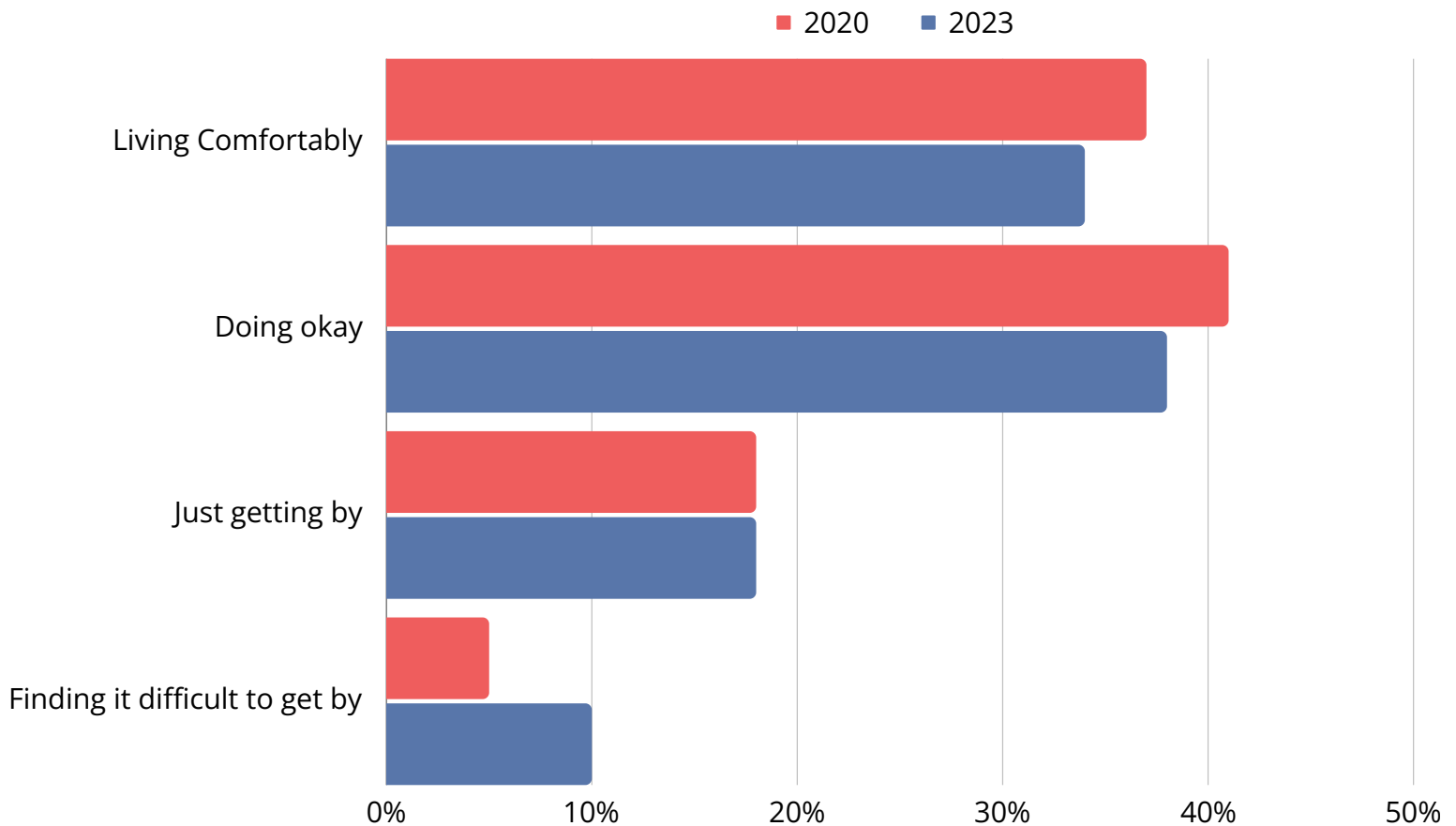
- In paid work -- full time
- In paid work -- part time
- Retired
- Looking after family or home
- In school
- Unemployed
- Long term sick or disabled



Despite having a survey pool that is generally less satisfied with their jobs than in 2020 (17% in 2023 and 11% in 2020) people report having less job stress than they did in 2020. In 2023 44% of the respondents answered that their job was “Moderately stressful” or “Very stressful” compared to 57% in 2020.

Aligned with the increasing number of people who are considering having to move out of their neighborhood because of rising cost of housing, there was a decrease in the percentage of folks who report “Living comfortably” to 34% in 2023 from 37% in 2020 as well as an increase in the number of folks who report that they are “Finding it difficult to get by” up to 10% from 5% in 2020. Similarly, when asked “How worried are you about not being able to pay your rent, mortgage, or other housing costs?” the “Not worried at all” responses went down from 47% in 2020 to 43% in 2023 and the “Very worried” responses increased to 13% from 7%.

WHICH DESCRIBES HOW WELL YOU ARE MANAGING FINANCIALLY THESE DAYS?




In response to the statement “Lake County has offered me good opportunities to get ahead economically” the total survey population answered very similarly to the 2020 response pool:

LAKE COUNTY HAS OFFERED ME GOOD OPPORTUNITIES TO GET AHEAD ECONOMICALLY

| | 2020 | 2023 |
|---------------------------|------|------|
| Strongly agree | 7% | 6% |
| Agree | 25% | 26% |
| Neither agree or disagree | 36% | 34% |
| Disagree | 22% | 22% |
| Strongly disagree | 10% | 13% |

This question ties closely with the responses that flagged “Opportunities to earn a living wage in Lake County” as a key to improving health and well-being in our community. When broken down by age, it shows that this sentiment is most opposed by survey respondents between 25 and 44 years old (44% Disagree or Strongly Disagree).



STAKEHOLDER MEETING + FOCUS GROUPS 31



In addition to the survey administration efforts, the 2023 CHNA process included several smaller meetings hosted in collaboration with different partner groups and organizations to allow for more qualitative data collection in the effort specific to topics or current community initiatives.

The focus group conversations focused on: healthcare collaboration, housing, childcare, public library programming and the community center project.

Healthcare

St. Vincent Health hosted a stakeholder meeting with representatives from Rocky Mountain Family Practice, Lake County Public Health Agency, Solvista Health, Lake County Sheriff's Office, and Lake County School District to discuss what is working well and where we still have opportunities to improve access to care in Lake County.

STAKEHOLDER MEETING + FOCUS GROUPS


32

Healthcare

The discussion around existing needs and barriers to healthcare access focused on the increasing need for behavioral and mental health service providers in our community. There was a reported 112% increase in Solvista Health's clients over the past year, and they are unable to meet the increased demand with their existing staff. The school district echoed that experience and was grateful to the Lake County School Based Health Center which is run by Summit Community Care Clinic, but they continue to see significant mental health needs within their student population.

The group also talked a lot about the need to "meet patients where they're at" for both primary care and crisis intervention. The community is making strides in this direction, but there is still more that could be done. The Sheriff's Office on-scene intervention services in partnership with Solvista Health were reported to be going well and was aligned with the conversation about meeting "community needs in the community." They offer a lot of training to their staff around acting as first responders in a lot of crisis situations and work to ensure that the training is recurring. One of the existing gaps that came up in this conversation is that there is not a good long-term option for people who need care or need to be in a monitored situation. This is not just a problem in Lake County, but since we are so far from other facilities, it can be quite time and resource consuming to help patients find a transfer facility that has beds available.

The conversation around how to best move forward as a community was very strongly centered on providing more integrated care across service providing agencies and working towards more mobile clinic opportunities and neighborhood-based care. It was acknowledged that this kind of work takes a long time to coordinate among stakeholders, build trust with the community, and message appropriately. Additionally it was discussed that organizations and the community as a whole should not give up on this model if it is not immediately successful.




Housing

The housing coalition co-hosted their 3-year strategic planning session with the Health and Happiness project and established their 1, 2, and 3 year goals. In the next year, they hope to: provide homeowner education around development of Accessory Dwelling Units (ADUs), leverage existing funding to provide existing homes with energy retrofits, and promote goodwill deed restrictions within the community. In year-2 their priorities are: to research and pursue a vacant property tax, explore the possibility of inclusionary zoning in lake county, organize around conversion of more of Lake County's manufactured housing into resident-owned cooperatives (similar to Cooperativa Nueva Union), and to increase the amount of public funding that is earmarked for affordable housing projects. Their year-3 priority activities are to: build or create more affordable rental units, improve existing housing stock, enable co-op living developments, and explore infill and conversion of underutilized commercial spaces.

Childcare

The childcare coalition's focus group was designed to engage parents who have early childcare aged children to understand how the existing childcare services and the system of childcare support in Lake County was meeting their needs and what ideas they had for improvement. The families that attended felt that there were limited options for childcare but the care that they were able to access was high quality and meeting their needs. They highlighted specifically the need for more care opportunities for children who were not yet potty trained as well as infant care. Several parents were interested in having more developmental resources shared for use in the household. The conversation ended with a lot of discussion around the funding of childcare in Lake County and hopes that the community will continue conversations around public funding and support of children and families in Lake County.



