

2020

2020 Lake County Community Health and Happiness Report: *A PHIP-CHNA Process*



Lake County Community
HEALTH & HAPPINESS PROJECT

PROYECTO COMUNITARIO
DE SALUD Y FELICIDAD
del Condado de Lake



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



CONTENTS

3	Letter of Welcome
5	Executive Summary
8	Introduction
9	Community Profile
11	Social Determinants of Health
12	Economic Stability
13	Housing
14	Education Access and Quality
16	Healthcare Access and Quality
16	Health Insurance
17	Health Behaviors
17	Healthy Eating
18	Active Living
18	Preventive Care
19	Behavioral Health—Mental Health and Substance Use
19	Mental Health
20	Substance Use
22	Mortality—Leading Causes of Death
23	Chronic Diseases
24	Introducing the Health and Happiness Project
24	Methodology
25	Community Survey
27	Community Survey Results
28	Data Highlights
28	Community
29	Place and Planet
30	Learning
31	Health
32	Economic Opportunity
34	Outlook
35	Community Meeting #1: Lake County Survey Data Presentation
36	Community Meeting #2: Health and Well-being Area Prioritization
36	Data Snapshots
36	Housing
37	Child Care
38	Living Wage
39	Medical Services
40	Social Connection
41	Final Prioritization Process
42	SWOT Analysis
44	Implementation Plan
47	Next Steps

Lake County Health & Happiness Project

- 48 Appendix A: Project Timeline and Contributors
- 49 Appendix B: Map of Lake County Neighborhoods
- 50 Appendix C: 2017 Public Health Improvement Plan Progress
- 53 Appendix D: Health and Happiness Well-being Survey—All Results
 - 53 Survey Results Outline
 - 56 DEMOGRAPHICS
 - 57 Domain: OUTLOOK
 - 60 Domain: COMMUNITY
 - 63 Domain: PLACE AND PLANET
 - 67 Domain: LEARNING
 - 68 Domain: ECONOMIC OPPORTUNITY
 - 71 Domain: HEALTH
- 74 Appendix E: Secondary Well-being and Health Data
 - 74 Community
 - 76 Place and Planet
 - 78 Learning
 - 79 Economic Opportunity
 - 82 Health
- 87 Appendix F: Health and Happiness Survey (PDF/English)

LETTER OF WELCOME

Dear Lake County Community Members:

For years now, the medical community has known that non-medical determinants of health (generally known as social determinants of health) comprise about 60% of individuals' health outcomes. Put another way, the biggest predictor of a long, healthy life is not access to medical care, individual behavior or knowledge about health—but factors like income, access to food, or access to safe, stable, and affordable housing. And because of historically inequitable, oppressive and racist systems in our country, people of color and low-income communities are more likely to struggle with needs such as food or housing—and thus, are at greater risk for poor health. Not only might community members who lack access to food or housing have less time or energy to devote to activities such as preventative care—but the stress associated with not being able to meet the needs of one's self or one's family actually contributes to poor health outcomes.

Nowhere was this more clear than in this year's community assessment: Lake County residents overwhelmingly told us that being able to earn a living wage; having affordable and enriching child care opportunities for their young children; and having access to safe, stable, and affordable housing would have the greatest impact on their health and well-being. And when we disaggregated the data by ethnicity and income, we found that these concerns were even greater among Lake County residents who identified as Latino or who earned lower incomes than among white and higher-earning residents.

Addressing these social determinants is going to take a collaborative and innovative approach. It is going to require that we work with each other, with other local community organizations, and with organizations across the state who share these concerns. It is going to challenge us to think differently about what it means to provide "health" in our community. It is going to require us to build an understanding of what it means to address social needs as part of an overall approach to building a healthier community.

Shortcomings in our community's ability to ensure health for all aren't the fault of any individual—they stem from systemic inequalities that have been playing out for decades. However, even if we didn't create these problems, it is our job and our responsibility to fix them. Working together—and with community members and organizations who care about community health—we are determined to replace inequitable systems that allow only a few to thrive and to create new programs and policies that support everyone. We imagine a Lake County in which all community members have access to safe, stable, and affordable housing; affordable and enriching child care; and the opportunity to use their skills and knowledge to earn a living wage.

We believe our community residents, working together, have the knowledge and tools to solve these problems. We believe that we must use our collective creativity and problem-solving

Lake County Health & Happiness Project

skills to achieve more equitable health outcomes in our community, and we must begin now. We look forward to the work that lies ahead and the opportunity to ensure that Lake County is a community in which all residents can achieve their full potential and their optimal health.



Colleen Nielsen, RN, BSN
Director, Lake County Public Health Agency



Brett Antczak,
CEO, St. Vincent Health



Katie Baldassar
Director, Lake County Build a Generation



EXECUTIVE SUMMARY

In 2020, during the height of the COVID-19 pandemic, St. Vincent Health, Lake County Public Health Agency and Lake County Build a Generation came together to conduct a public health planning process that was collaborative, inclusive, and incorporated lessons learned throughout that difficult year. The ensuing Implementation Plan was informed by a community-wide well-being survey, two community meetings reviewing survey findings and prioritizing health issues, and an analysis that identified local capacity and opportunities for collaboration to address each identified health area. Going forward, collective and innovative action will be taken to *increase safe, affordable and stable housing; increase opportunities for affordable and enriching child care; and increase opportunities for a living wage* for all Lake County residents.

The Health and Happiness Well-being Community Survey

Four hundred and fifty-five (455) responses were collected from the survey, about 5.5% of the total county population. Respondents answered questions across six major well-being “domain” areas that included:

- **Outlook:** seeks to make sense of how satisfied people feel about their lives and to pinpoint the things we might coordinate to help them improve those lives;
- **Community:** how residents involve themselves in their community, with measurements of the strength of local networks, how involved residents feel in their city and its government, and how much influence they feel over the decisions their elected and appointed leaders make;
- **Place and Planet:** how people feel about what’s around them, including open spaces, buildings, and the social environment;
- **Learning:** a measurement of classical education like schools and colleges, as well as lifelong learning in and out of classrooms, available to residents to let them achieve their potential;
- **Health:** measurements of how healthy residents feel, and the resources available to them to help them manage and improve their physical health;
- **Economic Opportunity:** the degree to which residents can improve their financial lot in life, key to a community’s positive feelings about itself.

Some highlighted findings about Lake County residents include:

- ✓ **Outlook** | Despite a current world of uncertainty and economic and social hardships, over 65% of Lake County residents “Strongly agree-Agree” to having feelings of optimism, a sense of accomplishment from what they do, and that what they do in their life is worthwhile. As well, overall life satisfaction is high (on a scale from 0-*Not at all* to 10-*Completely satisfied*, 74% ranked satisfaction at a level of 7 and higher).

- ✓ **Community** | Respondents rate the availability of various local amenities as “Good-Very good” in this order: *arts and culture* (28%) → *social community events* (37%) → *organized events around the natural environment* (39%) → *a vibrant Main Street* (59%).
- ✓ **Community** | In terms of feeling like a part of the community, 40% of residents claim they put a lot of time and effort into feeling engaged, and 22% are regularly involved in some kind of volunteering or charitable work.
- ✓ **Community** | Thirty-seven percent (37%) of respondents believe they can influence decisions affecting Lake County.
- ✓ **People and Planet** | At least half of respondents (56%) are satisfied with where they live and plan to stay in their current neighborhood (61%). But just as many (49%) also claim they know someone, or are themselves, “Sometimes-Often” considering moving because of rising housing costs.
- ✓ **People and Planet** | We start to see distinct differences, however, when *a sense of belonging* and *believing that your neighborhood is healthy* is broken down by different neighborhoods. Results for the surrounding neighborhoods of Mountain Valley Estates, Lake Fork, and Mountain View were lower than other Lake County neighborhoods, which are also neighborhoods that have more limited access to many community services.
- ✓ **Learning** | Fifteen individuals have completed some courses, degree or certification in the last year across a number of health-related fields, including nursing and emergency and wilderness responders.
- ✓ **Economic Opportunity** | Sixty-one percent (61%) of respondents were working full or part-time (or self-employed), and the majority of those claimed to be moderately to very satisfied with their job. However, there was also a high amount of stress attributed to their current work (on a scale of 1-*Not at all* to 5-*Very stressful*, 88% of responses ranked 3 and above). Additionally, in terms of managing financially at the moment, 37% are living comfortably, with the remainder doing okay (41%) to having difficulty (22%).
- ✓ **Economic Opportunity** | Respondents claim in order of increasing worry (from less to more) about: losing their job in the next 6 months (22%) → making payments on credit cards (23%) → making mortgage or rent (28%).
- ✓ **Economic Opportunity** | Looking towards the future, only 32% agree that Lake County has good opportunities to get ahead economically.
- ✓ **Health** | Respondents self-report a high level (77%) of “Very good to Good” health in general, with good levels of daily-almost daily physical activity (34%); at least a third (36%) eating four or more servings of fruits and vegetables a day; and over half (55%) getting seven or more hours a sleep a night.
- ✓ **Health** | At least half of respondents are getting recommended preventive health screenings (56%) and have a relationship with a primary care doctor (54%). Respondents also identified the top three things that would help them seek a medical

92% of survey respondents claimed ***Lake County is a beautiful place to live.***

care provider's care more readily as 1. *Had more choices in Lake County*, 2. *Could pay the bill*, and 3. *Had insurance*.

Health Issue Prioritization

An initial virtual community meeting was held to review key secondary health and survey data and narrow focus to five immediate health issue areas of concern for Lake County residents (living wage, housing, medical services, child care, social connection). Community members and stakeholders came together again to conduct a final health issue prioritization process. Break-out sessions and ranking tallies identified these top three issues to address:

1. Housing
2. Child care
3. Living wage

The Lake County Build a Generation Steering Committee then conducted a SWOT Analysis, identifying barriers, local capacity, and opportunities for collaboration for each health area.

Increase local housing options | *We need to make sure that there is enough affordable, safe housing, both for rent and home ownership, and across the range of our resident population, from seasonal workers to low-income families, to seniors wanting to "age-in-place*.

Increase affordable child care options | *We want to make sure that children have safe environments, and investments in early childhood are some of the best we can make as a community*.

Improve opportunities to earn a living wage | *This is a big issue in this small town—it's hard to have to leave town for jobs outside of the county, and a lack of child care makes this harder. The issue of a livable wage directly affects affordable child care - if we don't earn a living wage, no child care will be affordable*.

What's Next

The implementation of this plan and evaluation of its success will rely heavily on partnerships and collective action taken in Lake County over the next several years. The three priority areas identified are currently in three different stages of development in the community and will rely either on advancing current coalition activity and movement (housing); forming a new coalition (child care); or conducting research and building resources and partnerships to advance opportunities (living wage). Partners will conduct annual evaluation activities to determine progress in each area, identify gaps and challenges, and adjust strategies based on feasibility and capacity.

INTRODUCTION

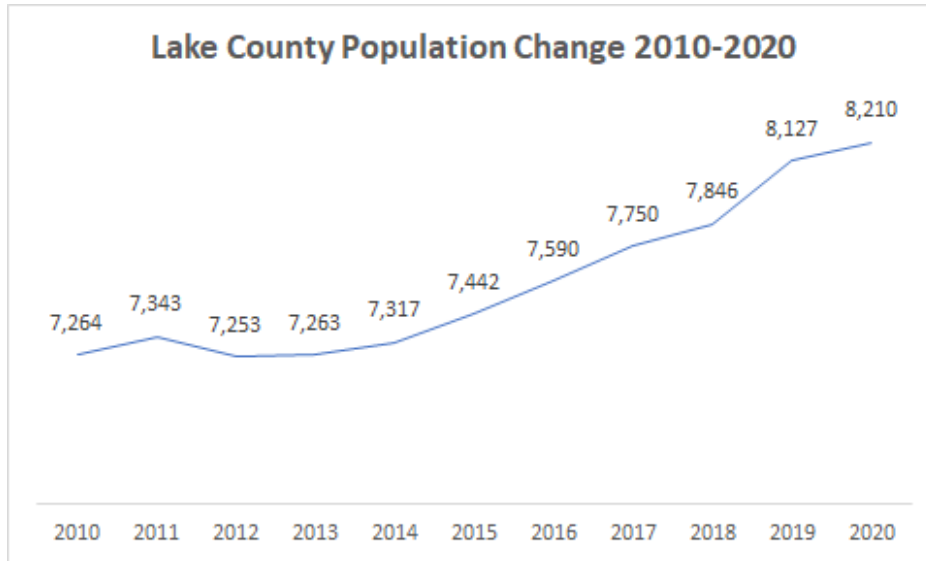
Every three years, St. Vincent Health is required to conduct a *Community Health Needs Assessment* to evaluate the overall health status of its community and develop a strategic plan around the top identified health needs. Every five years, the Lake County Public Health Agency is required to conduct a *Public Health Assessment and Improvement Plan*, also a systematic effort to address public health concerns and provide an improvement process and plan. For many years, Lake County Build a Generation was conducting a *Risk Assessment* with a similar focus and timeline as part of its fidelity to the [Communities that Care](#) process.

In 2016, these agencies came together and committed to working together on one health assessment every three years. The resulting 2017 Lake County Public Health Improvement Plan recognized that health is more than access to high quality, affordable healthcare, and that social and economic conditions, community context, and life experiences are as equally (or more so) barriers to optimal health and well-being. Through a community input, planning and capacity assessment process, partners identified four major priority health areas to focus efforts and improve the lives of Lake County residents: *Access to Healthcare; Behavioral Health - Substance Use and Mental Health; Chronic Disease Prevention; and Senior Health*. Progress has been made in many of the key activity areas and those highlights are provided in Appendix B.

Fast forward three years—and the world’s vision of “health” has been transformed by a global pandemic, COVID-19. Communities across the world have been significantly impacted economically and socially, their health systems strained and threatened, the health of their citizens requiring constant vigil. At this moment in time, it is especially important to design a public health planning process that is collaborative, inclusive, and incorporates lessons learned throughout the COVID-19 epidemic. At the same time, it is important to honor a current reality in which many individuals in our community are particularly challenged by job loss, housing and food insecurity that are straining their coping and resiliency skills. The challenge, then, was to produce a plan steeped in community knowledge and engagement, while also limiting “health planning fatigue.”

The resulting planning process included a broad scope of community engagement and input through a Community Connector model and virtual community meetings, as well as a comprehensive survey across six well-being domains, utilizing the Well-being Index from the [Santa Monica Office of Civic Wellbeing](#). This Well-being Index provided a baseline opportunity to understand how insights into community connection, the quality of natural environment, access to learning and skill sets development, knowledge about health-promoting activities and business diversity, for example, can improve the health of Lake County residents.

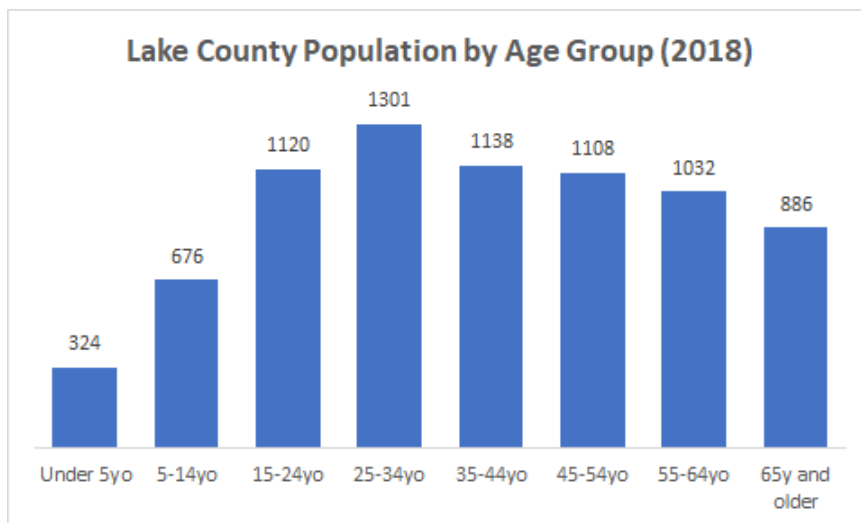
COMMUNITY PROFILE



Lake County is a rural, mountain community located in Colorado, with the highest incorporated city in the continental United States, Leadville, at over 10,000 feet. Winters are long, with the snowy part of the year typically lasting ~ 8.6 months, from mid-September to early June. As well,

much of the community works outside of the county (65% in 2015) in the neighboring resort areas of Breckenridge and Vail, with commuters having to travel over high mountain passes for a minimum of 30m to an hour one way for work.

Lake County is small, experiencing a large drop in population in 1990 (N = 5,391) with the recent closing of the Climax Molybdenum mine, an employer that historically provided year-round work and good wages. Since then, population levels have slowly increased and are inching towards levels seen in the 1980's (N=8,830). From 2010-2020, the population of Lake County grew by 13.2%.



This chart shows the 2018 estimated Lake County population distributed by age group. Thirty-two percent (32%) of the total estimated population for 2018 falls in the 25-44 year-old age group, a time of life most noted for starting families and building an employment history. In order to ensure that families can thrive and that their children

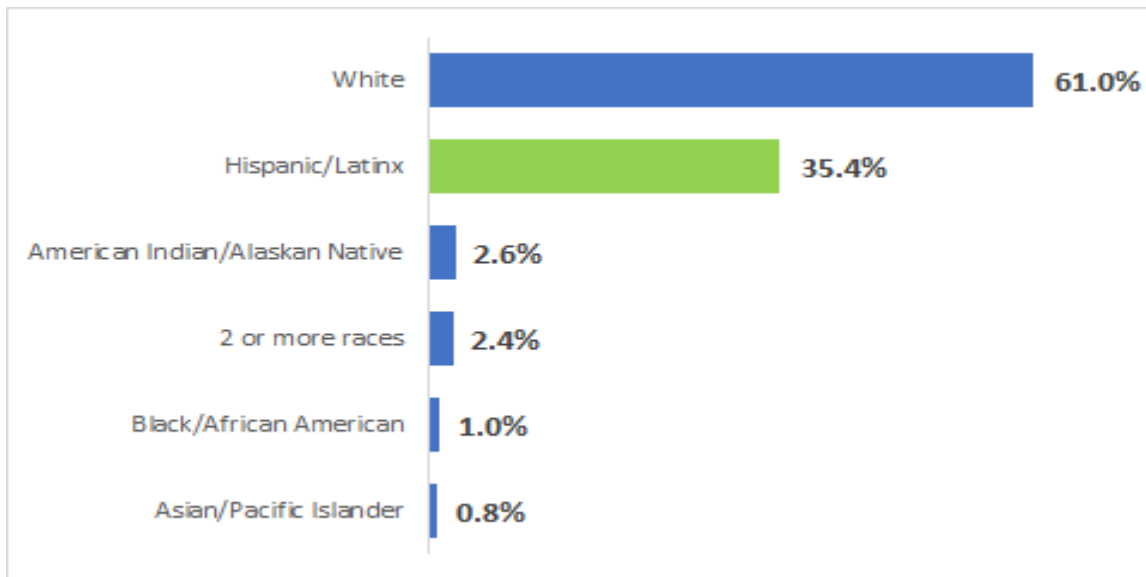
have the opportunities and means to stay in this community when they grow up, residents need access to good-paying, local jobs, affordable housing, healthy food options and physical activity spaces, and continued learning. Additionally, at 12% of the population, residents 65

Lake County Health & Happiness Project

years and older deserve to “age well,” staying healthy so that they can be independent, secure, and productive. In a [Senior Master Planning process](#) in 2017, Lake County seniors identified several key areas that would ensure prolonged health, including access to care, support for caregivers, safe and affordable housing and social and social and recreational opportunities.

According to the [U.S. Census 2019 estimated population](#) demographics for Lake County, the two major ethnic categories are Hispanic/Latinx (about 35% of the population) and white (just over 61%). In the [Lake County School District](#) however, this demographic profile is reversed: for the 2019-20 academic school year, 67.1% of PK-12th student body identified as Hispanic/Latinx and 29.7% white.

[U.S. Census data](#) also indicates that 8.6% of the Lake County population is foreign-born, and 18% of households speak a language other than English at home (and that 91% of those households are Spanish-speaking).



SOCIAL DETERMINANTS OF HEALTH

Improving human health requires more than simply providing access to high-quality, affordable medical care — “the evidence is clear that *where* and *how* you live affects your health significantly more than the medical care you [receive](#).” Those factors outside of healthcare, or the conditions in the environments where people are born, live, learn, work, play, worship and age, are known as *Social Determinants of Health (SDOH)*. It is a wide range of overlying complex social and economic factors that includes housing, transportation, neighborhoods, access to nutritious foods and physical activity, education, job opportunities and income, air and water pollution, language and literacy skills, and social issues of racism, discrimination, and [violence](#).

Although medical care is critically important, things like the quality of our schools, affordability and stability of our housing, access to good jobs with fair pay, and the safety of our neighborhoods can keep us healthy in the first place.

[*Robert Wood Johnson Foundation*](#)

More importantly, many of these social determinants of health factors impact a community’s ability to buffer, regulate and recover after an environmental catastrophe (like Hurricane Katrina, for example,) or a global pandemic that already disproportionately affects the poor and disadvantaged. This reality has been true across history; for example, a 2018 study found that “the poor came down with {Spanish} influenza first and were overall most [affected](#).” Researchers are [currently reporting](#) that social determinants of health like poverty, physical environment and race or ethnicity are contributing greatly to negative COVID-19 outcomes. Homeless families, individuals in shelters, previous and current smokers, and counties with predominantly black populations compared to neighboring white-dominant counties are experiencing higher rates of COVID-19 related morbidity and mortality. And it is clear that social inequalities in being able to socially distance or work remotely, living in poorer neighborhoods with fewer resources, and increased food insecurity (some of which has been driven by school closings), for example, drive these disparities.

[Lake County](#) has been hit hard by the COVID-19 pandemic, reporting a 12.4% two-week average positivity rate for COVID-19 as compared to surrounding counties: 5.8%-Pitkin, 8.8%-Eagle, 7.1%-Summit, 9.0%-Park, and 5.8%-Chaffee. And while no deaths have occurred yet in Lake County due to COVID-19, infections come with an array of pulmonary and cardiovascular conditions that require hospitalization. Local health services are largely unable to provide critical care for respiratory illnesses and because of increased demand, St. Vincent Health has had to transfer a higher number of patients to outside facilities—a difficult proposition during virus surges across the state. [As of late December 2020 in Colorado](#), 81% of ICU beds and 43% of adult critical care ventilators are in use.

Lake County is 35% Latinx, 61% white and 4% other and the survey data from this planning process is revealing that Lake County families and individuals are struggling as a whole with

job loss, food and medical costs, and increased housing instability. But when the data is disaggregated, we see that those effects are magnified for Latinx and low-wealth families. Additional evidence for the disparity in COVID impacts comes from emergency funding that has been disseminated to Lake County families in need, starting in April 2020. The **Lake County Unmet Needs Committee**, a multi-agency collaboration now administered by [Full Circle of Lake County](#), has been disseminating financial assistance for housing and utility needs to families impacted by the COVID-19 pandemic and who do not qualify for, or have exhausted, other forms of government assistance. As of December 3, 2020, the following has occurred:

- Average total monthly requests — **\$70,004**
 - Average individual award — **\$1,045**
 - No. households/ individuals awarded (possible duplicates if multiple awards) — **462/1528**
 - Ethnicity of award recipients — **68% Hispanic/Latinx**
 - Home type — **41% Manufactured homes, 22% Apartments, 17% Single family homes**
 - Neighborhood — **39% Manufactured home parks, 41% Town**
- Total amount of approved financial assistance — \$492,445**

Economic Stability

For 2020, the [federal poverty threshold](#) for one person was \$12,760 and \$26,200 for a family of four. [In Lake County](#), 16.5% of the population is living at or below 100% of the Federal Poverty Level (FPL), with children 5-17yo suffering at higher rates (20.7%) (as compared to Colorado at 10.9% and 16.8%, respectively). In addition, 11.3% of seniors 65 years and older—another vulnerable Lake County population—were living below the poverty level.

Lake County household median income is currently \$50,565, a 41% difference from the [state average](#) of \$77,127. [Unemployment and wage data](#) for Lake County versus Colorado for December 2020 reveals:

<i>As of December 2020</i>	Lake County	Colorado
Unemployment rate	6.7%	6.2%
Compared to Dec 2019	2.3%	2.6%
Average annual wage	\$42,900	\$66,716
Average weekly wage	\$825.00	\$1,283.00
Average hourly wage	\$20.63	\$32.08

Not only do Lake County community members make less than their peers in neighboring counties and around Colorado, they spend more on basic services: [food costs](#) are 18% higher than the national average, [gas prices](#) are 4% higher than metro Denver, and [health insurance costs](#) are 145% of average. According to the [Colorado Center on Law & Policy](#), Colorado has

one of the largest economic gaps between urban and rural areas in the country (along with Virginia, South Carolina and Florida).

Rural Lake County residents living in poverty have even greater health challenges. While it is difficult to find local health data disaggregated by income (or ethnicity), statewide health disparity data can offer some insights. Data from the Colorado Child Health Survey, for example, [shows the effects](#) of both ethnicity and income on child access to health care: Hispanic children ages 1-5 were more likely to lack health insurance and to have experienced a gap in health care coverage than White, non-Hispanic children. Likewise, children living at or below 100 percent of the federal poverty level (FPL) were more likely to be uninsured, have experienced a gap in health care coverage and to have had an unmet health care need, than children living above 100 percent of the FPL. Overall, research provides a wealth of data that the lowest earners in a community are more likely to experience [lower life expectancy](#), [chronic diseases](#) like diabetes, [poor mental health](#), a limited ability to work because of health issues, and [skipping healthcare](#).

Despite these economic challenges, Lake County organizations, agencies, institutions and community members have worked over the last decade to build a healthier community for all residents, regardless of ethnicity, income or neighborhood. In 2019, the Robert Wood Johnson Foundation recognized these efforts, awarding Lake County one of five [Culture of Health](#) prizes in the nation. Lake County told a story of leadership, a culture of engagement, and a focus on equity and health and that story is still unfolding as it moves through unprecedented times.

Housing

Housing is a critical issue in Lake County—a [2018 Housing Needs Assessment](#) identified a number of issues affecting Lake County residents, including an inadequate and substandard housing inventory, workers from surrounding resort areas that take advantage of more affordable Lake County housing, and increased interest from second home owners/investors that has put steady pressure on the Lake County housing market, affecting both rental and sale homes. Since 2015, the average sales price of a home in Lake County has increased by over \$30,000 per year, a 12.2% average annual increase. Rental rates have also increased over this time, with property managers indicating increases of up to 70% over the past few years. Increasing housing costs by necessity will require residents to cut back on other important needs—like food, insurance, and medical services and prescriptions.

Housing instability and the worst possible resulting outcome, homelessness, contribute to increasingly poor health outcomes, including serious mental health conditions, substance abuse, and the interplay of multiple chronic health issues (e.g., obesity, diabetes and heart disease). “Even for people in relatively stable housing, housing conditions can still play a huge role in a person’s [health](#).” Older houses built before 1987, when lead paint was banned, can expose children to high, sometimes fatal, levels of lead poisoning if children aren’t tested properly. Households with smokers, mold or poor ventilation are associated with increased cases of asthma in children, one of the most prevalent chronic diseases among children.

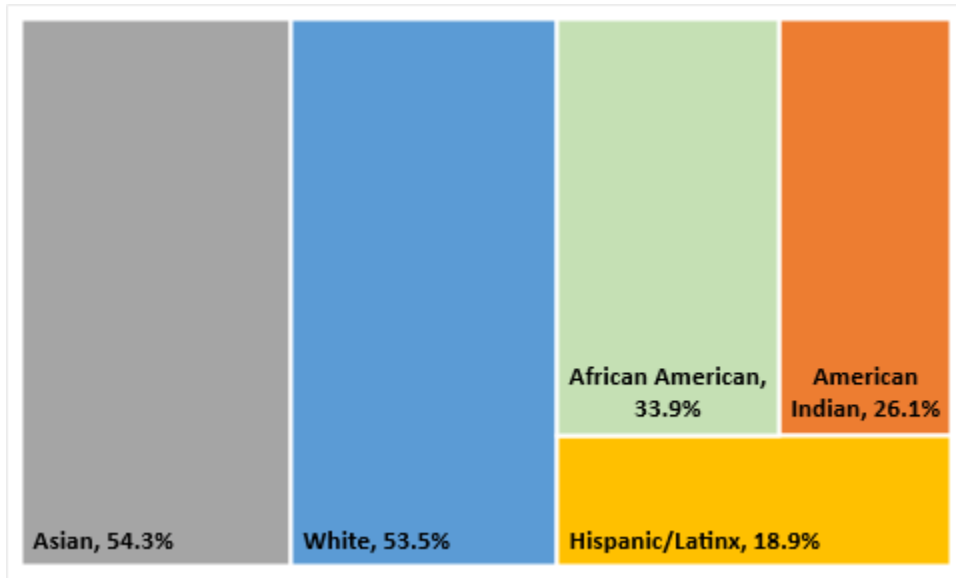
But across the nation, [health care system interventions](#) are increasingly addressing upstream social determinants of health and risk factors, using a number of advocacy, policy and screening strategies. A great example is [The Route 66 Consortium](#) in Tulsa, Oklahoma, a cross-sector partnership that includes several county health departments, social service agencies, and a nonprofit health information exchange. Individuals seeking care are screened in five areas that contribute to poor health (housing insecurity and quality, food insecurity, unmet needs for utility assistance, interpersonal violence, and unmet transportation needs), and then connected to community resources (like food banks or utility assistance programs) based on screening results. In 2017, more than 2,000 people were connected to resources and the program was later expanded.

Education Access and Quality

[Education has been indicated](#) as a principal pathway to financial security, stable employment, social success, and reducing health disparities. In [Lake County](#), education attainment levels as compared to adults across Colorado are as follows:

	Lake County	Colorado
High school graduate or higher in Colorado	83.7%	92.4%
High school or equivalent degree	25.8%	21.0%
Some college, no degree	18.2%	20.3%
Associate’s degree	7.5%	8.4%
Bachelor’s degree	23.6%	26.6%
Graduate or professional degree	8.7%	16.0%

[In 2017](#), it was predicted that by 2020, nearly three in four jobs in Colorado will require some education. But the educational attainment gap between ethnicities of White and Hispanic/Latinx students in Colorado, for example, is the second largest in the nation, behind only California—a disparity that exists because of systems, policies, and infrastructure that allow some to thrive while others can only get by. Although Colorado’s Hispanic/Latino population is the fastest-growing population in the state, it has the lowest average educational attainment and college enrollment rate of any ethnic group in the state. The chart below shows a comparison of *the percentage of adults with a post-secondary degree in Colorado by ethnicity*:



This educational attainment gap is also reflected in the Lake County School District, which is over 67% Hispanic/Latinx. While the school district has made great strides in the last seven years implementing Expeditionary Learning Curriculum and increasing standardized testing scores, total graduation rates still differ significantly between white (88.9%) and Hispanic/Latinx (62.7%) students.

It is not a direct shot from lack of education to poor health. But we can imagine: children who struggle to get a good education, whether because of the neighborhoods in which they live, or the color of their skin, or their families' financial resources, are less likely to graduate from high school or go to college. Which in turn means they are less likely to get well-paying jobs, secure safe and affordable housing, and meet basic life needs. And ultimately, the chronic stress resulting from this struggle can lead to diseases like diabetes, atherosclerosis and [depression](#).

Lake County has a number of resources that can ensure educational success for Lake County children. In our current "COVID world" (and possibly after), in-person, hybrid and online learning is the new norm—having access to both a computer and reliable internet service at home is critical to ensuring equitable learning opportunities. According to the [U.S. Census QuickFacts](#), the number of households in Lake County from 2015-19 with a computer was 86%, and those with broadband internet access at 80.9%. Recently, the Lake County School District has been working with partners on the feasibility of installing wireless broadband access in high need areas in the community and free Wi-Fi has been made available along the Harrison Avenue main street area.

Colorado Mountain College, touted as having "the most affordable bachelor's degree in Colorado" has a campus in Leadville and is about to be designated as a Hispanic Serving Institution (HSI), a federal definition that recognizes institutions with enrollments that are 25% or more Latinx ([from 2019-20 Progress Report](#)). When COVID-19 fully impacted the community, staff were able to move more than 1,000 courses online in a matter of days, and

they continue to strive to meet student technology and adaptive needs. Colorado Mountain College is also committed to improving greater access to dual-enrollment offerings, in partnership with the Lake County School District. The Pre-collegiate program was implemented in the Lake County High School in 2015 through a multi-stakeholder effort that in turn helped launch the LCSD Early College Program, which allows the Pre-Collegiate Program to support former Lake County High School students (with counseling and full financial support) through their first two years of study at CMC.

Lastly, it is also important to provide adult learning in order to advance professional development, develop new skills, or simply for knowledge sake. At the Lake County Public Library, from Jan 2018-Sept 2019, **42 adult learning programs** had been offered with **693 people in attendance**. Some of that programming included technology assistance, language exchange, local history, author talks and gardening at high elevations. As well, seniors are provided monthly Lunch & Learn sessions at the Lake County Senior Center covering a range of relevant topics from Single-Point entry healthcare to understanding tax laws. In Fall 2020, four computer stations were made available for senior use for learning and internet access.

Healthcare Access and Quality

Health Insurance

[According to the Colorado Health Institute](#) (updated October 2020), "A record number of Coloradans have health insurance, and growing numbers are having trouble paying their medical bills." Colorado's uninsured rate has remained consistent since 2015, with over 93% of Coloradans being insured. Uninsured rates for Lake County residents also started dropping in 2015 (at 12% until recently), but increased to 13.9% in 2018. Mountain regions in Colorado consistently have the highest uninsured rates, which may be partly due to the fact that the I-70 mountain corridor (including Leadville-Lake County) had the highest insurance premiums across the state in 2019.

Additionally, 2019 Colorado Health Access Survey data indicates that one in 10 Hispanic/Latinx Coloradans (10.2%) are uninsured. "This is a notable drop from nearly 27.6 percent in 2009 but remains significantly higher than the uninsured rate of any other racial or ethnic group in the state, due to a complex set of historic and socioeconomic factors and, in some cases, immigration policy and practice."

Lastly, even before COVID-19 impacted communities, data reveals that Coloradans were struggling to pay medical bills for the first time since the Affordable Care Act Implementation. In order to cover an unexpected medical cost, families often have to save less or take money out of savings, take on credit card debt, add work hours or take on another job, or most troubling, forego paying for necessities like food, rent or heat. In the well-being survey data collected from Lake County residents for this plan, **almost half (48%) of respondents** had some difficulty affording medical costs in the past 12 months.

Health Behaviors

Healthy Eating

Even without a prevalence of data, we all know that eating healthy foods and staying active increases our chances of living longer, disease-free lives. But there are many wide-ranging and systemic barriers to healthy eating, for example: the high cost of healthier foods; lack of time or cooking knowledge and skills, and living in a [food desert](#) (of which food deserts which tend to be predominantly in low-income areas and communities of color).