Public Library

The library hosted a focus group as part of the Health and Happiness project to better understand how they can help fill gaps related to community programming. The participants talked about the need for more learning opportunities for both young children and elders and the idea for inter-generational programming surfaced as an opportunity to meet both those needs together and have information sharing opportunities. There was also discussion about the library playing a role in helping younger folks learn about and connect to some of the trade education that is offered at Colorado Mountain College across campuses. Participants acknowledged that the library is already facilitating a lot of great connections and collaborations already.

In terms of additional services or classes that people were interested in the library pursuing, people came up with: financial literacy, clothing and gear swaps, bulk food orders, service matching (raking, shoveling, grocery pick-up, etc), and a job board. It was again acknowledged that the library hosts a lot of high-quality services that aren't widely utilized including computer, IT, and internet support.

Community Center

The City of Leadville's recent acquisition of the former Mining Hall of Fame and Museum Convention Center precipitated them to host two focus groups in collaboration with the Health and Happiness project to brainstorm ideas with community members about what a future community center could look like in Leadville.

STAKEHOLDER MEETING + FOCUS GROUPS

Community Center

The first group was made up of students who have been active advocates for a safe indoor space for young people in our community to hang out and they were asked to help brainstorm uses for the space in three questions. When asked what activities they would be interested in, they talked about a study space that was accessible late in the day, arcade games, rollerblading, hang out and lounging space, indoor soccer, bowling, cooking classes, basketball, and dodgeball. When asked specifically about winter time indoor activities the students talked about a movie theater, food court, video games, arts and crafts, volleyball, pool table, foosball, ping pong, air hockey, music and dj room. When asked to dream big about what Leadville was missing they answered: swimming pool, go karts, karaoke, indoor trampoline, mini golf, self-defense classes, obstacle courses, laser tag, wrestling club, youth-run radio, rage room, escape room, paintball, and an exercise space.

The second group was hosted in collaboration with the existing Lideres Latinoamericanes group and was similarly focused on helping to brainstorm different use cases for the future building and was an expansive dream-big conversation. The questions were structured the same as the youth-focused conversation. When asked about activities the group talked about an open gym, ping pong, foosball, pool tables, a lounging room or a movie theater room, arts and crafts, services for people experiencing homelessness, and a roller skating rink. When asked about winter activities they mentioned a movie theater, bowling, games, activities for families, and a kitchen for warming up food. When asked what is missing in the community for the Latine population they talked about an affordable space for cultural events, showers and public restrooms, a swimming pool, homeless shelter, grocery store, a central location for direct service provision, and office space for short term use.

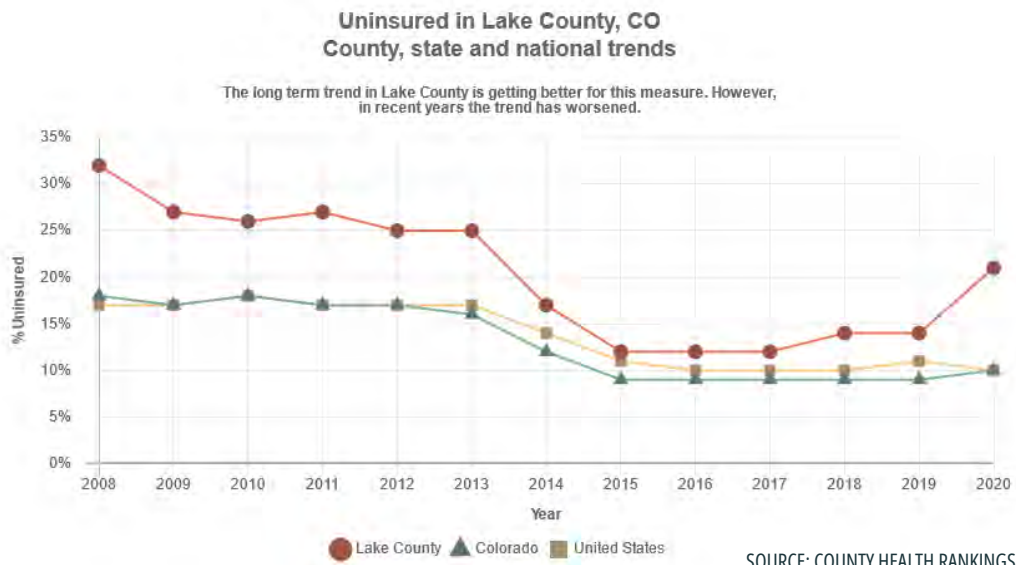


The CHNA data collection process--including the survey administration, community conversations, and secondary data review--is designed to funnel into the selection of priority areas for the hospital to support in the intervening time before the next assessment. Based heavily on community input and supported by outside data, the following section details the three areas that were identified as main health priorities for Lake County: increased access to medical services, affordable housing, and living wage.

IDENTIFIED HEALTH NEEDS

Medical Services

According to the County Health Rankings Report for Lake County, the county is ranked 25th of 59 counties in Colorado which is an improvement over 34th in 2022. Looking at life expectancy in Lake County from 2018-2020, Lake County has a higher expected length of life (86.5 years) compared to Colorado (80 years) and the United States (78.5 years). One of the most disparate data points in the Lake County summary is the relative number of mental health providers to patients in Lake County. In 2022, there was one mental health provider per 1,480 people in Lake County, compared to the ratio across Colorado of one provider for every 230 people. The report also includes data that shows the high percentage of the Lake County population that is uninsured, the ratio of primary care doctors to patients, and the number of preventable hospital stays. Those charts are all included below.

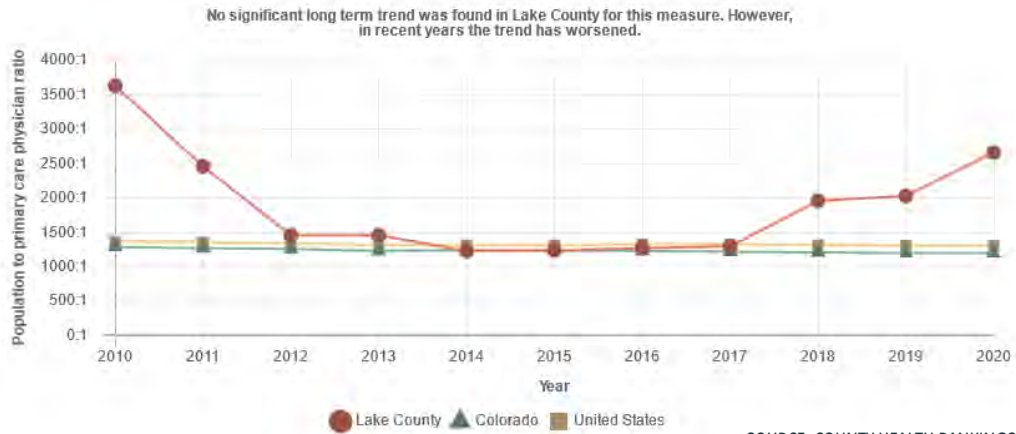


THE LONG TERM TREND IS GETTING BETTER IN LAKE COUNTY, BUT IN RECENT YEARS, THERE WAS A LARGE SPIKE IN UNINSURED INDIVIDUALS

IDENTIFIED HEALTH NEEDS

Medical Services

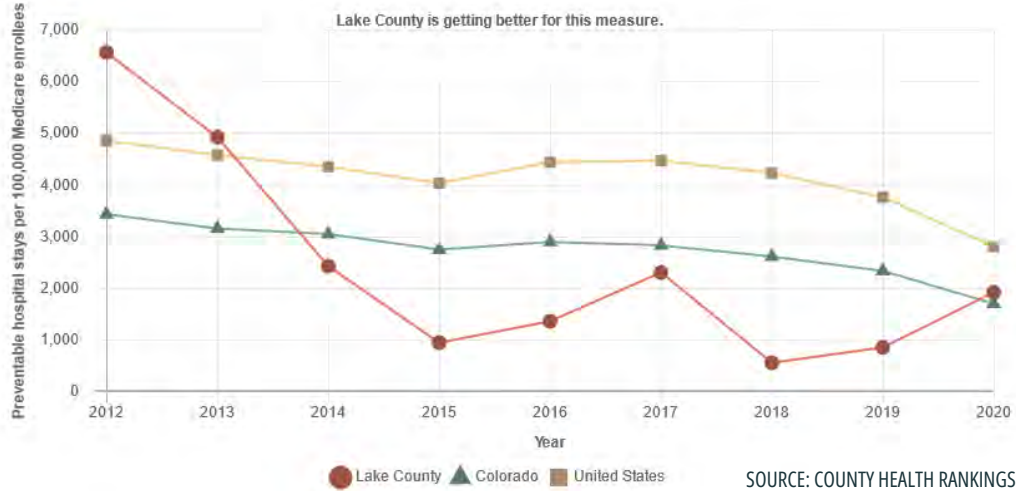
Primary Care Physicians in Lake County, CO County, state and national trends



Notes:
The data in this table reflect the average population served by a single primary care physician.