Encouragingly, providers and researchers across Colorado “are becoming increasingly aware of how important these types of social determinants can be to overall health, and the [data back this up](#)—37.5% of Coloradans experiencing food insecurity (eating less than you feel you should because there wasn’t enough money for food in the past year) report fair or poor health, compared with 11.9% of other Coloradans. Food insecurity is especially prevalent in rural areas, where many people have lower incomes and are less likely to have quick access to multiple grocery stores.”

The Feeding America “[Map the Meal Gap](#)” project reports a food insecurity rate of 11.6% for Lake County residents (*other data*: # food insecure people = 880, average meal cost = \$3.94), with the projected 2020 rate, in response to COVID, increasing to 18.6%. Additionally, a [Hunger Free 2019 County Impact Report](#) reveals the following about SNAP (“food stamps”) enrollment and benefits for Lake County residents:

	Lake County	Colorado
% of estimated low-income population enrolled in SNAP	39%	60%
# individuals enrolled	581	455,336
Low-income not enrolled	912	305,649
Lost grocery sales annually	\$730,769	\$235,241,000
Timely processing of FA application	98.2%	95%

Nutrition education programs, community-based organizational initiatives (food banks, community gardens), institutional programs (farm-to-school), and federal and state food assistance programs play a large role in combating food insecurity in a community. Lake County has historically tried to address food insecurity through many of these potentially siloed strategies: but the immediate and emergent impacts of COVID resulted in partners and community coming together in bright and innovative ways to solve this issue. During COVID, several pilot programs ran that included: a food pantry offering fresh and free fruits/vegetables, perishables, and pantry staples 5 days a week; a food pantry delivery program for those unable to participate in the food pantry due to lack of transportation or health concerns;

Lake County Health & Happiness Project

a donation-based fresh produce market; and delivery of free breakfast, lunch, and dinner five days a week to families with school-aged children (who opted in to the program).

In September 2020, after an intense, virtually-managed and community-driven 10-month planning process, the Colorado Health Foundation funded a **Community Food System Implementation Plan** for Lake County. The plan builds on needs identified during COVID, lessons learned during pilot projects, and will work on expanding/building promising projects like a commercial food kitchen, mobile pantry, and SNAP Benefits Connector.

Active Living

Likewise, Lake County stakeholders have been focused on increasing opportunities for recreation and activity, improving play spaces for children (both the elementary and middle school playgrounds were completely updated in the last 7 years), and securing funding for pedestrian infrastructure, from signage to crosswalks. Robert Wood Johnson Foundation [County Health Rankings data](#) for Lake County versus Colorado indicates that “physical inactivity” is about 15% at both local and state levels, but more encouragingly, Lake County ranks at 98% for access to exercise opportunities, as compared to 91% for Colorado. The [Get Outdoors Leadville! \(GOL!\) program](#), a 3-year initiative at connecting youth and families to the outdoors and fostering stewardship and leadership opportunities, reports a total of **11,148 non-unique participants, 4,814 unique activity hours, and over 134,000 program-person hours** over three years of programming. This diverse level of programming has impacted every age-group, ethnicity and skill level (not to mention comfort-level with the extreme outdoors) of residents across Lake County and is instrumental in increasing a love of being outdoors and active.

Preventive Care

Preventive care, another intentional health behavior, is critical for detecting potential diseases or health issues early and includes a range of services, including annual check-ups, immunizations and flu shots, cancer screenings, diet and obesity counseling, and testing for sexually transmitted infections, to name a few. According to [County Health Rankings data](#), almost half (46%-LC and 48%-CO) of both Lake County and Colorado residents get a flu shot. Additionally, when broken down by ethnicity, 52% of the Latinx population has been vaccinated, as opposed to 44% white.

A local healthcare provider, [Rocky Mountain Family Practice](#), provided some combined year preventive screening data. From Jan 1, 2017 to September 30, 2020, the following percentage of screenings were scheduled by screening-eligible patients:

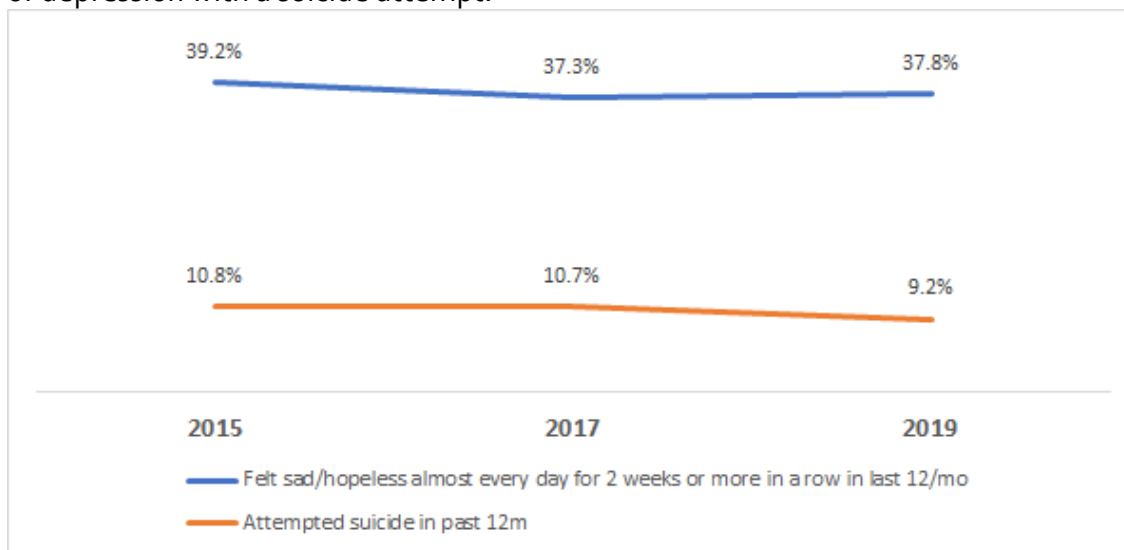
Mental Health-Depression Screening <i>(patients consenting to a structured questionnaire screening)</i>	61%
At Least One Annual Wellness Visit	37%
Pap Screening <i>(Female patients age 21+)</i>	35%
Cardiovascular Screening <i>(Fasting Lipid Profile, patients 20+)</i>	31%
Vaccinations <i>(child and adult)</i>	32%

Behavioral Health - Mental Health and Substance Use

Mental Health

Suicide rates for adolescents 15-19 years old have been rising in Colorado, with the 2020 rate well above the U.S. as a whole (CO - 19.8%, U.S., 11.1), and with Colorado ranked 45th (worst = 50) according to the [United Health Foundation America's Health Rankings](#). When broken down by ethnicity, Colorado White and Hispanic/Latinx populations display equal rates (19.9 vs 19.6); but by gender (binary reporting), the difference is marked (Females - 10.4, Males - 28.8). Adult rates of suicide are even higher in Colorado (22.4%), as well as compared to the U.S. (14.8%).

Healthy Kids Colorado Survey data, as displayed from 2015-2019 below (but collected every two years since 1998), reveals that a third of Lake County youth experience persistent feelings of sadness for a minimum of two weeks, and about 10% of those youth are acting on feelings of depression with a suicide attempt:



Mental illnesses range from schizophrenia and PTSD, to severe anxiety and eating disorders. All come with a need for recognition, destigmatization, education and strong community supports. While some people have claimed to thrive, or at least do “better than most” during COVID-19 restrictions, most people are suffering from increased pressure on already existing mental health issues, or are experiencing a sudden inability to handle stress, isolation, a sense of loss (whether from any essential “plans” in 2020 to the death of a loved one), and threats to financial, housing and food stability. A telling result from the community survey administered to Lake County residents in this planning process revealed that **the top condition diagnosed in the last 12 months was “mental health condition(s).”** (52 individuals/11%).

Solvista Health, serving the Leadville-Buena Vista-Salida region, continues to expand mental health services to local residents in need. Some of those services include:

- [Expanded Mobile Crisis services](#), including a Co-Responder team (clinician and care manager) assigned to the Police Department
- Expanded outpatient services – expansion of [Dialectical Behavioral Therapy program](#) as well as [telehealth options for therapy](#)
- [Expanded Substance Use services](#) – Increased groups, including adding a morning Relapse Prevention group and a family support group (CRAFT)
- [Increased collaboration](#) with Lake County Probation Department
- [Bridges Program](#) provides a court liaison for high-need clients at risk for recidivism
- [Competency Restoration services](#) are available in Lake County

Substance Use

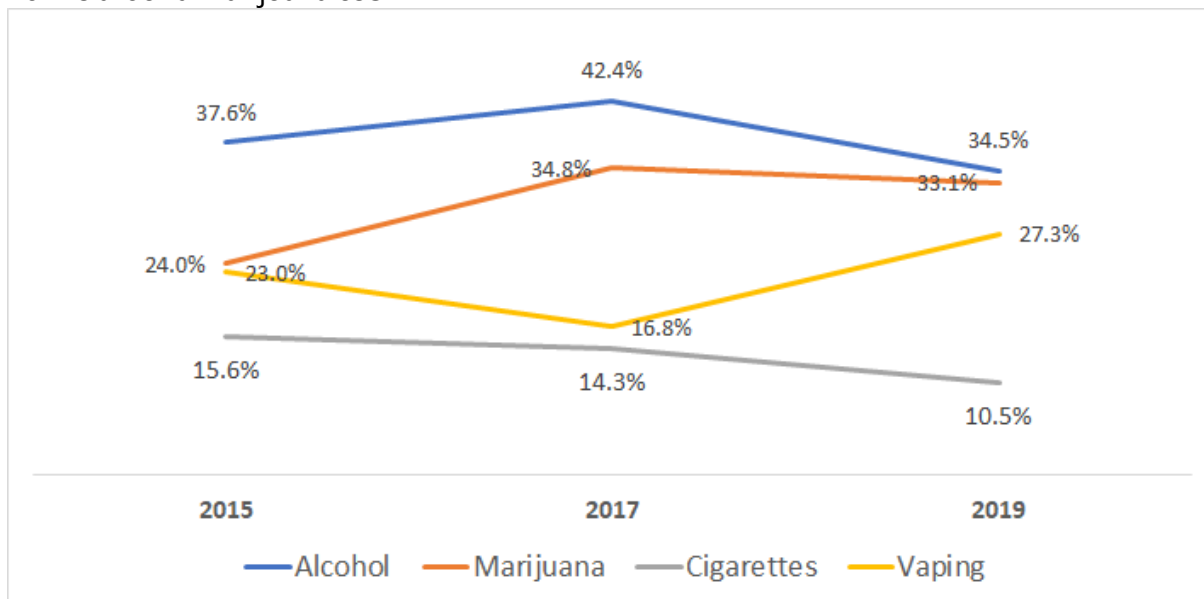
Between 2017-2018, 11.9% of people 18 and older in Colorado reported a substance use disorder in the past year, and [2019 Colorado Health Access Survey](#) data reveals that over 95,000 Coloradans did not get treatment or counseling for their dependencies. The barriers to treatment are linked to many factors, which can include stigma, cost, inadequate insurance coverage and in more rural areas, lack of available services and facilities. Additionally, COVID-forced isolation, minimal social contact, and the loss of in-person services and therapy is potentially life-threatening for individuals suffering from substance addiction. “Lots of research shows that people really need their social networks when they’re dealing with major stressors—addiction being a major [stressor](#).”

Adult illicit drug use data is hard to find at the county level, but the following information is available across different sources:

The total no. of drug overdose deaths in Lake County from 2000-2019.	21
• Between 25-34y0	8
• Between 45-54y0	9
• White	16
• Latinx	4

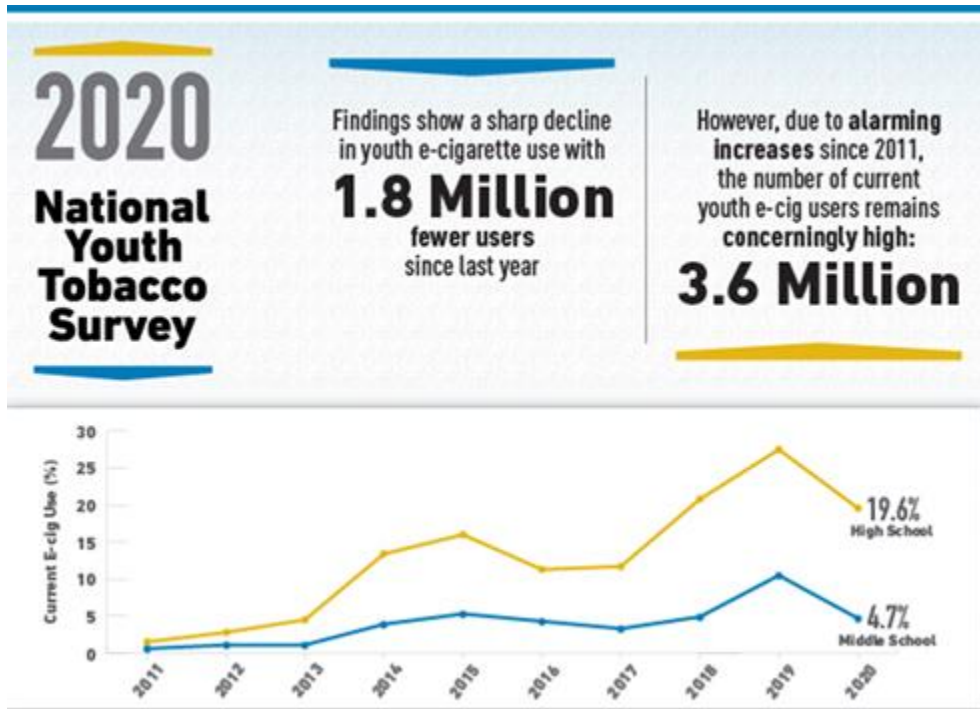
Adult excessive drinking	LC=20% CO=20%
DUI Arrests, 2019 Lake County SD Leadville PD	4 23
Drugs/Narcotics (possessing and/or distributing), 2019 Lake County SD Leadville PD* *Marijuana/Hashish (1), Narcotics (opium, heroin, cocaine) (1), Stimulants (2)	2 4

The chart below shows Lake County youth substance rates from 2015-2019 (Healthy Kids Colorado Survey). Alcohol continues to be the “drug of choice,” with rates dropping encouragingly lower in 2019 from 2015 and 2017 percentages. However, marijuana use rose 10 percentage points from 2015 to 2017 and continues to hover at about a third of respondents claiming 30-day (current) use. Since retail marijuana was legalized in Colorado in 2014, the Colorado Department of Public Health and Environment (CDPHE) has a statutory responsibility to monitor marijuana use patterns and emerging data, and provide reports on hospital discharge and behavioral risk data. [Key findings by CDPHE](#) indicate that weekly marijuana use has a number of negative effects on adolescent learning, memory, math and reading skills, and is associated with a failure to graduate or complete a college degree. It will be important to continue to monitor Lake County youth use levels and increase supports that provide positive engagement and development activities and address parental and cultural norms around marijuana use.



Lastly, cigarette and vaping use was included on this graph to highlight that cigarette use for Lake County youth dipped to an all-time low to 10.5%, but not without a corresponding

increase in vaping use for 9-12th grade students. Vaping use in youth has been a primary focus for many years now nationally and at state and local levels when the use of vaping became a persistent, trendy pattern and before we had good scientific data about the [associated health risks](#). This will continue to be a health focus to monitor in Lake County youth, but new data by the FDA below suggests that this “trend” may be on its way out.



Reprinted from FDA Infographic, [Youth Tobacco Use: Results from the National Youth Tobacco Survey | FDA](#)

Mortality--Leading Causes of Death

[Vital Statistics data](#) for Lake County from 2019 shows a total of 40 deaths, 23% due to cancers and of which 4/9 of those deaths were attributable to lung cancer. The table below reveals the top causes of deaths for Lake County residents from 2017-2019 (and again, cancers being number 1):

Leading Causes of Death in Lake County 2017-19	# deaths	Age-adj rates
Malignant Neoplasms (cancerous tumor)	22	85.93
Heart Disease	15	63.57
Accidents	9	38.86
Suicide	7	31.57
Chronic lower respiratory diseases	6	26.81

Chronic liver disease and cirrhosis	6	23.19
Cerebrovascular diseases	5	24.28

Cancer has been the leading cause of death in Colorado since [2004](#). While significant progress has been made in reducing cancer mortality rates, living in poverty increases the likelihood of not having insurance, the risk of getting cancer, not having it diagnosed at a later stage and ultimately, dying of it. Additionally, people of color in Colorado disproportionately carry the burden of poverty. Rates of poverty per racial group [in Colorado in 2016](#) reveal: White (8.3%), Hispanic/Latinx (17.9%), Black/AA (19.5%), American Indian (23.4%).

Chronic Diseases

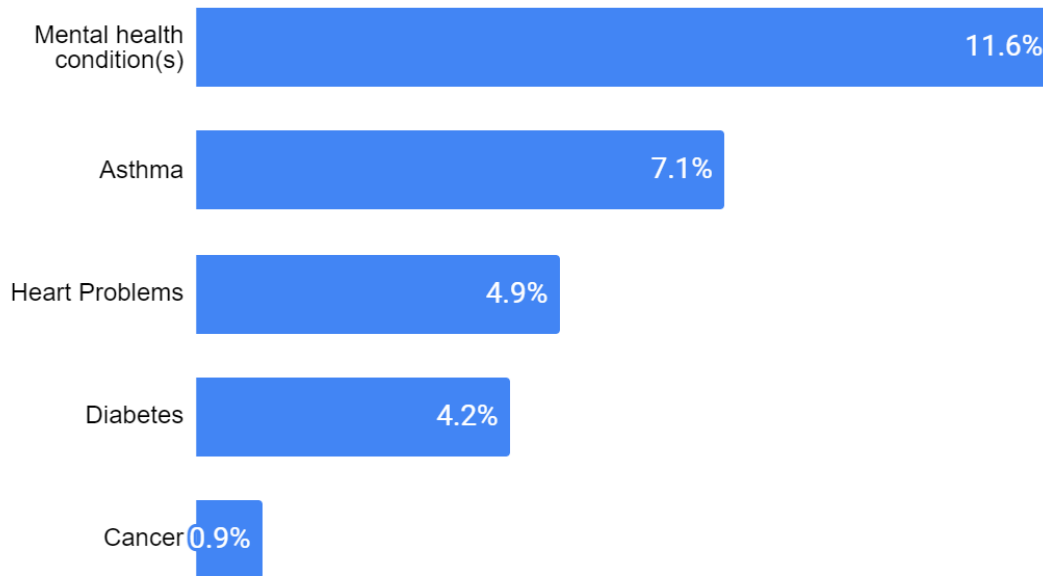
Sixty percent (60%) of Americans live with at least one chronic disease like heart disease, cancer, or diabetes, which both drives up health care costs ([Chronic Diseases](#) are 90% of the nation’s \$3.5 trillion in annual health care expenditures) and are the leading causes of death and disability in America. And we know the best practices of prevention are to eat well, get quality sleep, be active, avoid tobacco and use of other drugs in excess, and have affordable access to healthcare—as we know how much of that is inaccessible for people living in low-wealth conditions, or communities of color with no access to recreation and play spaces, nutritional food, or public transportation.

The most recent accessible [Colorado Health Indicators data](#) for chronic disease in Lake County reveals:

	Lake County	Colorado
Adult Overweight and Obese	61.7%	56.8%
Elevated Blood cholesterol	27%	33.6%
Elevated Blood Pressure	21.8%	25.8%
Adult Arthritis (18+, 2013-15)	19.8%	22.6%
Adults diagnosed with asthma (2014-17)*	9.98%	8.9%
Adults diagnosed with diabetes (2014-17)*	15.2%	7.0%
Adults who have been told they have a depressive disorder (2014-17)*	19.3%	18.1%

Lake County Health & Happiness Project

Lake County residents were asked *In the past year, did a doctor tell you that you have any of the following conditions or illnesses* in the community well-being survey for this planning process. The top five conditions and their frequency are shown below:



[St. Vincent Health](#) has been adding new services over the last several years, including stress echocardiograms, physical therapy, and swing beds and respite care. A new state-of-the-art hospital is currently in construction and will offer a “health campus where specialists (anticipated in areas of dermatology, podiatry, neurology, and pulmonology), primary care, and the Lake County Public Health Agency and the Women Infants and Children (WIC) office will reside in the current hospital building and synergistically complement services in the adjacent new hospital facility.” Construction is anticipated to be completed in early 2021.

INTRODUCING THE HEALTH AND HAPPINESS PROJECT

Partners opted to rename the traditional community health needs assessment and implementation process in an effort to brand this as a hopeful, inclusive, collaborative effort to the community. A logo was created and all community outreach communications and messaging promoted this as the “[Health and Happiness Project](#).”

Partners and committees played the following key roles throughout this process:

Leadership Team | The leadership team contained members from all three lead partner agencies, Lake County Build a Generation, Lake County Public Health Agency and St. Vincent Health, to provide project oversight and guidance and ensure assessment requirements and project deadlines were met.

Lake County Build a Generation | LC BAG staff provided lead project facilitation and coordination; communications, marketing and design; data collection and analysis, report writing; interpretation services; and historical context.

LCBAG Steering Committee | The Steering Committee is a group of community members from affected populations, leaders and mid-level agency staff who provided feedback and guidance during the planning phase; recruited Community Connectors; reviewed primary and secondary data; and completed a prioritization process for the top community health needs. In Phases 2 and 3, they will work to review data and assess whether implementation work is driving improvement in overall population level health outcomes and health inequities, as well as help to develop an evaluation plan.

Community Connectors | Community members were hired to conduct outreach to under-represented population members to increase community survey participation. Additionally, Community Connectors were encouraged to attend all community data review and planning meetings.

Lake County Community | The Lake County community played a key role in survey participation, attending community meetings, reviewing data, and providing real-life experience, context and input for prioritized health areas.

METHODOLOGY

Data was collected through (1) reviewing existing local and regional data from state or national databases and (2) administering a community survey. Once the survey data was summarized and disaggregated across several indicators, two virtual Zoom community meetings were held. The first was held to present secondary and survey data to community members and agency representatives across eight well-being indices, with breakout, interactive sessions to capture general reflections and discussions on surprising data. The second included a presentation of 1-pager data summary analyses around the top five issue areas identified from the previous meeting and a prioritization process to narrow focus to the top 2-3 issues. At this point, the Steering Committee continued to review secondary and primary data and outline barriers, strengths, and opportunities for collaboration across the three top issue areas.

COMMUNITY SURVEY

Well-being is a holistic concept that at an individual level encompasses an overall sense of life satisfaction, purpose, good health, and being able to function at both personal and social [levels](#). But as a community, to truly thrive and prosper, individuals need to “be well together.” A growing body of innovators are realizing that to unlock the full potential for community well-being, it “...takes serious change—in ourselves, our relationships, our institutions, and the systems that we create [together](#).” These systems, built long ago, are often not inclusive and much of the community is left behind to struggle. The biggest work comes in changing the practices, policies, and mindset that will lead to viable, equitable and sustainable community well-being.

Lake County Health & Happiness Project

The Well-being Community Survey was adapted with small modifications relevant to the Lake County community from the [Santa Monica Well-being Survey](#), a survey developed by the City of Santa Monica, in response to the Bloomberg Philanthropies' Mayors Challenge. This survey was chosen for a number of reasons, most notably:

- Questions are posed in a positive, sensitive and engaging way, where possible, an asset-based approach that drives much of the community work in Lake County;
- The survey does a good job of trying not to re-traumatize people by asking personal questions about their trauma;
- It has good research behind it and The City of Santa Monica encourages other cities to use and adapt the survey;
- It is already translated into Spanish and requires only small changes in translations and edits.

Six major indicator areas or "domains" were identified for data collection and cover a broad range of health and well-being indices:

Outlook: seeks to make sense of how satisfied people feel about their lives and to pinpoint the things we might coordinate to help them improve those lives;

Community: how residents involve themselves in their community, with measurements of the strength of local networks, how involved residents feel in their city and its government, and how much influence they feel over the decisions their elected and appointed leaders make;

Place and Planet: how people feel about what's around them, including open spaces, buildings, and even the social environment;

Learning: a measurement of classical education like schools and colleges, as well as lifelong learning in and out of classrooms, available to residents to let them achieve their potential;

Health: measurements of how healthy residents feel, and the resources available to them to help them manage and improve their physical health;

Economic Opportunity: the degree to which residents can improve their financial lot in life, key to a community's positive feelings about itself.

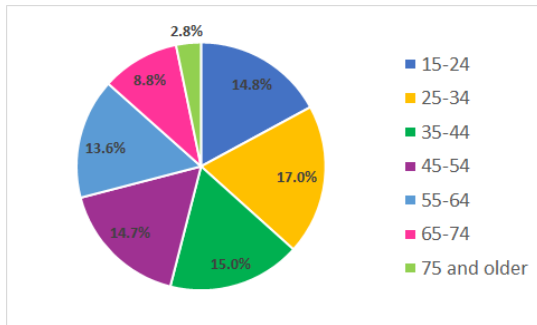
The survey contained a total of 46 questions across the six well-being domains and was administered from September-October 2020, both electronically and through paper copies. Survey outreach was extensive and included social media blasts, as well as marketing at a multi-sectoral weekly Community Coffee meeting and to several local coalitions, school district students/parents/staff, community-based organizations, and local government entities. Additionally, seven "Community Connectors" were hired to outreach to community members and bring awareness and access to the survey who might be under-surveyed, specifically youth, seniors, and the Latino community.

The survey as-administered, all question analyses by domain area, and partners who helped to distribute and promote the survey are available in Appendices F, D, and A respectively.

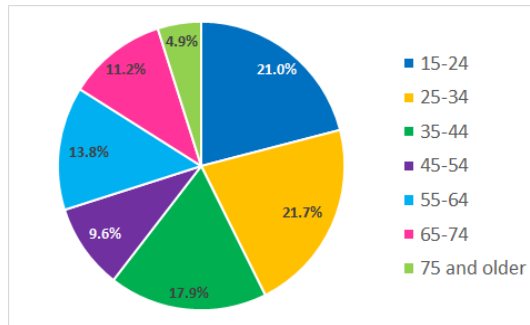
COMMUNITY SURVEY RESULTS

Four hundred and fifty-five (455) responses were collected from the survey, about 5.5% of the total county population. The survey population was representative of the community population as a whole by ethnicity, age, and homeowners vs. renters (see below for comparisons). Where it differed was by gender: 68% of self-identified females completed the survey, whereas the county population is 48% female. The Community Connectors were successful in eliciting over 200 of these responses through their outreach to get a representative sample of the community population.

AGE



Lake County

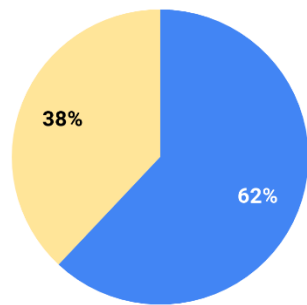


Survey Respondents

ETHNICITY

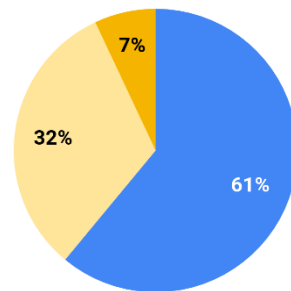
ETHNICITY	Lake Cty (US Census)	Survey
White	61%	61%
Hispanic/Latinx	35.4%	35%
American Indian/Alaskan Native	2.6%	0.2%
2 or more races	2.4%	2.5%
Black/AA	1.0%	1.1%
Asian/Pacific Islander	0.8%	0.2%

HOME-OWNERS AND RENTERS



Lake County

● Own
● Rent



Survey Respondents

● Own
● Rent
● Currently occupy without paying monetary rent

Data Highlights

COMMUNITY | *How socially connected residents feel; how they involve themselves in their community civically, socially and through volunteerism; and how much influence they feel they have over local decision-making processes and entities.*

Social Connectedness: Three out of four people or **71% of respondents consider themselves to be a part of the community**, which is strongly encouraging. In this last year where social distancing and isolation is the norm, this community still feels strongly connected to friends, family and neighbors. Conversely, 40% of respondents claim they feel like they put a lot of time and effort into being part of the community – so it appears that it doesn't take much to feel that strong sense of connection.

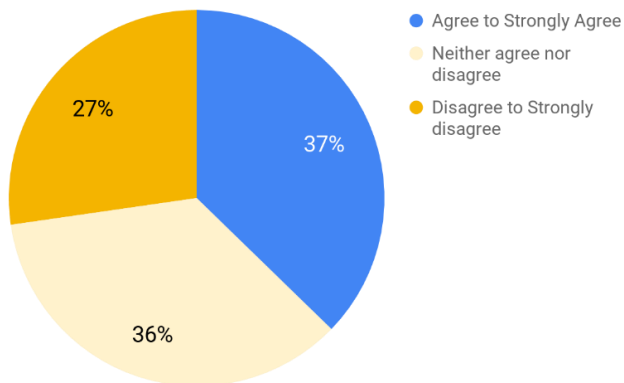
Social interaction: **Seventy-four percent (74%) of residents claim they connect with friends at least once a month** (16% of that group socially interacts with friends every or almost every day). [Research shows](#) that social connections, amongst many health benefits, increase the chance of life longevity, promote higher self-esteem and empathy, bolster the immune system and lower rates of anxiety and depression. It seems that even during COVID restrictions, Lake County residents are finding safe and creative ways to stay socially connected and one hopes that continues as both winter moves into Lake County and infection rates potentially surge upward in the near future.

Volunteerism: Sixty-nine percent (69%) of people volunteer for at least one social or organizational activity at least once a year. Volunteer activity data collected (total replicated number of volunteers and total # of volunteer hours) from four local organizations provides context for those numbers: **in 2019, 309 (duplicated) community members provided a total of 7,043 hours of volunteer activity.** That is an average of 22 hours per volunteer or 293 non-stop days of volunteering. That means if a large group of volunteers worked non-stop around the clock in Lake County, they could support the community across food security, youth mentoring, and senior support services, for example, for ten months! As well, we know that volunteerism increased during COVID-19, and only expect that to increase as pandemic

conditions continue. At St. George’s Episcopal Church alone, where food pantry and food box delivery systems were greatly expanded starting in March 2020 and in response to rising food insecurity across the county, staff reported that the total number of pantry and kitchen volunteer hours in 2019 were 5,756, while from January-September 2020, 5,568 volunteer hours had already been logged (this did not include volunteer hours coordinated by Lake County Build a Generation for food box deliveries).

Decision-making: There appears to be a disconnect between voter turn-out, which runs high in election years across the county, and the communal sense that individuals can influence decisions in the community. Seventy-one percent of the age-eligible population in Lake County are active voters and for example, in the 2016 Elections, voter turnout was 90.5%, as well as a 91% voter turnout for the 2020 Presidential Primary. However, there is clear evidence that residents do not feel equally empowered to influence localized decision-making processes in Lake County.

I can influence decisions impacting Lake County.



PLACE AND PLANET | *The physical aspects of where you live, including your neighborhood, neighbors and physical amenities in the county.*

Neighborhoods: Questions were asked both about (1) how much of a sense of a neighborhood belonging individuals have and (2) how healthy they consider their neighborhood to be. When broken down by neighborhood areas, data reveals (a map showing the location of neighborhoods throughout the county is in Appendix B):

Neighborhood	Belonging	Healthy
Other Lake County Neighborhoods	70%	90%
Twin Lakes*	62%	81%
Leadville and West Park	61%	74%
Mountain View MHP	54%	59%

Lake Fork MHP*	33%	57%
Mountain Valley Estates*	25%	35%

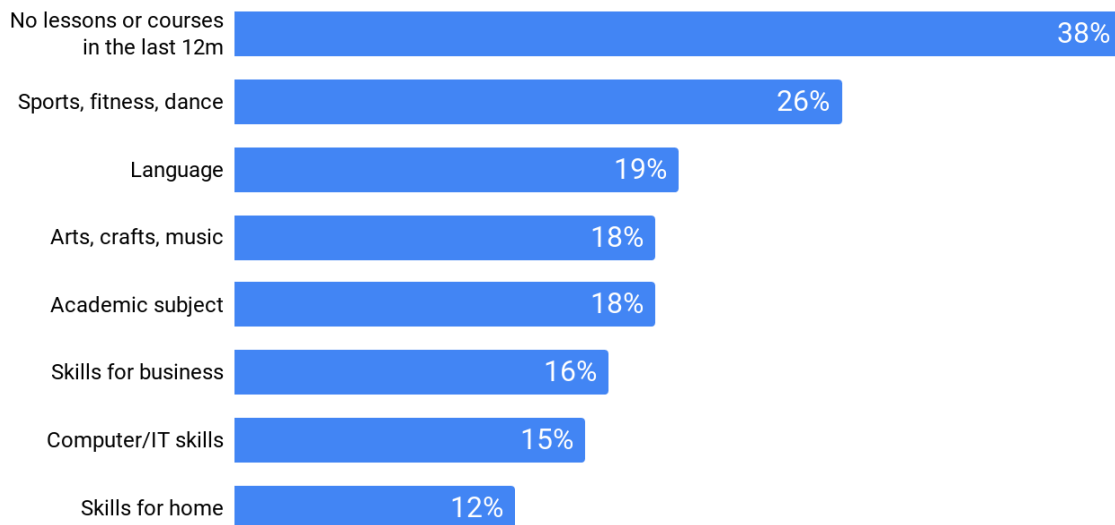
***Small number of responses (30 or fewer)**

As indicated, there is a mostly corresponding trend for individuals to have a strong sense of belonging and consider their neighborhoods healthy (such as in Twin Lakes and other county neighborhoods). Likewise, a low sense of belonging corresponds to a low sense of a healthy neighborhood (e.g., at Mountain Valley Estates). More encouraging were resident responses to believing there were people they could count on in their neighborhood in times of immediate need: 4/5 or 79% of respondents “Strongly agreed-Agreed” with that claim.

Lastly, in terms of *neighborhood stability*, while 61% of respondents planned on staying in their neighborhood, almost 50% of those same people know someone, or are considering themselves moving from their neighborhood because of rising housing costs in the county. Work being done by the housing coalition over the last several years reveals that there is a gap of nearly 900 housing units in the county, which significantly contributes to rising housing costs, and makes it increasingly unlikely that current residents can stay. Additionally, at least half of respondents believe it is unlikely that children growing up here will be able to afford staying as adults, a critical issue that needs to be addressed.

LEARNING | *The opportunities for student and lifelong learning in Lake County.*

The survey asked what types of learning residents participated in the last year:



Additionally, Lake County adults explored a number of different lifelong learning topics like politics, theology, world travel, geology and ecosystems, and antiracism work. A number of residents claimed to have pursued professional development opportunities, or completed some sort of course, degree or certification for anticipated future work, many in health-related

fields like for a Certified Nursing Assistant, Emergency Technician, or Wilderness First Responder.

In terms of traditional academic education, the [Colorado Department of Education Master Plan](#) claims that “The gap between the educational attainment of White and Hispanic/Latino students in Colorado is the second largest in the nation, behind only California.” Lake County students experience these same gaps in achievement, a disparity that is not “natural” to any given group, but inherent in long-established systems of access, policy, and funding.