SINCE 2017, THE RATIO OF PRIMARY CARE PROVIDERS TO PATIENTS HAS GOTTEN A LOT WORSE.

Preventable hospital stays in Lake County, CO County, state and national trends



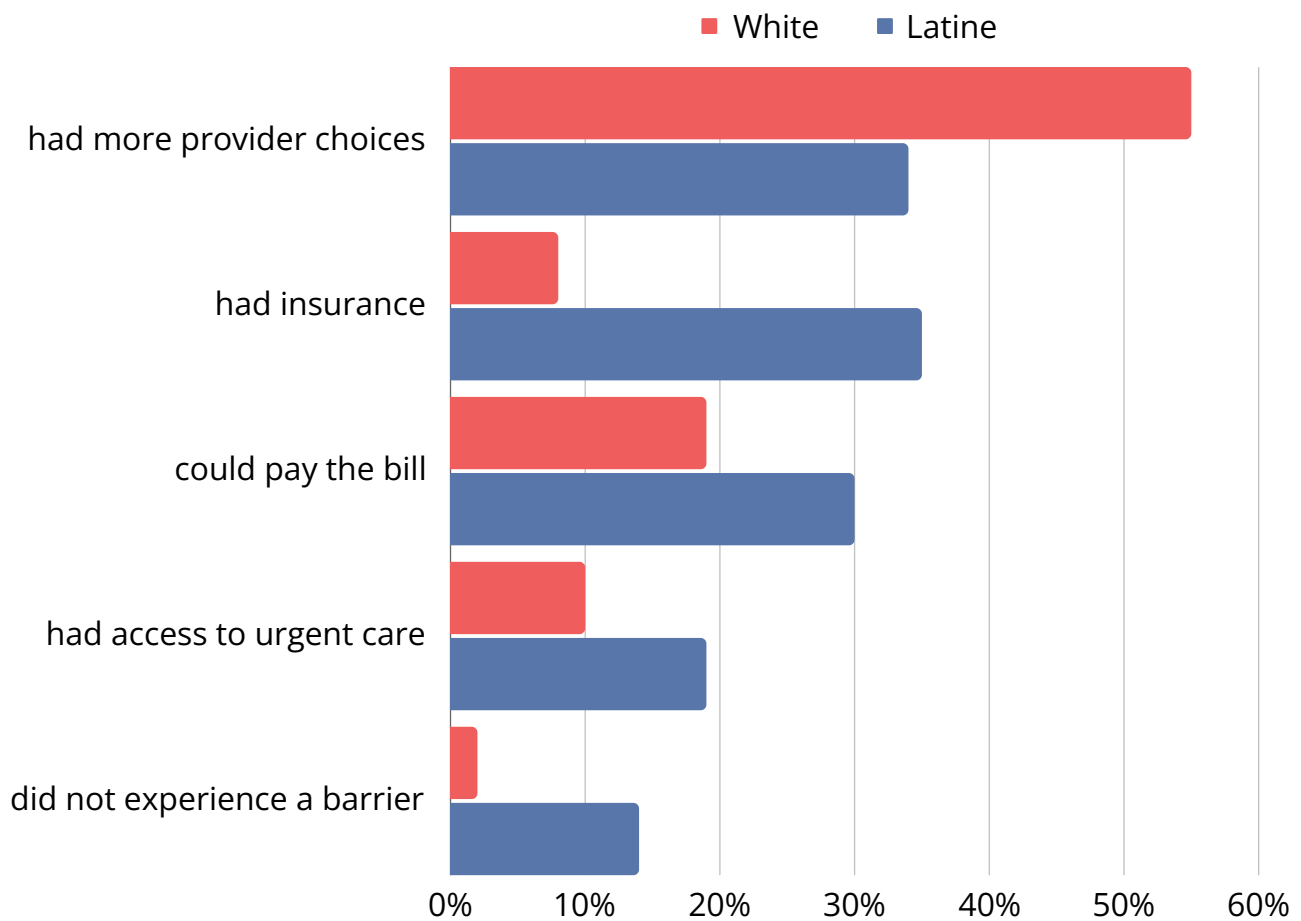
LAKE COUNTY GOTTEN A LOT BETTER IN REGARDS TO PREVENTABLE HOSPITAL STAYS SINCE 2013.

IDENTIFIED HEALTH NEEDS

Medical Services

According to the data in the survey, the biggest barriers to folks accessing more medical care were the lack of provider choices, the cost of care, and the lack of insurance. Peoples' answers by ethnicity are visualized in the chart below.

I WOULD SEEK A MEDICAL PROVIDER'S CARE MORE READILY IF I...

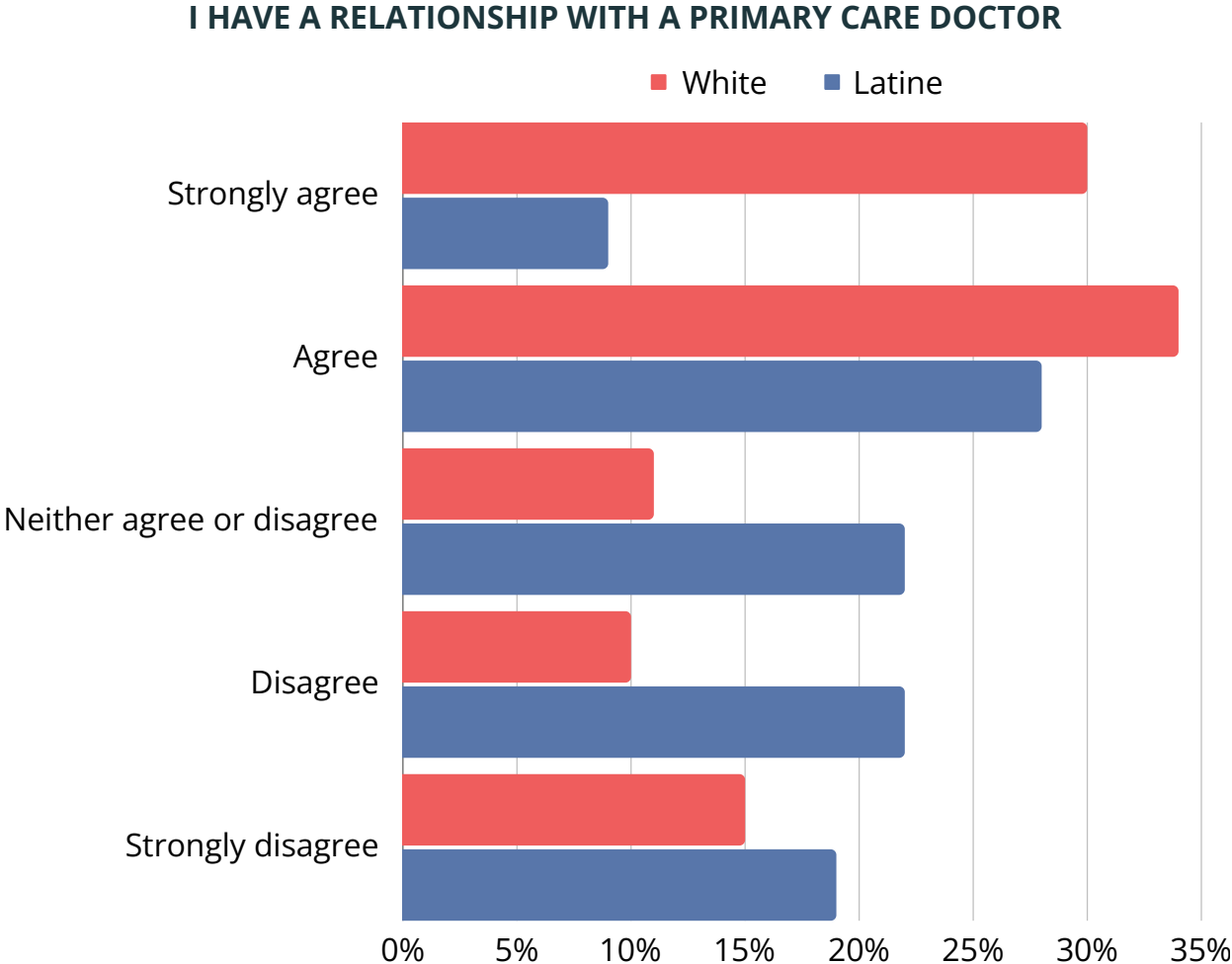


THE DIFFERENCES BETWEEN WHITE SURVEY RESPONDENTS AND LATINE SURVEY RESPONDENTS IS IMPORTANT TO UNDERSTAND AS THE HOSPITAL IS DEVELOPING GROWTH AND OUTREACH STRATEGIES