2018-19	<i>Total Graduation Rate</i>	<i>White student graduation rate</i>	<i>Hispanic/Latinx student graduation rate</i>
Colorado	81.1%	85.9%	74.0%
Lake County School District	67.9%	88.9%	62.7%

HEALTH | *Focusing on the more traditional aspects of health and healthcare.*

While it can't be entirely clear how individuals interpret or define “being healthy” as a whole, it is encouraging that **77% of respondents self-report as being in good or very good health.** Across some typical health indicators like healthy eating, being physically active and getting enough restful sleep, Lake County residents showed that:

- 36% of people eat more than 4 servings of fruits and veggies daily
- 65% exercise multiple times a week
- 55% of people get at least the recommended 7 hours of sleep

As well, 56% of respondents claimed they get regular preventative health screenings as recommended by a provider. Data was solicited from a local healthcare provider, Rocky Mountain Family Practice, to gauge client preventative screening rates ranging from mental health screenings to standard vaccinations, from 2017 to the current date and saw the following:

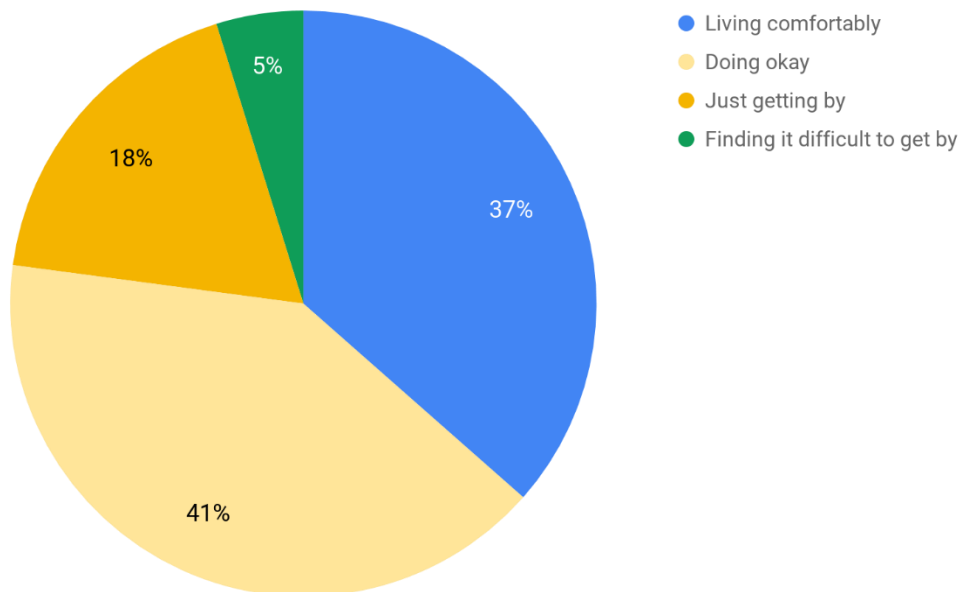
- 61% Mental Health-Depression Screening (patients consenting to a structured questionnaire screening)
- 37% At Least One Annual Wellness Visit
- 35% Pap Screening (Female patients age 21+)
- 31% Cardiovascular Screening (Fasting Lipid Profile, patients 20+)
- 32% Vaccinations (child and adult)

Residents were asked what are some of the barriers they encounter in seeking healthcare and while 36% claim there are none, the top three barriers identified are what one would expect given the size, remote location, and demographic make-up of Lake County:

Need more providers in Lake County	42%
Healthcare costs	25%
Lack of insurance	18%

ECONOMIC OPPORTUNITY | *How residents are managing financially and what opportunities exist to access services and meaningful work locally.*

Financial Stability: It is most likely that the largest effects of the epidemic and subsequent business closings and restrictions will be most reflected in responses in this section, as well as efforts moving forward in this plan will be through a lens of recovery and rebuilding. So when asked **How are you managing financially**, 37% of respondents claimed they were living comfortably through the pandemic (graph below). However, when this information was broken down based on ethnicity, **only 19% of Latinx residents are living comfortably compared to 45% of white residents.**

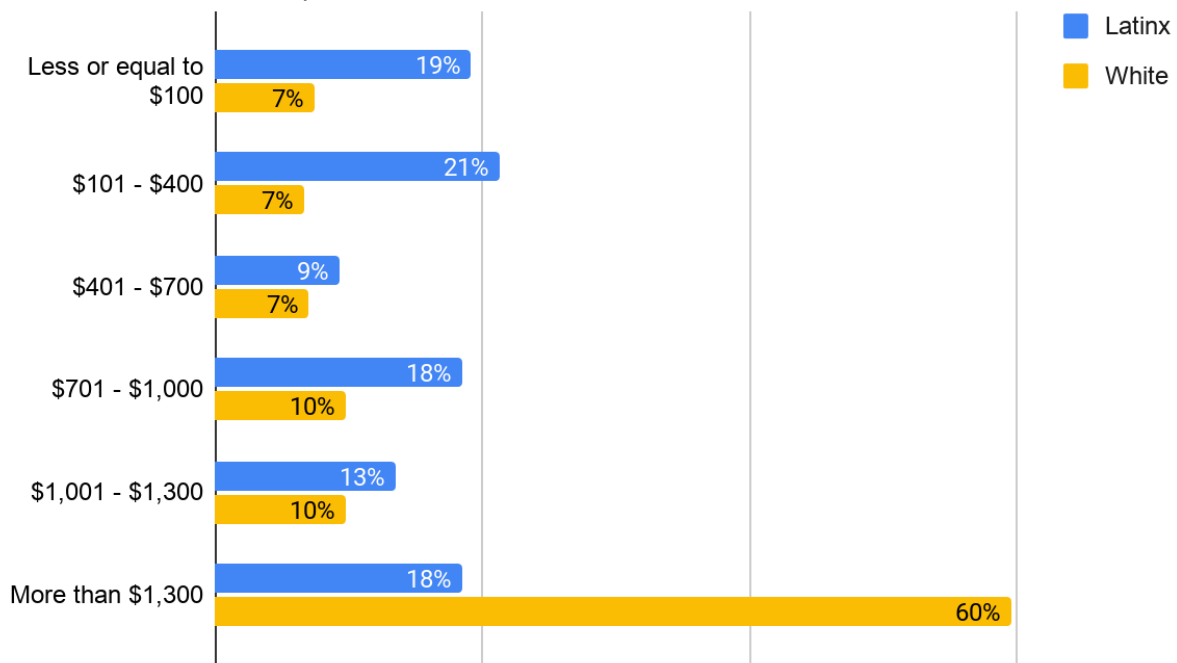


A little more surprising is in what areas respondents seemed most worried about economically: the majority of survey respondents did not report high levels of being concerned about losing their jobs or paying housing costs or credit cards, compared to higher levels of worry with affording food and medical costs. This seems contrary to local data collected on resident requests for financial assistance from March - Sept 2020 (through an established online form request system facilitated and referred by Lake County Build A Generation) —of 231 financial assistance requests processed, 86% were for *housing*, 65% for *utilities*, 36% for *food*, and 30%

for *household supplies*. As well, data reveals that through the innovative free school lunches and expanded St. George’s pantry and food delivery programs that occurred from April-August 2020, for example, **22,691 Lake County residents had been served through food pantry and food box deliveries, 7,887 food boxes had been delivered, and over 190,000 breakfast/lunch/dinner meals had been provided to students and their families.**

A further breakdown of the survey data also indicates that *age* is a predominant factor in affording food costs: 46% of people under 44 years old reported difficulty affording food, compared to 19% of people over 45 years old. In terms of paying for medical costs, 63% of Latinx responses reported difficulty affording medical costs compared to 41% of white responses.

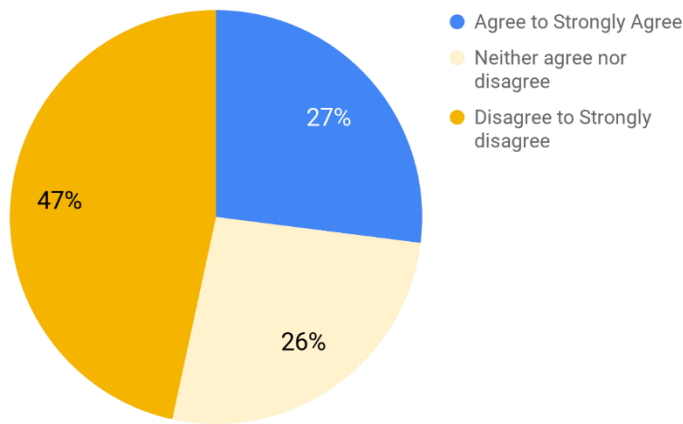
When asked how much financial stability residents had in the form of the amount of available cash on hand for an unexpected expense, 45% of respondents claimed they could absorb over \$1300 of costs. Disparities immediately became apparent again, however, when data was broken down into ethnicity, as illustrated below:



Job Growth: It appears that the majority (70%) of respondents are satisfied with their current jobs, but only 32% feel that Lake County has offered them opportunities to get ahead economically. This may be a function of the fact that much of our workforce leaves the County every day for work (typically to Summit and Eagle Counties county for service industry and resort-related jobs), or that the jobs available in-county do not offer much opportunity for mobility and growth.

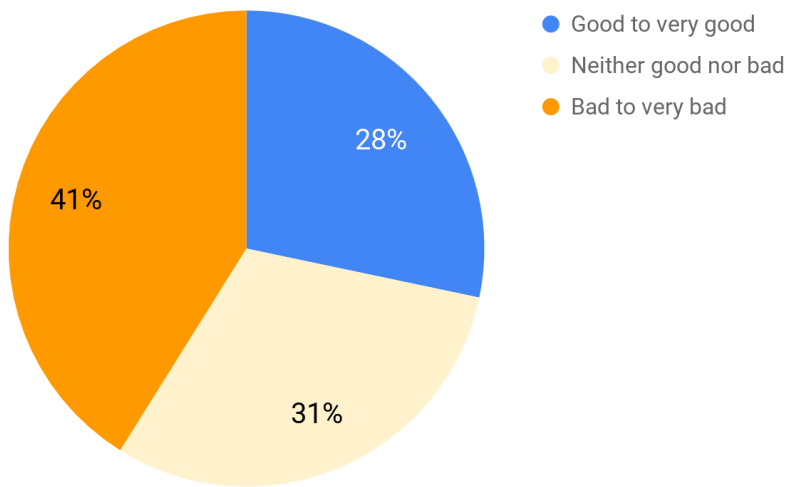
Leadville Main Street, whose mission is to encourage economic growth and historic preservation in downtown Leadville, reported five new businesses opening or relocating in the Main Street area since 2019—but respondents clearly still feel local businesses and services are not meeting their needs (see charts below).

Lake County has the businesses, stores and services I would like to have.



As well, respondents desire more opportunities and diversity of cultural and arts events.

How would you rate the availability of arts and cultural opportunities in Lake County?



OUTLOOK | *How people feel about the present and the near future.*

Overall, respondents were fairly positive about their outlook for where they are at in their lives and what lies ahead. Those responses are summarized below:

- More than half of survey respondents are satisfied with their lives and in general (without indicating specifically through a job or career), 77% of people agree that they feel what they do with their life is worthwhile.
- Two out of three people are optimistic about the future.

- In terms of moving forward through “pandemic times” and having a sense of resiliency, 57% of people “Disagreed-Strongly disagreed” that they need a long time to get back to normal when dealing with unexpected hardship. This is particularly inspiring given that residents have been restricted and challenged by a global pandemic for the last 10 months.

COMMUNITY MEETING #1: SURVEY DATA PRESENTATION

Over 60 community members, organizational leaders and key stakeholders participated in reviewing the survey and community data over six key well-being and health domains. Meeting participants were broken out into smaller groups and challenged to think about the broad range of information just presented—*Did you hear what you expected to hear and if not, why? What story is the data telling you about our community, what are the strengths, gaps and needs?* Feedback was summarized from each breakout session and the following highlights were captured:

- It was so great to hear that Lake County residents have a strong sense of community. However, only 37% of community members felt they could make a difference in their community. ***What can community members and local governments do to help more people connect to their own power?***
- We observed that Lake County's white and immigrant Latino communities are very separate. ***Do some people feel connected to their friends, but don't feel that they belong to the "larger community" because of language or ethnicity?***
- The people least likely to feel that they belonged to their neighborhood were more likely to live in neighborhoods with more limited access to many community services. ***What can be done to connect certain neighborhoods to community services and foster a sense of belonging?***
- Few were surprised to see the data on housing affordability, given our lived experience in Lake County in the last few years. ***How can we act quickly in order to ensure that housing remains affordable for Lake County residents?***
- Many people noted that wages aren't keeping up with rising costs. We worried that if employees aren't making enough money, they aren't purchasing enough goods and services to put money back into businesses, and so wages continue to remain stagnant. ***How do we break the cycle of low and stagnant wages and rising goods and services costs?***
- Many people were curious about the fact that Lake County residents don't feel we have the right mix of retail to meet their needs. ***If locals are not satisfied with the availability of local retail options, what items do they really want to buy in person and what is the cost-point level to offset shopping online?***
- We discussed community members' ongoing need to learn about many different topics—whether that's cooking or starting a business. ***What would it look like to set up a community mentoring program where people with experience and skills in certain areas could mentor others?***

- We were surprised that young people struggle more with food access. ***How do we determine the root causes of younger people struggling to afford food--is it related to seasonal employment, rising rent costs, lower savings, or all of the above?***
- We wondered what cost our community pays for so many commuters. ***How do we build an economy with jobs that pay a living wage and allow people to advance in their careers?***

COMMUNITY MEETING #2: HEALTH AND WELL-BEING AREA PRIORITIZATION

As with all meetings conducted by this collaborative group, simultaneous interpretation was provided, reiterating the concept of *Language Justice*—*providing the opportunity for participants to participate and listen in the language of their heart.*

The purpose of this meeting was to overview the planning process from the first meeting, review the top five survey recommendations and secondary data, and facilitate a prioritization process through small group breakouts. Individual ranking was conducted per group and tallied across three factors: *Impact, Urgency and Feasibility*. Once this was completed, participants reconvened as a larger group and provided brief share-outs and their small group's prioritized ranking. The initial top five survey areas participants reviewed were:

1. Improve opportunities to earn a living wage
2. Increase local housing options
3. Increase access to medical services
4. Increase opportunities for more social connection
5. Increase affordable child care options

After the break-out sections and all ranking tallies were combined, the top three issues to address are as follows:

1. Housing
2. Child care
3. Living wage

Data Snapshots

Housing

Researchers have identified four pathways that connect housing to improved health outcomes and decreased health care costs—stability, quality and safety, affordability and the physical and social characteristics of neighborhoods. Housing is one of the best-researched social determinants of health and as a result, stakeholders across healthcare, government, financial and community-based organizations are working together to identify and implement interventions and policy to improve community health outcomes.

Lake County Health & Happiness Project

Survey data reveals that almost half of respondents (49%) feel it is “Unlikely-Very unlikely” that children growing up in Lake County will be able to afford to live here when they grow up. This is further supported by the rising cost of living in Lake County and the belief that the cost of living will continue to outpace local economic opportunities.

Additionally, residents were asked about not being able to pay rent, mortgage or other housing costs over the last 12 months, which gives a snapshot into family financial stress during the pandemic, when individuals have lost jobs and income. While only 27% of residents expressed being moderately or very worried, this breaks down when the data is disaggregated by ethnicity—44% of Latinx respondents were worried about being able to pay housing costs as compared to 20% of their white counterparts. There seems to be a lot less financial stability or certainty in our Latinx population right now compared to the white population.

Lastly, survey respondents were asked if they, or others they know, have considered moving away because of rising housing costs, which appears to be inversely related to a respondent’s age: the older the respondent, the less likely they were or had friends or family considering leaving the county. Eight percent (8%) of individuals over 55 years “often” considered (or knew someone) moving because of rising housing costs, compared to 27% of the 25-34yo group.

In 2018, a Lake County Housing Needs Assessment was conducted and the following [housing data](#) was revealed:

- From 2002-2017, 48% of home buyers were from out of the county
- Rental vacancies typically range between 1-2%
- Only 28% of home sales in 2017 were affordable to someone making 100% AMI

The Lake County Housing Coalition facilitated by Lake County Build a Generation is a multi-stakeholder group working since 2016 to support the preservation, protection and expansion of affordable housing in Lake County. They are currently working to pursue and recommend a number of policy and potential development opportunities to local decision-makers to increase access to affordable housing. As well, they are working with the Housing Authority Board to expand their scope and provide housing to low-income residents and those in need.

Child Care

[Research has shown](#) that access to *high-quality, dependable and affordable* care and early education programs are critical for developing children’s emotional and physical health, social skills, and cognitive-linguistic capacities. [A 2016 study](#) looking at child care costs across the U.S. determined that 26.8% of U.S. families with young children who have child care costs are “burdened” by the cost, spending more than 10% of family income on child care. “By U.S. Department of Health and Human Service standards, infant care is only affordable for 6.2 percent of Colorado families. The agency’s standard says that child care is affordable if it costs no more than 7 percent of a family’s income. According to calculations, infant care for one child would take up 21 percent of a median family’s income in Colorado.” [In Colorado](#), parents shell

Lake County Health & Happiness Project

out \$15,325 for infant care on average every year or \$1,277 each month. Additionally, in 2018, Colorado's licensed child care centers, family child care homes, and preschools only had capacity to serve 58% of the young children who were likely in need of care.

Sufficient and stable child care has been an issue for a long time in Lake County and parents are feeling the need even more acutely with student remote learning (due to COVID) and the closing of the Bright Start Learning Center. Currently in Lake County, there are no licensed child care providers for children under 3 years old and many parents have indicated they are relying on family, friends, and neighbors for child care.

According to a Community Assessment conducted in 2020 for the Lake County School District, it is estimated that Lake County has 395 children under 5 years old, and 141 (36%) are eligible for Early Head Start and Head Start programs at The Center. The Center is licensed for 115 children, with 40 Head Start and 12 Early Head Start spots. The Early Head Start program is fully enrolled with a wait list each year.

While response was small (N=64), a survey conducted in Lake County in 2015 on child care caretaker preferences and decisions revealed some interesting insights to child care needs:

- 35% of respondents worked 41 hours a week or more
- 35% of respondents "Agreed" their ability to work more hours was limited by lack of child care
- 51% of respondents earned the majority of their household's total income
- Besides "themselves", respondents preferred their child care to be from (in order from highest ranking to lowest):
 - A relative
 - The Center
 - Another parent
 - A friend
 - An in-home provider
 - Bright Star Learning Center
 - Sibling/Other
- 57% of respondents "Strongly agreed-Agreed" that *I would be willing to pay more for child care if it meant that the quality of child care was higher.*

Living Wage

A *living wage* should ensure a decent standard of living, in your location, and adjusted to compensate for inflation. It should allow an individual or family to cover housing, food, child care, healthcare, transportation and other essentials like clothing. This [Living Wage Calculator](#), created by Dr. Amy K. Glasmeier in 2004, shows that the living wage (per individual) for two adults in Lake County, both working, and with two children is \$16.60/hr.

Lake County Health & Happiness Project

Prior to COVID-19, Lake County had seen low unemployment rates hovering between 2.1% to 2.6% since 2017. As would be expected, however, unemployment reached an all-time high during the early shutdown phases of the pandemic (16% by April), and Lake County is still recovering from that initial spike. Currently rates are at about 6.5% unemployment (the highest it has been since 2013), similar to the state as a whole (6.7%).

When considering creating opportunities for a living wage in Lake County, it is important to recognize that Lake County is largely a bedroom community for the region, and roughly 75% of the workforce leaves the county for work. The surrounding resort communities have been hit equally hard and it will be important to monitor how much of the Lake County workforce continues to work outside of the county as the region and its economy recovers.

The survey asked respondents if they believe that Lake County has provided opportunities to get ahead economically. When broken down by age group, it appears that the younger you are (with the exception of our residents under 18), the less you feel there are local economic opportunities to advance in life. As well, the average annual wage (\$42,900) for a Lake County resident is 35% lower than the state average (\$66,716). For a family, that disparity shrinks to about 30%. Regionally, the average hourly wage in Lake County (\$20.63) is significantly lower than Eagle County (\$24/hr) and slightly higher than Summit County (\$19.98/hr).

Medical Services

In 2019, 8% of Americans, or 26.1 million people did not have health insurance coverage at any point of the year. In addition to inadequate or no insurance coverage, the barriers to quality medical services are broad in scope: the high cost of care, lack of availability of services, lack of transportation to healthcare services locations, lack of trust for a healthcare provider, and lack of culturally competent care, to name a few. Having affordable access to high quality healthcare means a higher likelihood of having a primary care provider, access to medications and screenings, the ability to prevent and manage disease, and achieving health equity for all members of a community.

Lake County residents claimed in the well-being survey that they would seek a medical provider's care more readily if they: had more providers choices in Lake County (42%); could pay the bill (25%); had insurance (18%), had transportation (4%); and did not experience a language or culture barrier (3%). Assuming that many still procure care outside of the county, the largest barriers to care become cost and lack of insurance. Respondents also claimed that time, the *quality* of local healthcare services, trust in the healthcare system overall and personal beliefs and values play a role in their decision-making.

While 34% of respondents claimed they did not have to leave the county for any medical services, the remaining indicated that they traveled to neighboring counties like Summit, Chaffee, and Denver for a range of specialist services, including dermatology (30%),

orthopedics (25%), pediatrics (14%), and podiatry (5%). Forty-three (43%) of respondents claim to have a relationship with a primary care doctor. When survey respondents were asked to indicate their levels of worry for being able to meet a number of financial requirements, including paying credit cards, paying rent/mortgage, buying food and addressing medical costs, the latter had the highest response for “A great deal-To some extent” (48%). This strain is exacerbated by uninsured rates for Lake County, which was estimated to be 13.9% in 2018, this highest in the region and higher than the state average of 8.8%.

A bright spot for meeting student healthcare needs is health services data from the **School-based Health Center**, which opened in 2015 in the Lake County School District. The School-based Health Center offers primary, behavioral, oral and sexual health care to all students and staff (and their families), regardless of ability to pay. In its first four years, use more than doubled and they are clearly helping to meet a large community need.

Additionally, seniors continue to be served through the Senior Center and tracking of the Senior Master Plan. In 2019:

- 2,869 Congregate Meals were served
- 3,931 Meals on Wheels were delivered
- Seniors were provided transportation to 174 medical appointments in Vail, Avon, Frisco, Salida, and Leadville
- 198 participants attended 8 “Lunch-n-Learn” events, which included topics like tax laws, single entry-point care, managing the challenges of everyday life, and high-altitude gardening

Social Connection

Both the higher quality and quantity of our social connections positively impacts our health and psychological well-being, with one study demonstrating that the *lack* of social connection overall is a greater detriment to our health than obesity, smoking, and high blood [pressure](#). This becomes even more critical to monitor and address when social connections and opportunities are completely disrupted, as has been seen with the COVID-19 epidemic.

The survey captured some relevant “COVID-time” data related to social connections, asking questions about both frequency and feelings of isolation. While not distinguishing “how” respondents were meeting socially with friends, respondents did indicate that most often (30%), they connect socially 1-2 times a week. Also, there was a predominance of the 17-34yo and 65yo and older age groups to demonstrate that higher frequency of socialization. As might be expected, the age groups (35-65yo) in between and most likely to be busy with full-time jobs and raising families mostly connected socially 1-3 times a month.

A question about **how often respondents feel isolated** indicates that even with the frequency of social interaction above, 62% of individuals “Often-Sometimes” feel isolated at some point

in time, a condition that is not unexpected given the COVID restrictions for the last eight months. However, it is encouraging that survey results revealed that feelings of social isolation don't necessarily equate to "feeling lonely" — 49% of respondents claimed that in the last week, they felt lonely "None-Almost none of the time."

[Research data](#) also suggests that people who feel more connected to others have lower rates of anxiety and depression. Lake County School District has been collecting Healthy Kids Colorado Survey data since 1998, which includes reports of health status on a number of areas, including mental health. Since 2015, a little more than one in three Lake County high school-aged youth have reported feeling sad or hopeless nearly every day for at least 2 consecutive weeks in the last year. Whether in a time of forced isolation or not, it appears that Lake County youth continue to need opportunities for social connection and increased mental health supports.

FINAL PRIORITIZATION PROCESS

The Steering Committee was tasked with reviewing the identified top three priority health issues for Lake County and using the following guidelines:

- Do those seem like the best areas to focus on?
- What are the **barriers** to getting initiatives off the ground?
 - What barriers will exist going *into* the project?
 - What *push back* will we receive in this project?
- What are our **community strengths** in this area?
 - What infrastructure do we already have in place to support this?
 - Where is there momentum?
 - Where is our capacity?
 - Are we ready to take this on?
- What's going to have the **highest impact** on the most people? Who is missing in its impact?
- Where are there opportunities to **collaborate**?
 - Who is already working on this?
 - What partnerships can we build with other organizations and agencies in town?

STRENGTHS, WEAKNESSES, OPPORTUNITIES, THREATS (SWOT) ANALYSIS

Health Priority	Barriers/Weaknesses	Strengths/Capacity	Opportunities for Collaboration
<p>Increase local housing options.</p> <p><i>We need to make sure that there is enough affordable, safe housing, both for rent and home ownership, and across the range of our resident population, from seasonal workers to low-income families, to seniors wanting to "age-in-place."</i></p>	<ul style="list-style-type: none"> -Lack of funding -Second-home owners take opportunities away from people who live here -Low home inventory -Lack of opportunity for new buildings/development (cost and location) 	<ul style="list-style-type: none"> -Have a lot of vacation homes/Air B&Bs/ existing structures that could be transitioned to long-term housing -Local politicians passionate about addressing this issue -New construction in process (but it's not necessarily affordable) 	<ul style="list-style-type: none"> +LCBAG Housing Coalition +Lake County Housing Authority +Habitat for Humanity +Education on how to get loans/how loans work - Mortgage Readiness)
<p>Increase affordable child care options.</p> <p><i>We want to make sure that children have safe environments, and investments in early childhood are some of the best we can make as a community.</i></p>	<ul style="list-style-type: none"> -Lack of certified providers -Lack of CPR/First Aid training classes for child care providers -Lack of funding for a space for more child care options -Many requirements to have a child care license and it's very hard to find people who have the necessary trainings when the cost of living outweighs an early childhood paycheck 	<ul style="list-style-type: none"> -Elected officials are very motivated to address this issue after Bright Start closed and with the pandemic -Strategic planning will be happening about this issue in the coming months and will include as many community members as possible 	<ul style="list-style-type: none"> +LCSD and parents are very committed to finding solutions +Parents utilize child care services and would be an important group to reach out to and involve +Employers have a vested interest in working on this issue
<p>Improve opportunities to earn a living wage.</p>	<ul style="list-style-type: none"> -Lack of employers who pay a living wage (have a lot of small business owners and it is harder for them) -Hard to find help as a small, rural business so paying someone for that 	<ul style="list-style-type: none"> -There are work support programs that we could get funding for that would help to pay a living wage, which could be implemented with any employer and could be 	<ul style="list-style-type: none"> +CMC/training programs that could get people to higher wages (trades, associates/bachelor's degrees, certificate programs)

Lake County Health & Happiness Project

<p><i>This is a big issue in this small town—it's hard to have to leave town for jobs outside of the county, and a lack of child care makes this harder. The issue of a livable wage directly affects affordable child care - if we don't earn a living wage, no child care will be affordable.</i></p>	<p>number of hours is a really hard balance -Employers go by minimum wage which isn't enough to earn a living in Leadville, -Not enough jobs in the community to have all of community members work here -Larger employers in town don't pay a competitive wage compared to surrounding counties -Tourist season—wages ebb and flow based on tourism, employers can't afford to pay living wage</p>	<p>grant-funded (participation could be limited) -If had access to a living wage, would have access to many more services/resources (healthcare, etc)</p>	<p>+There is an awareness from local businesses who recognize they aren't paying a living wage and want to make changes +CO Workforce Center</p>
---	---	--	---

IMPLEMENTATION PLAN

This plan is iterative and will be updated annually with additional activities and outcomes, based on evaluative results that reflect challenges, successes and emergent needs from the previous year.

SVH / St. Vincent Health -LCPHA / Lake County Public Health Agency - LCBAG / Lake County Build a Generation

GOALS	PRIORITIES	ACTIONS	OUTCOMES
<p>Increase local housing options.</p>	<p>1. Increase the stock of affordable housing in Lake County.</p> <p>2. Provide opportunities for individuals and families to engage in financial management and homebuyer readiness classes.</p>	<p>LCBAG staff will facilitate the Lake County Housing Coalition to maintain a space for all interested and invested partners to come together to discuss full coalition matters (including strategic goal setting), and to allow for the coalition board to vote on issues (including taking a stance on policy change proposals brought to the city and county).</p>	<p>The Housing Coalition partners, including SVH and LCPHA, will identify appropriate advocacy opportunities to support local housing options in Lake County.</p>
		<p>Facilitate meetings of the two existing Housing Coalition sub-committees that are working on drafting deed restriction language for adoption by the City and County, and identify development and/or rehabilitation opportunities to increase the stock of affordable units in Lake County.</p>	<p>1. Deed restriction draft language will be presented to the city and county for consideration and adoption.</p> <p>2. The subcommittee will have identified at least one opportunity for development and will engage relevant partners including SVH and LCPHA.</p>
		<p>LCBAG staff will plan and facilitate regular meetings of the Policy Advisory Team to implement the training plan and provide opportunities for discussion.</p> <p>Trainings could include: +Building a base of content knowledge around housing policy;</p>	<p>The Policy Advisory Team will advocate for policy and systems change--that would support increased housing opportunities--to local elected and appointed officials.</p>

		+Soft skills related to advocacy and bringing a policy and/or systems change proposal to elected and appointed officials.	
		Coordinate with agencies offering financial literacy and homeownership programs in our community to establish a “no-wrong door” enrollment and information-sharing approach, thus allowing the local population to access housing more readily.	Lake County agencies providing financial literacy and homeownership programs will have reached consensus on what programs are being offered and how to refer clients into those programs.
		Research healthcare screening questions that address Social Determinants of Health, specifically for the need for safe and stable housing and to be used by Lake County health care providers.	<p>1. Sample screening questions will be presented to Lake County healthcare providers including SVH and LCPHA.</p> <p>2. Healthcare providers will come to consensus on how screening questions will be used (if at all) in Lake County.</p>
<p>Increase affordable child care options.</p>	<p>1. Increase the number of affordable child care slots for children under five years of age in Lake County.</p>	<p>1. LCBAG will form a new coalition to address the issue of lack of child care options that will include members of the BrightStart board, representatives from the city and county, the school district, and direct service partners.</p>	<p>1. The coalition will implement key activities identified in the Lake County Child care Strategic Plan (expected to be completed in March 2021).</p>
	<p>2. Provide supports and resources for the existing friends, families, and neighbors (FFN) network of child care providers.</p>	<p>LCBAG and partners, including SVH and LCPHA, will work to understand and identify supports for the FFN child care network in Lake County.</p>	<p>1. LCBAG and partners will collect data around the current state of Lake County’s Family, Friend, and Neighbor child care network.</p> <p>2. LCBAG and partners will research best practices for supporting</p>

			FFN networks that include options outside of licensure.
		The coalition, with support from LCBAG, will conduct a Resource Assessment of existing early childhood supports for children and parents in Lake County.	The coalition will prioritize actions that may include: A. filling gaps in resources; B. advocating at the local or state level for regulation changes; C. creating sustainable funding mechanisms for child care in Lake County.
<p>Improve opportunities to earn a living wage.</p>	<p>Conduct baseline research and assessments to understand local ability and capacity to influence living wage.</p>	LCBAG staff will research and understand the local, regional, and statewide efforts to impact living wage.	Lake County will have a better understanding of the existing initiatives working towards creating more opportunities for living wages around the state.
		LCBAG staff will work with SVH and LCPHA to determine partners, capacity, and collective action opportunities at the local, regional, and state levels.	Lake County will have completed a Capacity Assessment.
		LCBAG staff will work with SVH, LCPHA, and other partners to create a report outlining the potential levers and pathways for collective action that are available to local partners and employers.	Lake County will have a complete report summarizing findings from the research and capacity assessment that lays out next steps and responsible partners.

NEXT STEPS

The implementation of this plan and evaluation of its success will rely heavily on partnerships and collective action taken in Lake County over the next several years. The three priority areas identified are in three different stages of development currently in the community. There is currently a strong and active coalition in Lake County that is addressing the issue of affordable housing. That coalition will continue on its existing trajectory and will identify specific areas to pull in St. Vincent Health and Lake County Public Health Agency in the future. The coalition has its own internal evaluation mechanisms and will continue to adapt and redirect their efforts in response to community need as necessary.

There is not currently a Child Care Coalition in Lake County: but even before this report was finalized, there were plans to start that coalition early in 2021. Once the child care coalition is fully seated and includes appropriate partners and stakeholders, work will begin to implement the activities listed in the Implementation Plan by the Lake County Build a Generation coalition facilitator. Evaluation of outcomes will be the responsibility of the coalition and its facilitator.

The priority of *Creating more opportunities to earn a living wage in Lake County* is the priority area that currently has the least resources dedicated or planned for its implementation. Therefore, most of the early activities related to this priority will focus on information gathering and assessing capacity before creating opportunities for collective action to address the issue. Lake County Build a Generation will identify appropriate staff members and resources to dedicate to this process and will bring in partners along the way to help answer key questions and identify needs.