IDENTIFIED HEALTH NEEDS

Medical Services

The survey asked about if survey respondents have a relationship with a primary care provider and the results, by race/ethnicity are below:



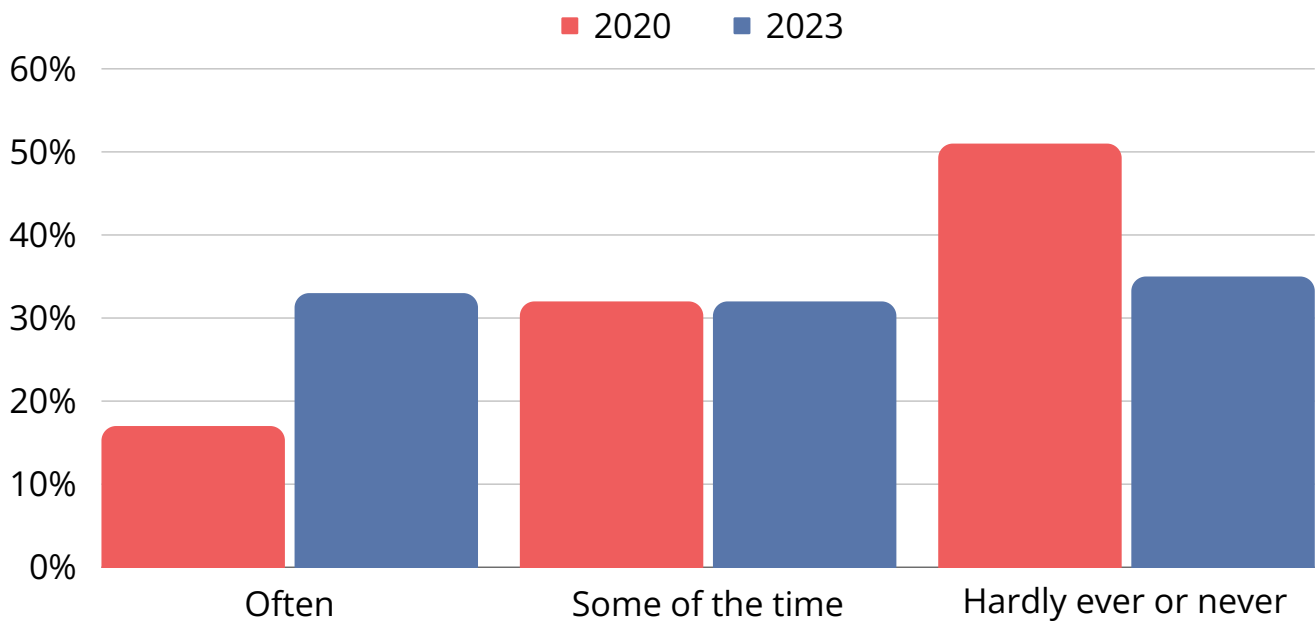
THE DIFFERENCES BETWEEN WHITE SURVEY RESPONDENTS AND LATINE SURVEY RESPONDENTS IS IMPORTANT TO UNDERSTAND AS THE HOSPITAL IS DEVELOPING GROWTH AND OUTREACH STRATEGIES

IDENTIFIED HEALTH NEEDS

Housing

The need for affordable housing is a known issue in our community and coordinated efforts to address the need for stronger targeted policy, funding, and development began in 2016. Despite the successes of the collective and individual organizations and entities working on the issue, the demand has continued to outpace the availability of affordable housing. The market pressures that were exacerbated by the COVID-19 pandemic, especially in rural towns, were felt acutely in Lake County and continue to drive rental and for-sale prices higher. Within the survey data, there were several data points that show the increased pressure that housing costs are putting on individuals and families in our community.

HAVE YOU OR A CLOSE FRIEND OR FAMILY MEMBER CONSIDERED MOVING FROM YOUR NEIGHBORHOOD IN THE LAST FEW YEARS BECAUSE OF RISING HOUSING COSTS?

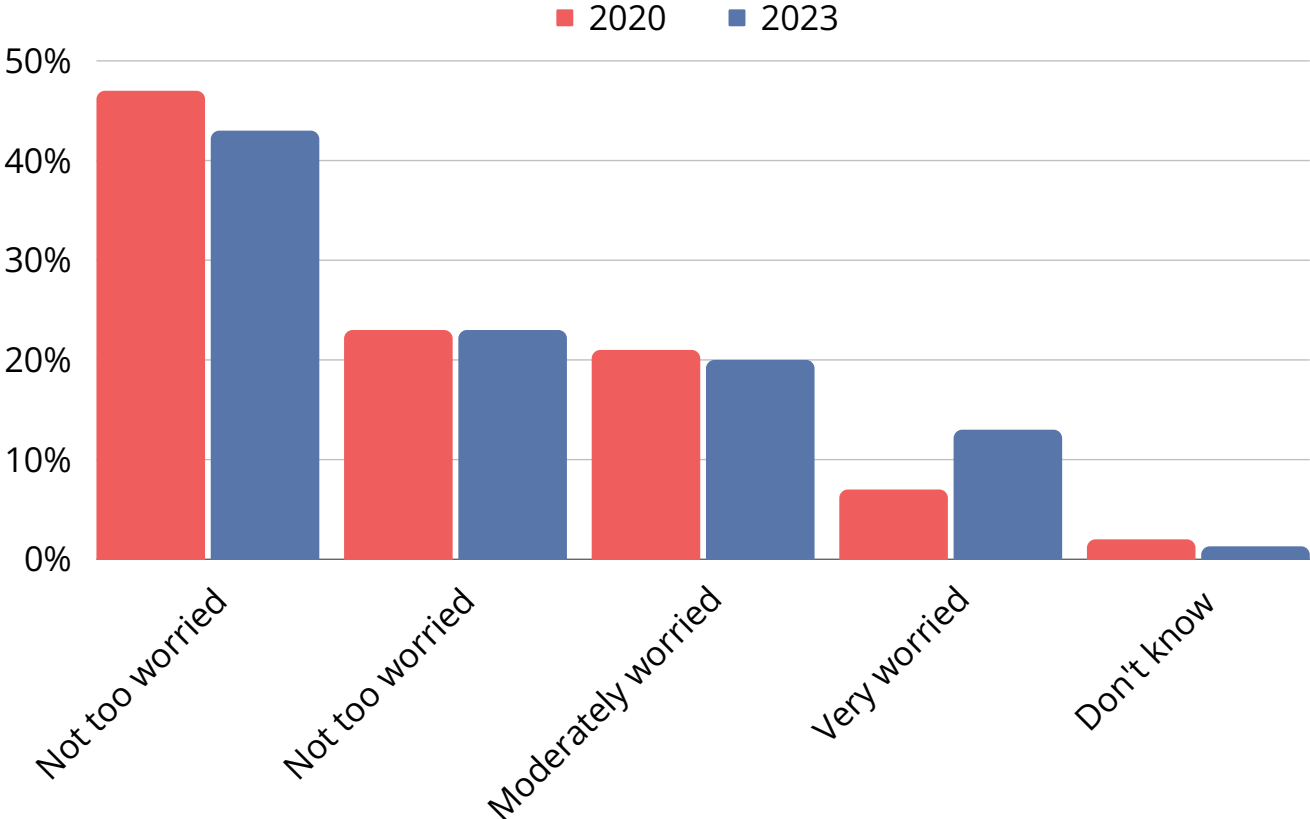


THE PERCENTAGE OF PEOPLE WHO ARE OR ARE CLOSE TO PEOPLE WHO ARE CONSIDERING LEAVING THE COMMUNITY BECAUSE OF HOUSING COSTS HAS INCREASED SINCE 2020

IDENTIFIED HEALTH NEEDS

Housing

HOW WORRIED ARE YOU ABOUT NOT BEING ABLE TO PAY YOUR RENT, MORTGAGE, OR OTHER HOUSING COSTS?



THE PERCENTAGE OF PEOPLE WHO ARE VERY WORRIED ABOUT NOT BEING ABLE TO PAY THEIR MONTHLY HOUSING COSTS HAS INCREASED SINCE 2020

IDENTIFIED HEALTH NEEDS

Housing

According to the Bell Policy Center's [Colorado Housing Primer](#) report from 2022, Lake County has the highest rate of cost-burdened renters in the state. Cost burdened households spend more than 30% of their monthly income to cover housing expenses, and 62.9% of Lake County's renters fall within this category. When such a high percentage of income covers housing alone, it does not leave much for other necessary expenses like food, education, transportation, and medical expenses.

Housing stability (and affordability as a submetric of stability) is a well established social determinant of health meaning that if you experience housing instability it "may negatively affect physical health and make it harder to access healthcare" according to the Healthy People 2030 [Literature Review of Housing Instability](#). Housing instability or expensive housing costs can lead to increased levels of stress or chronic stress which can take a toll on your mental and physical health down the line as well.

The scarcity of affordable housing options is also a significant barrier to hiring employees for the hospital and other employers in the community.