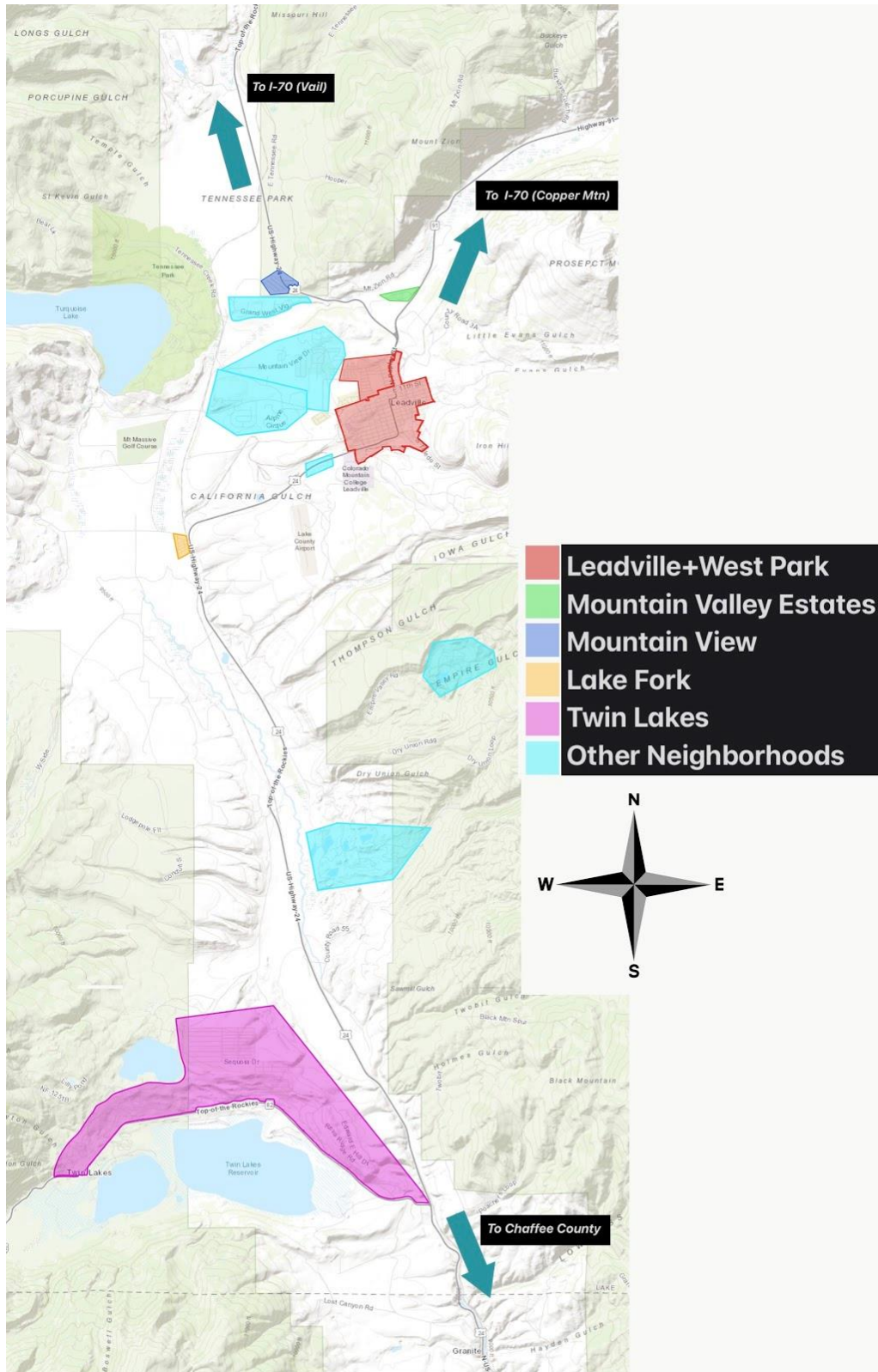
All of these efforts will be evaluated by both short-term process outcome questions (*Have affordable child care spots in Lake County increased?*), as well as long-term health outcome questions (*Have emergency room visits decreased? Have wellness checks increased?*). The complete evaluation plan and data tracking will be co-created by St. Vincent Health, Lake County Public Health Agency and Lake County Build a Generation in the beginning of 2021 and updated annually to determine progress, identify gaps and challenges, and adjust strategies based on feasibility and capacity. In order to include qualitative community data in these assessments, there will be a mid-term Health and Happiness Survey that focuses specifically on the three priority issue areas. It will be created by all Health and Happiness partners and administered by Lake County Build a Generation.

Appendix A: Project Timeline and Contributors

Health and Happiness Project Timeline	
April 2020	St. Vincent Health, Lake County Public Health Agency and Lake County Build a Generation convene to plan the Community Health Assessment process, assign roles, determine the target population, and outline data gathering and community meeting requirements and methods
May – June 2020	Santa Monica Well-being Index Survey adapted to administer to the Lake County community
August - September 2020	Community survey distributed across Lake County community
September 2020	Community Connectors hired to conduct outreach to over 200 community members to solicit community survey participation for typically under-represented populations
September – December 2020	All secondary health data and community survey data collected and summarized for community meetings and final report
October 21, 2020	<i>Community Meeting 1: Survey results presentation</i>
November 12, 2020	<i>Community Meeting 2: Top health issues prioritization</i>
November 2020	Strengths, Weaknesses, Opportunities, Threats (SWOT) Analysis
December 2020	Final Prioritization Process and Implementation Plan Development
December 2020	Health and Happiness Community Health Assessment Plan Finalized and Adopted

Community Survey Distribution and Promotion	
St. Vincent Health	Colorado Mountain College
Lake County Public Health Agency	Lake County Community Fund
Rocky Mountain Family Practice	Lake County Senior Center
Solvista Health	Lake County Library
Department of Human Services	Colorado Workforce Center
Lake County Build a Generation (Steering Committee and Board)	Communities that Care Coalition
Lake County School District (Parents, Staff, Student Listserv)	Lake County Housing Coalition
One Leadville	Lake County Food Access Coalition
St. George Episcopal Church	COVID Volunteers
Leadville Lion’s Club	Community Connectors
Lideres Latinos	Community Members
Lake County Wraparound	Herald Democrat Ads/Facebook Posts
Full Circle of Lake County	Organizational Newsletters

Appendix B: Map of Lake County Neighborhoods



Appendix C: 2017 Public Health Improvement Plan Progress

Some key progress highlights since the *2017 Public Health Improvement Plan* and *2018 Lake County Senior Master Plan* were implemented are presented below:

ACCESS TO HEALTHCARE

Strategic Priority #4: Increase agency and provider staff language and cultural competency

- Partners such as Lake County Public Health Agency and the Lake County School District have worked to increase language and cultural competency support for clients and parents. Both LCPHA and St. Vincent Health actively recruit bi-lingual staff and LCPHA works to make sure that at least one Spanish-speaking staff is available in-office at any given time. In 2019, The Lake County School District addressed cultural competency and language sufficiency as follows:
 - Provided training to all staff on working with interpreters
 - Continued to provide evaluations as part of the interpreter hiring process, and providing ongoing training to interpreters
 - Sent five interpreters to a simultaneous interpretation training in May 2019
 - Conducted periodic surveys of teachers and parents to assess interpretation quality
 - Contracted with Community Language Coop as needed to provide interpretation services

Strategic Priority #6: Increase the number of primary and specialty care providers available for Lake County residents

- St. Vincent Health has increased a number of available services, including eight “respite/swing beds” for caregivers and extended patient recovery; stress echocardiograms; participation in sleep studies; extended clinic and physical therapy hours; and improved telehealth availability. As well, construction began in 2019 on a new state-of-the-art hospital that is scheduled to open in early 2021. The hospital anticipates being able to bring in more specialist services for dermatology, podiatry, neurology, and pulmonology.

BEHAVIORAL HEALTH -- SUBSTANCE USE AND MENTAL HEALTH

Strategic Priority #2: Increase mental health resources and supports in Lake County

- Solvista Health continues to serve the mental health needs of Lake County residents and has expanded the following services:
 - Mobile Crisis services, including a Co-Responder team (clinician and care manager) assigned to the Police Department.
 - Outpatient services – expansion of Dialectical Behavioral Therapy program as well as telehealth options for therapy.
 - Substance Use services – Increased groups, including adding a morning Relapse Prevention group and a family support group (CRAFT).
 - Increased collaboration with Lake County Probation Department.
 - Bridges Program provides a court liaison for high-need clients at risk for recidivism.
 - Competency Restoration services are available in Lake County.

CHRONIC DISEASE PREVENTION

Strategic Priority #2: Increase access to healthy food options

- Cloudy City Farm implemented a CSA-model market for fresh veggies that accepted SNAP, as well as offered Double Up Bucks incentives for the first time in 2019. In 2020, they launched a donation-based Farm Market to ensure that all community members had access to produce regardless of their income (an average of 40 households participated in the weekly farm stand). Additionally, through a partnership with Full Circle's Women's Empowerment group and St George's Community Meals, at least 1/3 of their produce was donated each week.
- Lake County Public Health Agency ran a 6-week FoodHealth class in both 2018 and 2019 teaching nutrition and cooking skills, and with participants preparing fresh, healthy meals in-class. Participants reported loving *"how to make delicious, healthy foods... cooking more different foods... (and) trying fresh vegetables."*

Strategic Priority #3: Decrease obesity rates for Lake County adults and children

Activity: Be part of multi-county Breastfeeding Friendly Environment (BFE)

- Lake County participates in a Breastfeeding Coalition managed through Chaffee County, offering equipment and lactation counselor resources, meetings and mother comfort stations to local Lake County mothers and infants.

Strategic Priority #4: Increase the number and type of physical activity opportunities for Lake County residents

- From 2017-2019, The Get Outdoors Leadville! (GOL!) initiative, aimed at getting youth outdoors and building leadership and stewardship opportunities, had 11, 148 youth participating for over 4,800 unique hours in outdoor recreation and learning programs. Some of those interactive programs included Rockies Rock Summer Camp, Community Nature Connection Programs, Adventure Days, Lake County

School District field work, activities and classes, and a 6th grader Outdoor Leadership Club.

SENIOR HEALTH "AGING WELL"

- The Aging Well Coordinator, hired in Spring 2018 to increase and improve Senior Center operations and services, accomplished the following:
 - Provided a major clean-up and made improvements to the existing Senior Center building with new flooring, lighting, bathroom updates, a much-needed commercial dishwasher and ice machine, and an ADA-approved ramp.
 - Implemented basic structure (policies and procedures) for the Senior Center Transportation Program that included new efficiencies and making practices safer for the Senior Center while transporting seniors to medical appointments and shopping trips. Lake County Build a Generation wrote and received grants for two new ADA vans.
 - Implemented a *Lunch & Learn Series*, which opened the door for County programs and services to a new audience. The learning series focuses on relevant resources and information related to aging in place.

Appendix D: Health and Happiness Well-being Survey—All Results

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. Number of 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. On a ranking of *Worst possible life (0) to Best possible life (10)*, how would you say you personally feel you stand at this time?
5. How often do you feel isolated from others?
6. 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 out of doors and away from home
 - 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. Feelings of *belonging* and *healthfulness*, by neighborhood.
8. Have you or a close friend or family member considered moving from your neighborhood in the last few years because of rising housing costs?
9. To what extent are you bothered by noise in your neighborhood including noise from neighbors, traffic, and air traffic?
10. 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. Current Funds to pay an unexpected expense *by Ethnicity*.
7. 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 benefitted from Lake County's environmental progress.
10. Getting ahead economically *by age group*.

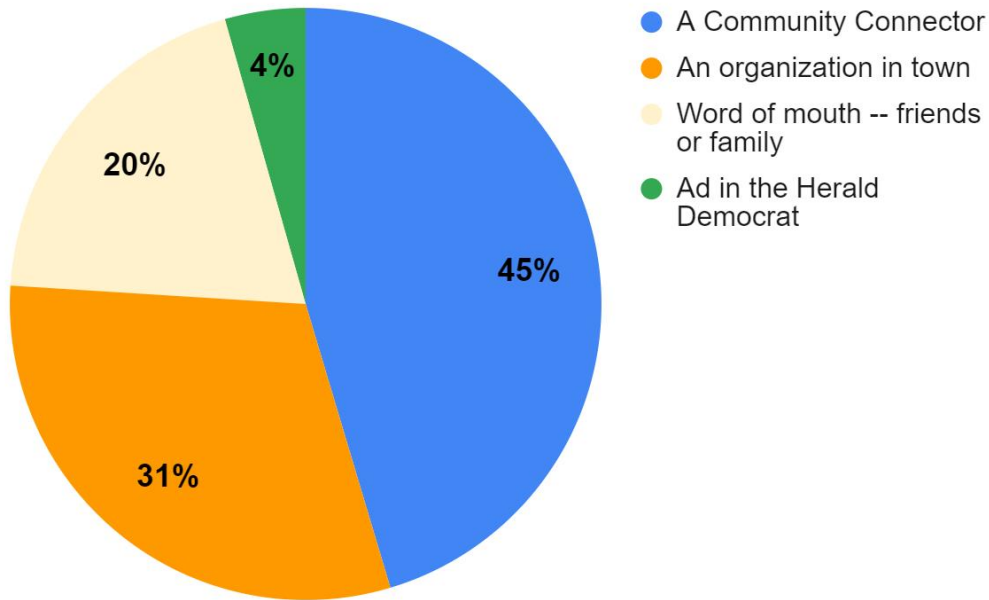
DOMAIN: HEALTH

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?

DEMOGRAPHICS

LANGUAGE PREFERENCE TO TAKE SURVEY	
English	88%
Español	22%
ETHNICITY	
White	61%
Hispanic/Latinx	35%
More than 1 race	2.5%
Black/African American	1.1%
Asian/Pacific Islander	0.2%
American Indian/Alaskan Native	0.2%
GENDER	
Female	68%
Male	30%
Prefer not to answer	2%
SEXUAL ORIENTATION (COUNT)	
Heterosexual (straight)	378
Bisexual	23
Gay or Lesbian, Queer	17
Asexual	1
Prefer not to use label	1
AGE	
17 or younger	7%
18-24 years	13%
25 to 34 years	22%
35 to 44 years	18%
45 to 54 years	10%
55 to 64 years	14%
65 to 74 years	11%
75 and older	5%
NUMBER OF YEARS LIVED IN LAKE COUNTY	
0-5 years	29%
5-10 years	13%
10-20 years	30%
20-30 years	13%
30-50 years	8%
50 or more	7%
CHILDREN	
Yes, I have children under 18 in Lake County.	26%
Yes, I have children under 18 <i>not</i> in Lake County.	1%
Yes, I have children over 18 in Lake County.	11%
Yes, I have children over 18 <i>not</i> in Lake County.	16%
No, I do not have children.	44%

How did you hear about the Health and Happiness Project (this survey)?



DOMAIN: OUTLOOK

<i>Overall, how satisfied are you with your life as a whole these days?</i>	
Not at all	1%
1	1%
2	0.4%
3	3%
4	2%
5	8%
6	10%
7	17%
8	25%
9	15%
Completely satisfied	17%

To what extent do you agree or disagree with each of the following statements about yourself?

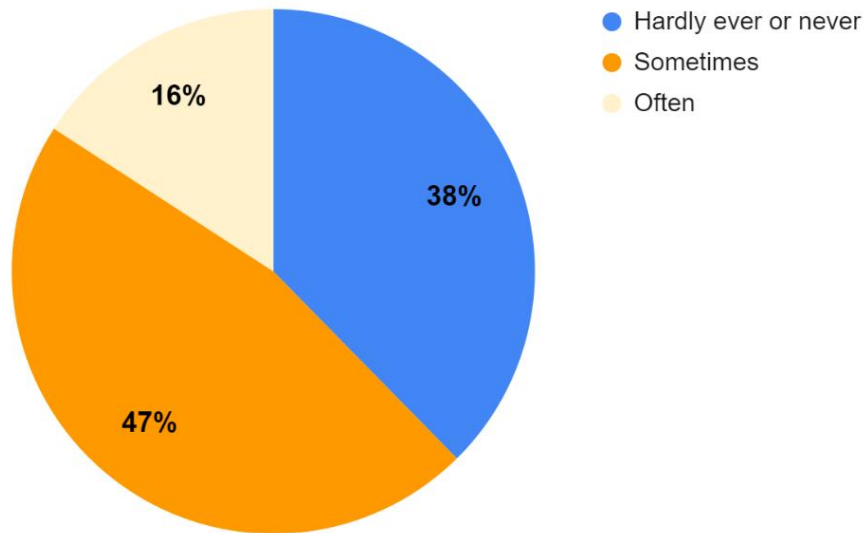
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<i>I am optimistic about the future.</i>	4%	10%	20%	47%	20%
<i>I am free to decide for myself how to live my life.</i>	4%	4%	12%	43%	36%
<i>Most days I get a sense of accomplishment from what I do.</i>	4%	7%	17%	49%	23%
<i>I generally feel that what I do in my life is worthwhile.</i>	4%	5%	13%	48%	30%
<i>I seldom have time to do the things I really enjoy.</i>	11%	35%	24%	23%	8%
<i>When things go wrong in my life, it generally takes me a long time to get back to normal.</i>	16%	40%	23%	15%	6%

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
<i>Feel happy</i>	2%	21%	54%	22%
<i>Feel sad</i>	35%	53%	9%	2%
<i>Feel stressed</i>	13%	58%	18%	11%
<i>Have a lot of energy</i>	9%	42%	38%	11%
<i>Feel lonely</i>	49%	35%	10%	5%

On a ranking of <i>Worst possible life (0) to Best possible life (10)</i> , how would you say you personally feel you stand at this time?	
Worst possible life for you	0.5%
1	0.2%
2	2%
3	2%
4	2%
5	9%
6	9%
7	21%
8	25%
9	20%
Best possible life for you	7%

How often do you feel isolated from others?



	Not at all	2	3	4	Very satisfied
<i>How satisfied do you feel with the balance between your work and other aspects of your life?</i>	4%	12%	35%	32%	17%

DOMAIN: COMMUNITY

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

	<i>Meet socially with friends, relatives, or work colleagues?</i>	<i>Get involved in work for voluntary or charitable organizations?</i>
Never or almost never	12%	32%
Less than monthly	14%	26%
1-3 times a month	28%	20%
1-2 times a week	30%	15%
Every day-almost every day	16%	7%

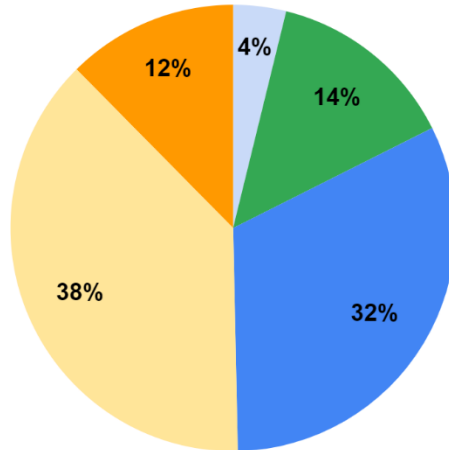
How would you rate the availability of the following in Lake County?