IDENTIFIED HEALTH NEEDS

Living Wage

As noted earlier in the report, Lake County has a very large working population of commuters to Eagle, Summit, and Chaffee counties where there are often more job opportunities. One of the consistent themes of the Health and Happiness Project survey in 2020 and 2023 is that there is a cost to commuting financially, socially, and environmentally that people would prefer to find more opportunities to earn a living wage within Lake County.

According to the Economic Policy Institute's [Family Budget Calculator](#) the monthly and Annual costs for different sized households are below:

| | Monthly Costs | Annual Costs | Minimum Household Hourly Wage to Cover Expenses |
|-----------------------|----------------------|---------------------|--|
| 1 Adult, no Children | \$3,262 | \$39,149 | \$18.82 |
| 1 Adult, 1 Child | \$4,524 | \$54,288 | \$26.10 |
| 1 Adult, 2 Children | \$5,553 | \$66,633 | \$32.04 |
| 2 Adults, no Children | \$4,244 | \$50,932 | \$24.49 total or \$12.25/person |
| 2 Adults, 1 Child | \$5,631 | \$67,567 | \$32.48 or \$16.24/person |
| 2 Adults, 2 Children | \$6,524 | \$78,292 | \$37.64 or \$18.82/person |

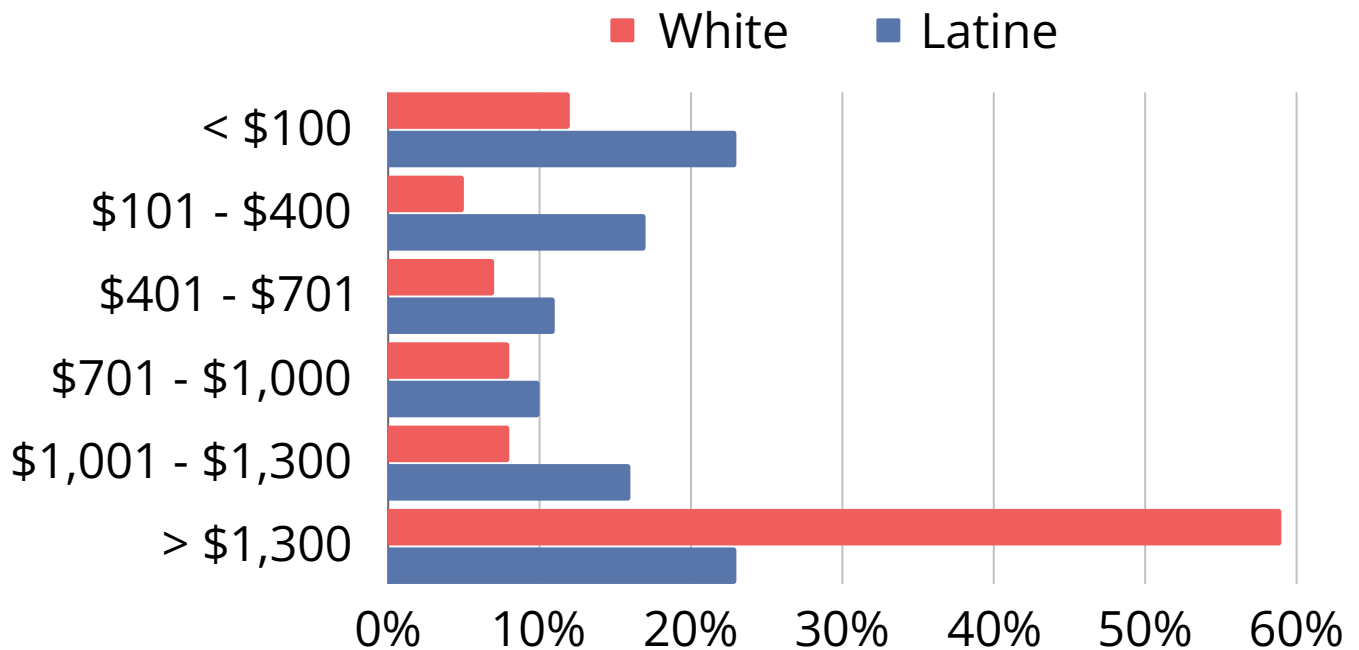
IDENTIFIED HEALTH NEEDS

Living Wage

These estimates are helpful for snapshot data but come with a few caveats: the housing cost estimate is based on the Department of Housing and Urban Development's fair market rents which are 40th percentile of an area's rent (which understates Lake County's current rental market), and the costs and subsequent hourly wage calculations assume that the household is not engaged in any federal, state, or local financial benefits programs which could bring down overall household costs. Finally, the calculations do not account for savings which is an important piece of financial resilience and well-being.

Along the lines of savings, the survey asks respondents what the largest unanticipated expense they would be able to cover from savings at this moment. The chart below shows the responses by ethnicity. As a whole, less than half of the survey respondents were able to cover an expense of more than \$1,300 (46%), and the chart below shows how that changes based on ethnicity.

IMAGINE YOU HAD AN UNEXPECTED EXPENSE. WHICH AMOUNT WOULD BE THE LARGEST UNEXPECTED EXPENSE YOU HAVE CURRENT FUNDS TO PAY FOR?



IDENTIFIED HEALTH NEEDS

Living Wage

There is a clear line between wages and savings related to financial instability creating stress and uncertainty for families and individuals. Unexpected large expenses could include car repair, medical bills, home repair, or eviction/relocation. Finding ways to increase wages for local employees is an important way to increase overall health for the community and reduce the number of people who are considering or are moving out of the community due to financial burden.



St. Vincent Health recognizes that they are not likely to affect overall wages or housing in Lake County. Therefore, the priorities addressed by St. Vincent Health over the next 3 years will focus on medical services.

St. Vincent Health is still committed to these issues internally. St. Vincent Health participates in annual salary surveys with the Colorado Hospital Association (CHA). Numerous hospitals in Colorado contribute data to this survey. Industry-wide, healthcare jobs typically pay a livable wage or above. Utilizing CHA's annual wage survey, St. Vincent Health identifies position pay ranges. The section in this report related to Living Wage was included for data transparency.

Regarding housing, in October 2023 the St. Vincent General Hospital District (SVGHD) entered into a real estate contract with Lake County Government. SVGHD agreed to sell vacant lots 25-32, Block 39, Stevens and Leiter Subdivision to the county as repayment for a loan received from the county in January 2023. The price for these lots was below market value. The County's intention is to use the site to build at least four units of affordable workforce housing. SVGHD will receive a right-of-first-refusal for purchase of a deed restricted housing unit, which would be utilized in recruitment of hospital staff to Lake County

Using the data reported here, St. Vincent Health will be leading the development of an implementation plan in 2024. The plan will focus on improving priorities that affect hospital-based medical services as presented in this report and outline appropriate next steps.

APPENDIX (A): Health and Happiness Well-being Survey – All Results

Sample Size = 314 responses

DEMOGRAPHICS

1. Language preference to take survey
2. Ethnicity
3. Gender
4. Sexual Orientation
5. Age
6. Number of years lived in Lake County
7. Residents with children
8. How did you hear about this survey?

DOMAIN: OUTLOOK

1. Overall, how satisfied are you with your life as a whole these days?
 2. To what extent do you agree or disagree with each of the following statements about yourself?
 - a. I am optimistic about the future.
 - b. I am free to decide for myself how to live my life.
 - c. Most days I get a sense of accomplishment from what I do.
 - d. I generally feel that what I do in my life is worthwhile.
 - e. I seldom have time to do the things I really enjoy.
 - f. When things go wrong in my life, it generally takes me a long time to get back to normal.
3. Below are a number of things people might say they feel. How much of the time in the past week did you...
 - a. Feel happy
 - b. Feel sad
 - c. Feel stressed
 - d. Have a lot of energy
 - e. Feel lonely
4. How often do you feel isolated from others?
5. How satisfied do you feel with the balance between your work and other aspects of your life?

DOMAIN: COMMUNITY

1. Thinking about your life AT THE MOMENT, how often do you:
 - a. Meet socially with friends, relatives, or work colleagues?
 - b. Get involved in work for voluntary or charitable organizations?
2. How would you rate the availability of the following in Lake County:
 - a. Arts and cultural opportunities such as theaters, museums, and music
 - b. Social community events such as festivals, farmers markets, parades, and street fairs
 - c. Organized events where you can learn or engage with the natural environment
 - d. A vibrant Main Street with restaurants, shops, bars, etc.

3. How often do you go to neighborhoods in Lake County OTHER than the one you live in to visit friends, go to work, attend activities, or access shops or services?
4. Think about times when you are out and about in Lake County—on the streets shopping, on the bus, on trails, in a restaurant, etc. How often would you say that strangers say hello or smile at you?
5. To what extent do you agree or disagree with each of the following statements?
 - a. I can influence decisions affecting Lake County.
 - b. I put a lot of time and effort into being part of the Lake County community.
 - c. Lake County has the businesses, stores, and services that I would like it to have.
6. In the past four months, how often did you attend religious services?
7. How much do your religious or spiritual beliefs influence the way you live?
8. What is one thing that can be done to improve the well-being of your community?

DOMAIN: PLACE AND PLANET

1. What Lake County neighborhood do you live in?
2. Do you currently own or rent the home you live in?
3. How satisfied do you feel about the house or place you live?
4. Thinking about your life AT THE MOMENT, how often do you:
 - a. Spend your leisure time outdoors
 - b. Spend time in community or public places such as libraries or parks
5. How do you usually get to work or school? (Check all that apply in a typical week)
6. Thinking about the neighborhood where you currently live, to what extent do you agree or disagree with each of the following statements?
 - a. I regularly stop and talk to people in my neighborhood.
 - b. I plan to remain a resident of my neighborhood for a number of years.
 - c. I borrow things and exchange favors with my neighbors.
 - d. I feel like I belong to my neighborhood.
 - e. My neighborhood is a healthy place to live.
 - f. There are people I can count on in my neighborhood.
 - g. People in my neighborhood can be trusted.
7. Have you or a close friend or family member considered moving from your neighborhood in the last few years because of rising housing costs?
8. To what extent are you bothered by noise in your neighborhood including noise from neighbors, traffic, and air traffic?
9. To what extent do you agree or disagree with the following statement: *Lake County is a beautiful place.*

DOMAIN: LEARNING

1. What outside learning, courses, or certifications have you pursued in the last 12 months?
2. How confident do you feel carrying out the following activity?
 - a. Using the internet to find reliable information
 - b. Cooking a meal from basic ingredients
 - c. Carrying out basic repairs around the home

DOMAIN: ECONOMIC OPPORTUNITY

1. What is your current work status right now? (Check all that apply)

2. How satisfied are you with your job(if you have one)?
3. In general, how stressful is your job?
4. Which describes how well you are managing financially these days?
5. Which amount would be the largest unexpected expense you have current funds to pay for right now?
6. How worried are you right now...
 - a. About not being able to make the minimum payments on your credit cards?
 - b. About not being able to pay your rent, mortgage, or other housing costs?
 - c. That you might lose your job in the next six months?
8. Not being able to pay rent, mortgage or other housing costs *by Ethnicity*.
9. To what extent do you agree or disagree with each of the following statements?
 - a. Lake County has offered me good opportunities to get ahead economically.
 - b. I have benefited from Lake County's environmental progress.

DOMAIN: HEALTH

1. How do you feel your health is in general?
2. How often do you do physical activity for at least 20 minutes that makes you sweat or breathe more heavily than usual?
3. How many servings of fruits and vegetables do you eat on an average day?
4. On average, how many hours of sleep do you get in a 24-hour period?
5. Thinking about the past year, which of the following services have you had to travel outside of Lake County to access (for yourself or a family member)?
6. Thinking about yourself as a patient, to what extent do you agree or disagree with the following statements?
 - a. I regularly get preventative health screenings as recommended by a provider.
 - b. I have a relationship with a primary care doctor.
7. What would help you seek a medical provider's care more readily?
8. In the past year, did a doctor tell you that you have any of the following conditions or illnesses? (Check all that apply).
9. In the last 12 months, how difficult has it been to address medical needs due to cost?
10. In the last 12 months, how difficult has it been to afford food for your household?

DEMOGRAPHICS

| LANGUAGE PREFERENCE | | |
|--|-------|-------|
| | 2023 | 2020 |
| English | 82% | 88% |
| Spanish | 18% | 12% |
| ETHNICITY | | |
| | 2023 | 2020 |
| White, non-Hispanic | 65.9% | 61% |
| Hispanic/Latinx | 31.4% | 35% |
| American Indian/Alaska Native | 1.0% | 0.2% |
| Asian/Native Hawaiian or other Pacific Islander | 1.4% | 0.2% |
| Black, non-hispanic | 0.3% | 1.1% |
| GENDER | | |
| | 2023 | 2020 |
| Female | 68% | 68% |
| Male | 29% | 30% |
| Other (Prefer not to answer Transgender, and Gender Fluid) | 3% | 2% |
| SEXUAL ORIENTATION | | |
| | 2023 | 2020 |
| Heterosexual | 85.8% | 90.0% |
| Bisexual | 7.1% | 5.5% |
| Gay or Lesbian, Queer | 6.4% | 4.0% |
| Other* | 0.8% | 0.4% |
| AGE | | |
| | 2023 | 2020 |
| 17 or younger | 2% | 7% |
| 18 to 24 | 6% | 13% |
| 25 to 34 | 25% | 22% |
| 35 to 44 | 19% | 18% |
| 45 to 54 | 18% | 10% |

| | | |
|--|-------------|------|
| 65 to 74 | 14% | 14% |
| 55 to 64 | 12% | 11% |
| 75 or older | 5% | 5% |
| NUMBER OF YEARS LIVED IN LAKE COUNTY | | |
| | 2023 | 2020 |
| 0 to 4 | 28% | 29% |
| 5 to 9 | 17% | 13% |
| 10 to 19 | 20% | 30% |
| 20 to 29 | 17% | 13% |
| 30 to 49 | 11% | 8% |
| 50 or more | 7% | 7% |
| CHILDREN | | |
| | 2023 | 2020 |
| No I do not have children | 38% | 44% |
| Yes, I have children under 18 in Lake County | 29% | 26% |
| Yes, I have children under 18 outside of Lake County | 3% | 1% |
| Yes, I have children over 18 in Lake County | 11% | 11% |
| Yes, I have children over 18 outside of Lake County | 19% | 16% |
| HOW DID YOU HEAR ABOUT THIS SURVEY? | | |
| | 2023 | 2020 |
| An organization in town | 52% | 31% |
| Word of mouth | 29% | 20% |
| <i>Community Connector</i> | 17% | 45% |
| Ad in the Herald Democrat | 2% | 4% |

DOMAIN: **OUTLOOK**

| Overall, how satisfied are you with your life as a whole these days? | | | | | | | | | | | |
|--|----------------------|------------|------------|------------|-----------|-----------|-----------|-----------|------------|------------|------------|
| | Completely Satisfied | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 | Not at all |
| 2023 | 14% | 18% | 29% | 17% | 7% | 6% | 3% | 4% | .4% | .7% | .3% |
| 2020 | 17% | 15% | 25% | 17% | 10% | 8% | 2% | 3% | .4% | 1% | 1% |

| To what extent do you agree or disagree with each of the following statements about yourself: | | | | | | | | | | |
|---|----------------|------|-------------|------|---------------------------|------|-------------|------|-------------------|------|
| | Strongly Agree | | Agree | | Neither Agree or Disagree | | Disagree | | Strongly Disagree | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| I am optimistic about the future. | 21% | 20% | 47% | 47% | 15% | 20% | 12% | 10% | 5% | 4% |
| I am free to decide for myself how to live my life. | 44% | 36% | 37% | 43% | 7% | 12% | 7% | 4% | 5% | 4% |
| Most days I get a sense of accomplishment from what I do. | 24% | 23% | 53% | 49% | 11% | 17% | 7% | 7% | 5% | 4% |
| I generally feel that what I do in my life is worthwhile. | 29% | 30% | 50% | 48% | 11% | 13% | 5% | 5% | 5% | 4% |
| I seldom have time to do the things I really enjoy. | 7% | 8% | 22% | 23% | 25% | 24% | 36% | 35% | 10% | 11% |
| When things go wrong in my life, it generally takes me a long time to get back to normal. | 4% | 6% | 18% | 15% | 21% | 23% | 43% | 40% | 15% | 16% |

Below are a number of things people might say they feel. How much of the time in the past week did you...

| | None or almost none of the time | | Some of the time | | Most of the time | | All or almost all of the time | |
|----------------------|---------------------------------|------|------------------|------|------------------|------|-------------------------------|------|
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| Feel happy | 2% | 2% | 18% | 21% | 56% | 54% | 23% | 22% |
| Feel sad | 35% | 35% | 55% | 53% | 8% | 9% | 2% | 2% |
| Feel stressed | 12% | 13% | 60% | 58% | 21% | 18% | 7% | 11% |
| Have a lot of energy | 11% | 9% | 38% | 42% | 43% | 38% | 8% | 11% |
| Feel lonely | 58% | 49% | 29% | 35% | 7% | 10% | 6% | 5% |

How often do you feel isolated from others?

| | Hardly ever or never | Sometimes | Often |
|-------------|----------------------|------------|------------|
| 2023 | 50% | 35% | 14% |
| 2020 | 38% | 47% | 16% |

How satisfied do you feel with the balance between your work and other aspects of your life?

| | Not at all | 2 | 3 | 4 | Very satisfied |
|-------------|------------|------------|------------|------------|----------------|
| 2023 | 6% | 12% | 35% | 31% | 16% |
| 2020 | 4% | 12% | 35% | 32% | 17% |

DOMAIN: COMMUNITY

Thinking about your life AT THE MOMENT, how often do you:

| | Meet socially with friends, relatives, or work colleagues? | | Get involved in work for voluntary or charitable organizations? | |
|----------------------------|--|------|---|------|
| | 2023 | 2020 | 2023 | 2020 |
| Never or almost never | 8% | 12% | 27% | 32% |
| Less than monthly | 15% | 14% | 25% | 26% |
| 1-3 times a month | 27% | 28% | 26% | 20% |
| 1-2 times a week | 37% | 30% | 16% | 15% |
| Every day-almost every day | 13% | 16% | 6% | 7% |

| How would you rate the availability of the following in Lake County? | | | | | | | | | | |
|--|----------|------|------|------|---------|------|------|------|-----------|------|
| The availability of: | Very bad | | Bad | | Neither | | Good | | Very good | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| Arts and cultural opportunities such as theaters, museums, and music. | 9% | 12% | 23% | 29% | 31% | 31% | 34% | 23% | 4% | 5% |
| Social community events such as festivals, farmers markets, parades, and street fairs. | 5% | 9% | 16% | 21% | 30% | 33% | 41% | 31% | 8% | 6% |
| Organized events where you can learn or engage with the natural environment. | 8% | 8% | 14% | 18% | 37% | 35% | 34% | 31% | 8% | 8% |
| A vibrant Main Street with restaurants, shops, bars, etc. | 5% | 6% | 11% | 13% | 30% | 31% | 46% | 49% | 8% | 10% |

| How often do you go to neighborhoods in Lake County OTHER than the one you live in to visit friends, go to work, attend activities, or access shops or services? | | | | | |
|--|-------------------------------|----------------------|----------------------------|-------------------|-----------------------|
| | Every day or almost every day | Once or twice a week | One to three times a month | Less than monthly | Never or almost never |
| 2023 | 17% | 22% | 33% | 17% | 11% |
| 2020 | 17% | 26% | 31% | 15% | 11% |

| Think about times when you are out and about in Lake County--on the streets shopping, on the bus, on trails, in a restaurant, etc. How often would you say that strangers say hello or smile at you? | | | | | |
|--|---------------------|-------|-----------|--------|-------|
| | Every time I go out | Often | Sometimes | Rarely | Never |
| 2023 | 12% | 37% | 38% | 11% | 2% |
| 2020 | 12% | 38% | 32% | 14% | 4% |

| To what extent do you agree or disagree with each of the following statements? | | | | | | | | | | |
|--|----------------|------|-------|------|---------------------------|------|----------|------|-------------------|------|
| | Strongly Agree | | Agree | | Neither Agree or Disagree | | Disagree | | Strongly Disagree | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| I can influence decisions affecting Lake County. | 3% | 6% | 26% | 31% | 35% | 36% | 23% | 19% | 14% | 8% |
| I put a lot of time and effort into being part of the Lake County community. | 10% | 10% | 31% | 30% | 36% | 35% | 17% | 21% | 7% | 4% |
| Lake County has the businesses, stores, and services that I would like it to have. | 6% | 6% | 25% | 21% | 24% | 26% | 33% | 32% | 12% | 15% |

| In the past four months, how often did you attend religious services? | | | | | |
|---|-----------------------------|------------------|--------------------------|-------------|-------|
| | More than one time per week | About every week | One or two times a month | A few times | Never |
| 2023 | 1.3% | 14% | 6% | 17% | 62% |
| 2020 | 2% | 17% | 6% | 14% | 61% |

| How much do your religious or spiritual beliefs influence the way you live? | | | | | |
|---|-----------|----------|----------|------------|-------------------------------|
| | Extremely | Somewhat | A little | Not at all | I don't have any such beliefs |
| 2023 | 19% | 37% | 17% | 19% | 9% |
| 2020 | 31% | 31% | 10% | 16% | 12% |

| What is one thing that can be done to improve the well-being of your community? | | |
|--|-------------|------|
| | 2023 | 2020 |
| Improve housing options | 36% | 22% |
| Increase opportunities to earn a living wage for work | 24% | 26% |
| Increase access to medical services | 7% | 10% |
| Improve transportation options | 6% | 6% |
| Support physical activity | 5% | 3% |
| Address emotional wellbeing | 4% | 5% |
| Increase affordable child care options for families | 4% | 8% |
| Create opportunities for more social connection | 4% | 9% |
| Increase engagement in civic activities | 4% | 2% |
| Facilitate a connection to nature | 3% | 2% |
| Other | 3.4% | 7% |

DOMAIN: PLACE AND PLANET

| What Lake County neighborhood do you live in? | | |
|---|-------------|------|
| | 2023 | 2020 |
| In or near the city of Leadville or West Park | 48% | 56% |
| Other Lake County neighborhood (Turquoise Lake Estates, Gem Valley, or Beaver Lakes Estates, etc) | 23% | 15% |
| In the neighborhood of Mountain View | 17% | 13% |
| In the neighborhood of Lake Fork | 7% | 7% |
| In or near Twin Lakes | 5% | 5% |
| In the neighborhood of Mountain Valley Estates / East Fork | 0.3% | 4% |

| Do you currently own or rent the home you live in? | | | |
|---|------------|------------|-----------|
| | Own | Rent | Occupy |
| 2023 | 52% | 44% | 4% |
| 2020 | 61% | 32% | 7% |

| How satisfied do you feel about the house or place you live? | | | | |
|--|----------------|----------------------|-----------------------|-------------------|
| | Very satisfied | Moderately satisfied | A little dissatisfied | Very dissatisfied |
| 2023 | 54% | 27% | 12% | 7% |
| 2020 | 56% | 27% | 11% | 4% |

| To what extent do you agree or disagree with each of the following statements? | | | | | | | | | | |
|--|-------------------------------|------|----------------------|------|----------------------------|------|-------------------|------|-----------------------|------|
| | Every day or almost every day | | Once or twice a week | | One to three times a month | | Less than monthly | | Never or almost never | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| ...spend your leisure time outdoors? | 39% | 26% | 32% | 33% | 16% | 24% | 8% | 12% | 4% | 5% |
| ...spend time in community or public places such as libraries or parks? | 7% | 4% | 22% | 20% | 31% | 28% | 22% | 22% | 18% | 25% |

| How do you usually get to work or school? (Check all that apply in a typical week) | | |
|--|-------------|------|
| | 2023 | 2020 |
| Drive myself by car, van, or motorbike | 68% | 58% |
| Walk | 14% | 12% |
| I usually work/study from home | 11% | 17% |
| Get a ride with someone | 8% | 12% |
| Bicycle | 7% | 7% |
| Bus | 5% | 5% |
| N/A | 12% | 18% |

| Thinking about the neighborhood where you currently live, to what extent do you agree or disagree with each of the following statements? | | | | | | | | | | |
|---|----------------|------|------------|------|---------------------------|------|------------|------|-------------------|------|
| | Strongly Agree | | Agree | | Neither Agree or Disagree | | Disagree | | Strongly Disagree | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| I regularly stop and talk to people in my neighborhood. | 13% | 13% | 36% | 39% | 25% | 21% | 17% | 18% | 9% | 10% |
| I plan to remain a resident of my neighborhood for a number of years. | 26% | 25% | 33% | 36% | 21% | 19% | 13% | 15% | 7% | 5% |
| I borrow things and exchange favors with my neighbors. | 10% | 12% | 27% | 26% | 28% | 22% | 19% | 21% | 16% | 20% |
| I feel like I belong to my neighborhood. | 19% | 22% | 36% | 36% | 26% | 26% | 11% | 10% | 8% | 7% |
| My Neighborhood is a healthy place to live. | 23% | 27% | 42% | 45% | 23% | 19% | 7% | 6% | 5% | 2% |
| There are people I can count on in my neighborhood. | 22% | 23% | 52% | 57% | 5% | 3% | 15% | 13% | 6% | 5% |
| People in my neighborhood can be trusted. | 17% | 20% | 57% | 60% | 7% | 5% | 13% | 12% | 6% | 3% |

| Have you or a close friend or family member considered moving from your neighborhood in the last few years because of rising housing costs? | | | |
|--|------------|------------------|----------------------|
| | Often | Some of the time | Hardly ever or never |
| 2023 | 33% | 32% | 35% |
| 2020 | 17% | 32% | 51% |

| To what extent are you bothered by noise in your neighborhood including noise from neighbors, traffic, and air traffic? | | | |
|--|--------------|----------------|------------|
| | A great deal | To some extent | Not at all |
| 2023 | 10% | 41% | 49% |
| 2020 | 10% | 47% | 43% |

| Lake County is a beautiful place. | | | | | |
|--|----------------|------------|---------------------------|-------------|-------------------|
| | Strongly Agree | Agree | Neither Agree or Disagree | Disagree | Strongly Disagree |
| 2023 | 56% | 33% | 8% | 2.3% | 1.3% |
| 2020 | 60% | 32% | 7% | 2% | 0.5% |

DOMAIN: LEARNING

| Please check any subjects below for which you have taken a course in the last 12 months. | | |
|---|-------------|------|
| | 2023 | 2020 |
| I have not taken a course or lesson | 39% | 38% |
| Sport, fitness or dance | 18% | 26% |
| Language | 18% | 19% |
| Skills for business such as accounting or marketing | 13% | 16% |
| Arts, crafts, or music | 12% | 18% |
| An academic subject like history or science | 11% | 18% |
| Skills for home such as parenting, maintenance, or cooking | 8% | 12% |
| Computer or IT skills | 7% | 15% |

| How confident do you feel carrying out the following activity? | | | | | | |
|---|---|------|---------------------------------------|------|--|------|
| | Using the internet to find reliable information | | Cooking a meal from basic ingredients | | Carrying out basic repairs around the home | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| Not confident at all | 0% | 4% | 1.4% | 2% | 4% | 6% |
| 2 | 3% | 3% | 3% | 3% | 7% | 4% |
| 3 | 6% | 8% | 0% | 6% | 11% | 12% |
| 4 | 9% | 9% | 10% | 12% | 14% | 20% |
| 5 | 14% | 12% | 8% | 10% | 19% | 19% |
| 6 | 19% | 14% | 16% | 13% | 15% | 14% |
| Very confident | 50% | 51% | 62% | 54% | 29% | 25% |

DOMAIN: ECONOMIC OPPORTUNITY

| Which of the following best describes your situation: | | |
|--|-------------|------|
| | 2023 | 2020 |
| In paid work - full time | 51% | 41% |
| In paid work - part time | 18% | 18% |
| Retired | 14% | 14% |
| Looking after family or home | 6% | 7% |
| In school | 4% | 11% |
| Unemployed | 4% | 4% |
| Other(Long term sick or disabled, Self-employed, and Volunteer)* | 3% | 5% |

| How satisfied are you with your job (if you have one)? | | | | |
|---|----------------|----------------------|-----------------------|-------------------|
| | Very satisfied | Moderately satisfied | A little dissatisfied | Very dissatisfied |
| 2023 | 38% | 32% | 11% | 6% |
| 2020 | 38% | 32% | 8% | 3% |

| In general, how stressful is your job? | | | | | |
|---|------------|------------|------------|------------|----------------|
| | Not at all | 2 | 3 | 4 | Very stressful |
| 2023 | 15% | 17% | 24% | 28% | 16% |
| 2020 | 3% | 8% | 31% | 32% | 25% |

| Which describes how well you are managing financially these days? | | | | |
|--|--------------------|------------|-----------------|---------------------|
| | Living comfortably | Doing ok | Just getting by | Difficult to get by |
| 2023 | 34% | 38% | 18% | 10% |
| 2020 | 37% | 41% | 18% | 5% |

| Imagine you had an unexpected expense. Which amount would be the largest unexpected expense you have current funds to pay for right now? | | |
|--|------|------|
| | 2023 | 2020 |
| more than \$1300 | 46% | 45% |
| \$1001-1300 | 10% | 11% |
| \$701-1000 | 9% | 12% |
| \$401-700 | 9% | 8% |
| \$101-400 | 9% | 12% |
| less than \$100 | 16% | 12% |

| To what extent do you agree or disagree with each of the following statements? | | | | | | | | | | |
|--|--------------------|------|-----------------|------|--------------------|------|--------------|------|------------|------|
| | Not worried at all | | Not too worried | | Moderately worried | | Very worried | | Don't know | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| ...about not being able to make the minimum payments on your credit cards? | 49% | 50% | 25% | 24% | 15% | 16% | 8% | 7% | 3% | 3% |
| ...about not being able to pay your rent, mortgage, or other housing costs? | 43% | 47% | 23% | 23% | 20% | 21% | 13% | 7% | 1.3% | 2% |
| ...that you might lose your job in the next six months? | 45% | 43% | 25% | 27% | 16% | 14% | 8% | 8% | 6% | 8% |

| To what extent do you agree or disagree with each of the following statements? | | | | | | | | | | |
|--|----------------|------|-------|------|---------------------------|------|----------|------|-------------------|------|
| | Strongly Agree | | Agree | | Neither Agree or Disagree | | Disagree | | Strongly Disagree | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| Lake County has offered me good opportunities to get ahead economically. | 6% | 7% | 26% | 25% | 34% | 36% | 22% | 22% | 13% | 10% |
| I have benefitted from Lake County's environmental progress. | 6% | 8% | 27% | 26% | 41% | 44% | 14% | 15% | 12% | 7% |

DOMAIN: **HEALTH**

| How is your health in general? Would you say that it is... | | | | | |
|--|-----------|------|------|-----|----------|
| | Very good | Good | Fair | Bad | Very bad |
| 2023 | 22% | 50% | 24% | 4% | 1% |
| 2020 | 28% | 49% | 21% | 2% | 0% |

| How often do you do physical activity for at least 20 minutes that makes you sweat or breathe more heavily than usual? | | | | | |
|--|-------------------------------|----------------------|----------------------------|-------------------|-----------------------|
| | Every day or almost every day | Once or twice a week | One to three times a month | Less than monthly | Never or almost never |
| 2023 | 38% | 30% | 15% | 8% | 9% |
| 2020 | 34% | 31% | 15% | 11% | 8% |

| How many servings of fruits and vegetables do you eat on an average day? | | | | | | | |
|--|----|-----|-----|-----|-----|-----|----|
| | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2023 | 1% | 18% | 26% | 23% | 17% | 10% | 5% |
| 2020 | 4% | 13% | 21% | 27% | 18% | 10% | 8% |

| On average, how many hours of sleep do you get in a 24-hour period? | | | | | | |
|---|-------------|--------|--------|--------|--------|-------------|
| | less than 5 | 5 to 6 | 6 to 7 | 7 to 8 | 8 to 9 | more than 9 |
| | | | | | | |

| | | | | | | |
|-------------|-----------|------------|------------|------------|------------|-----------|
| 2023 | 3% | 14% | 31% | 33% | 14% | 4% |
| 2020 | 6% | 13% | 26% | 38% | 15% | 2% |

| Thinking about the past year, which of the following services have you had to travel outside of Lake County to access (for yourself or a family member)? | | |
|---|-------------|------|
| | 2023 | 2020 |
| Dermatology | 40% | 30% |
| Surgery | 27% | 29% |
| Orthopedics | 24% | 25% |
| Mental Health | 22% | ** |
| Cardiology | 20% | 16% |
| I have not had to travel | 19% | 34% |
| Pediatrics | 15% | 14% |
| Pain Management | 15% | 12% |
| Pulmonology | 8% | 8% |
| Podiatry | 5% | 5% |
| Vision/Dental | 4% | 7% |
| OB/GYN | 2.4% | 4% |
| Other | 7% | - |

**Mental Health was not a provided option in 2020

| Thinking about yourself as a patient, to what extent do you agree or disagree with the following statements? | | | | | | | | | | |
|---|----------------|------|-------------|------|---------------------------|------|-------------|------|-------------------|------|
| | Strongly Agree | | Agree | | Neither Agree or Disagree | | Disagree | | Strongly Disagree | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| I regularly get preventative health screenings as recommended by a provider. | 23% | 22% | 35% | 34% | 16% | 18% | 16% | 18% | 11% | 8% |

| | | | | | | | | | | |
|---|------------|-----|------------|-----|------------|-----|------------|-----|------------|-----|
| I have a relationship with a primary care doctor. | 22% | 21% | 32% | 33% | 15% | 16% | 14% | 16% | 17% | 13% |
|---|------------|-----|------------|-----|------------|-----|------------|-----|------------|-----|

| I would seek a medical provider's care more readily if I... | | |
|--|-------------|------|
| | 2023 | 2020 |
| had more provider choices | 46% | 42% |
| None | 30% | 36% |
| could pay the bill | 23% | 25% |
| had insurance | 16% | 18% |
| had access to an urgent care | 14% | - |
| did not experience a barrier | 6% | 3% |
| had transportation | 5% | 4% |

| In the past year, did a doctor tell you that you have any of the following conditions or illnesses: | | |
|--|--------------|-------|
| | 2023 | 2020 |
| Mental Health Condition(s) | 11.9% | 11.6% |
| Asthma | 8.9% | 7.1% |
| Heart Problems | 6.8% | 4.9% |
| Diabetes | 3.1% | 4.2% |
| Cancer | 2.4% | 0.9% |
| Other | 4.4% | - |

| In the last 12 months, how difficult has it been: | | | | | | |
|--|--------------|------|----------------|------|-------------|------|
| | A great deal | | To some extent | | Not at all | |
| | 2023 | 2020 | 2023 | 2020 | 2023 | 2020 |
| ...to address medical needs due to cost? | 16% | 15% | 40% | 33% | 44% | 52% |
| ...to afford food for your household? | 9% | - | 40% | - | 51% | - |