	<i>Arts and cultural opportunities such as theaters, museums, and music.</i>	<i>Social community events such as festivals, farmers markets, parades, and street fairs.</i>	<i>Organized events where you can learn or engage with the natural environment.</i>	<i>A vibrant Main Street with restaurants, shops, bars, etc.</i>
Very bad	12%	9%	8%	6%
Bad	29%	21%	18%	13%
Neither good nor bad	31%	33%	35%	31%
Good	23%	31%	31%	49%
Very good	5%	6%	8%	10%

	Never or almost never	Less than monthly	1-3 times a month	1-2 times a week	Every day or almost every day
<i>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?</i>	11%	15%	31%	26%	17%

Lake County Health & Happiness Project

- Never
- Rarely
- Sometimes
- Often
- Every time I go out

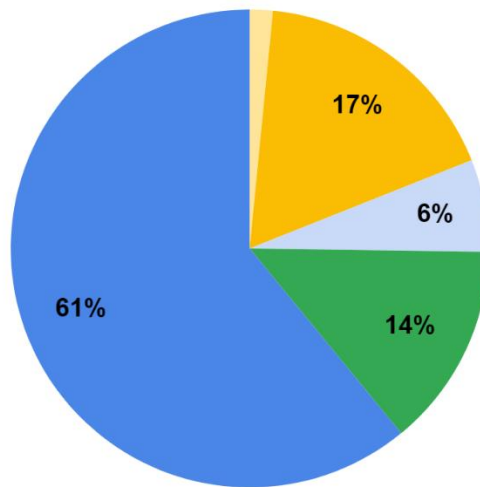


Think about times when you are out and about in Lake County--on the streets shopping, on the bus, on trails, in a restaurant, etc. *How often would you say that strangers say hello or smile at you?*

To what extent do you agree or disagree with each of the following statements?

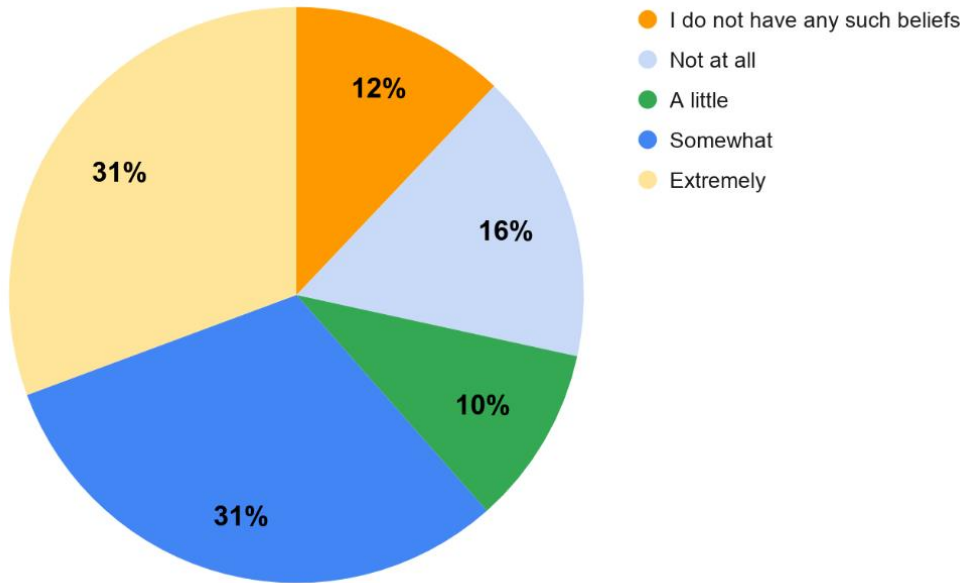
	<i>I can influence decisions affecting Lake County.</i>	<i>I put a lot of time and effort into being part of the Lake County community.</i>	<i>Lake County has the businesses, stores, and services that I would like it to have.</i>
Strongly disagree	8%	4%	15%
Disagree	19%	21%	32%
Neither agree nor disagree	36%	35%	26%
Agree	31%	30%	21%
Strongly agree	6%	10%	6%

- More than once per week
- About every week
- 1-2 times a month
- A few times
- Never



In the past four months, how often did you *attend religious services?*

How much do your *religious or spiritual beliefs influence the way you live?*

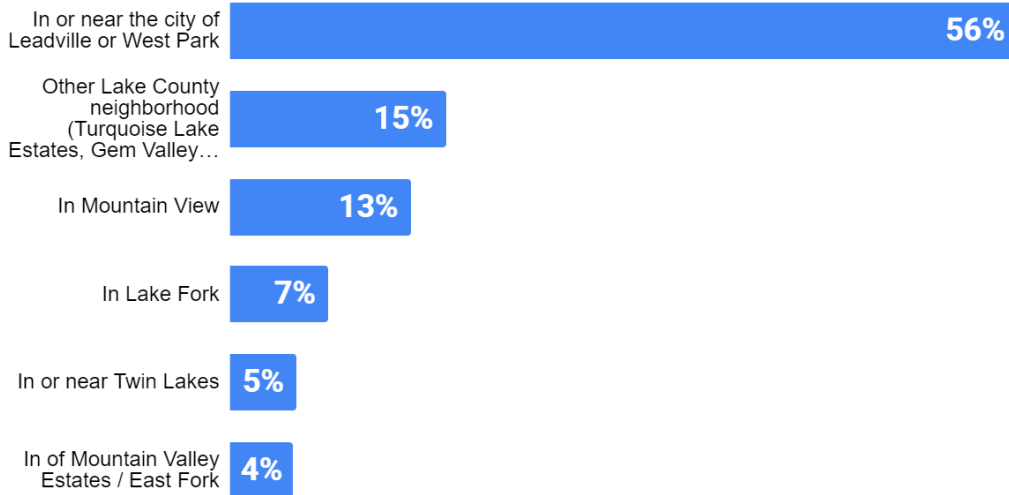


What is one thing that can be done to *improve the well-being of your community?*

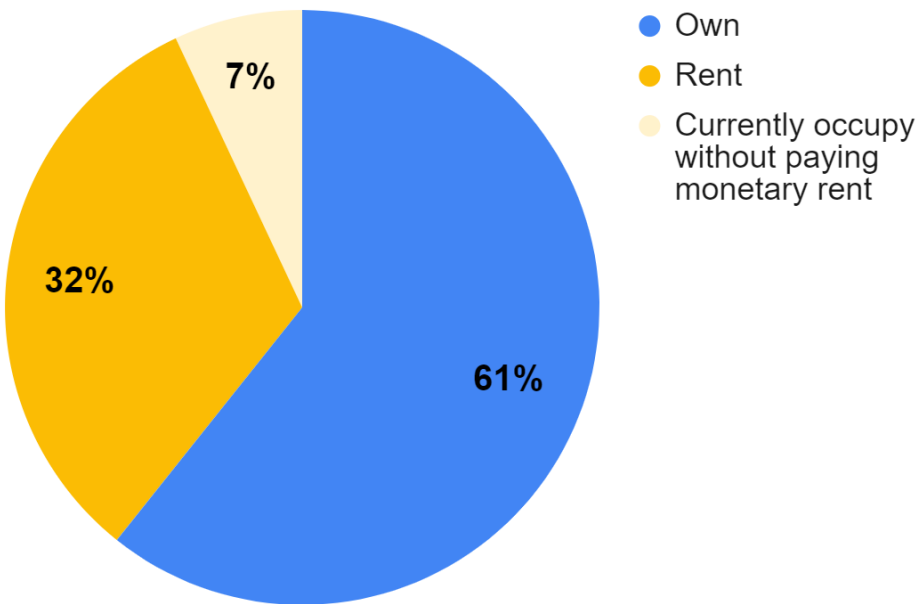
Increase opportunities to earn a living wage for work within Lake County	26%
<i>Improve housing options</i>	22%
Increase access to medical services	10%
<i>Create opportunities for more social connection</i>	9%
Increase affordable child care options for families	8%
<i>Improve transportation options</i>	6%
Address emotional wellbeing	5%
<i>Support physical activity</i>	3%
Increase engagement in civic activities	2%
<i>Facilitate a connection to nature</i>	2%

DOMAIN: PLACE AND PLANET

What Lake County neighborhood do you live in?

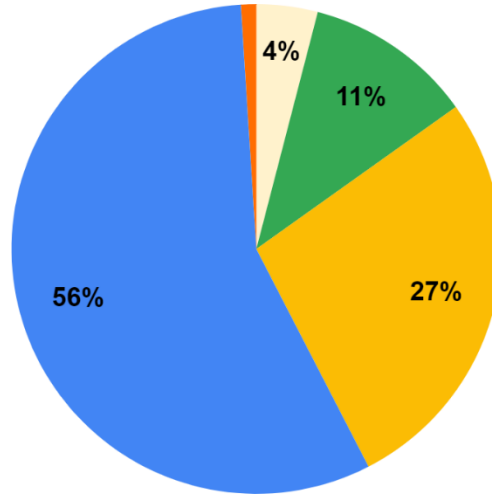


Do you currently own or rent the home you live in?



Lake County Health & Happiness Project

- Very dissatisfied
- A little dissatisfied
- Moderately satisfied
- Very satisfied
- Does not apply

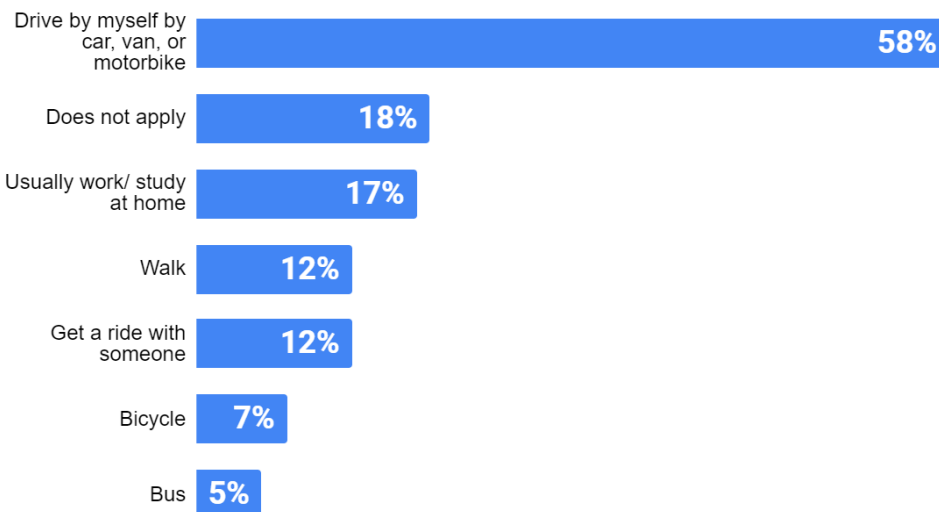


How satisfied do you feel about the house or place you live?

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

	<i>Spend your leisure time out of doors and away from home</i>	<i>Spend time in community or public places such as libraries or parks</i>
Never or almost never	5%	25%
Less than monthly	54%	22%
1-3 times a month	24%	28%
1-2 times a week	33%	20%
Every day-almost every day	26%	4%

How do you usually *get to work or school?* (Check all that apply in a typical week)



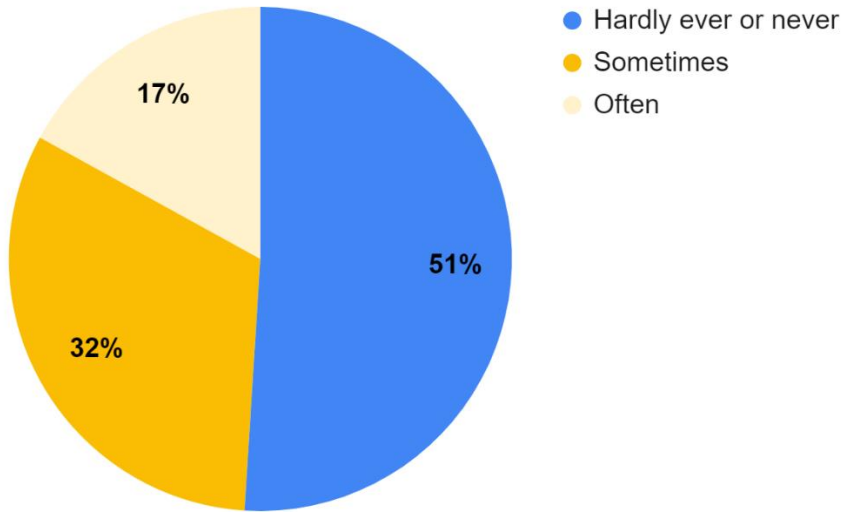
Thinking about the *neighborhood where you currently live*, to what extent do you agree or disagree with each of the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<i>I regularly stop and talk to people in my neighborhood.</i>	10%	18%	21%	39%	13%
<i>I plan to remain a resident of my neighborhood for a number of years.</i>	5%	15%	19%	36%	25%
<i>I borrow things and exchange favors with my neighbors.</i>	20%	21%	22%	26%	12%
<i>I feel like I belong to my neighborhood.</i>	7%	10%	26%	36%	22%
<i>My neighborhood is a healthy place to live.</i>	2%	6%	19%	45%	27%
<i>There are people I can count on in my neighborhood.</i>	5%	13%	3%	57%	23%
<i>People in my neighborhood can be trusted.</i>	3%	12%	5%	60%	20%

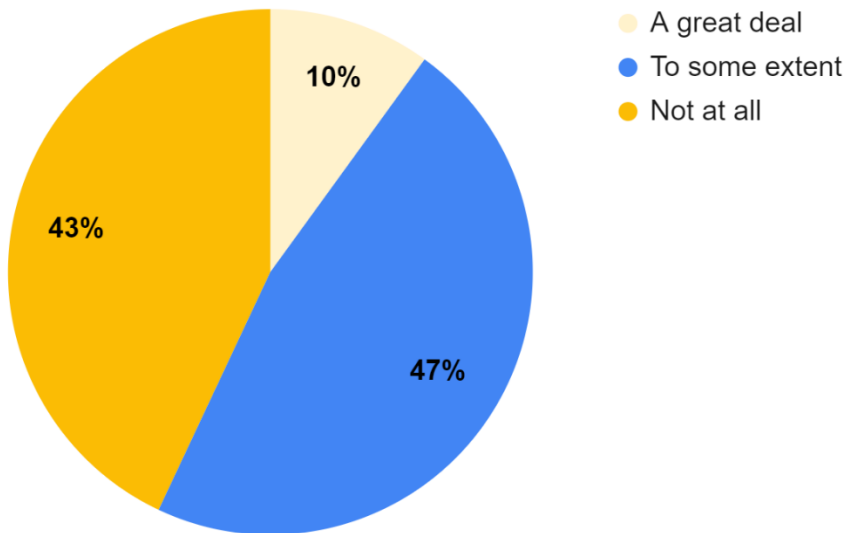
Feelings of belonging and healthfulness, by *neighborhood*:

	Belonging	Healthy
<i>Other Lake County Neighborhoods</i>	70%	90%
<i>Twin Lakes</i>	62%	81%
<i>Leadville and West Park</i>	61%	74%
<i>Mountain View</i>	54%	59%
<i>Lake Fork</i>	33%	57%
<i>Mountain Valley Estates</i>	25%	35%

Have you or a close friend or family member *considered moving from your neighborhood in the last few years because of rising housing costs?*



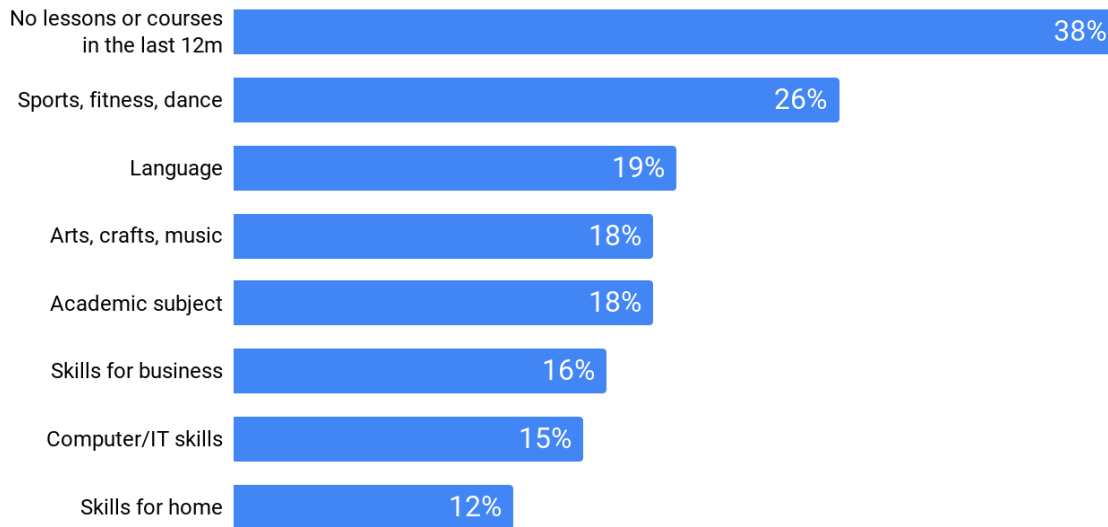
To what extent are you *bothered by noise in your neighborhood* including noise from neighbors, traffic, and air traffic?



	Strongly disagree	Disagree	Neither agree-disagree	Agree	Strongly agree
To what extent do you agree or disagree with the following statement: <i>Lake County is a beautiful place.</i>	0.5%	2%	7%	32%	60%

DOMAIN: LEARNING

What *outside learning, courses, or certifications* have you pursued in the last 12 months?



Other...

18 Lifelong learning for topics like politics, theology, world travel, geology and ecosystems, antiracism work/pursuing hobbies like gardening and marksmanship

15 Courses, degree or certification completed for STEM, CNA, EMT, Family Leadership Training Institute, Wilderness Responder, ect.

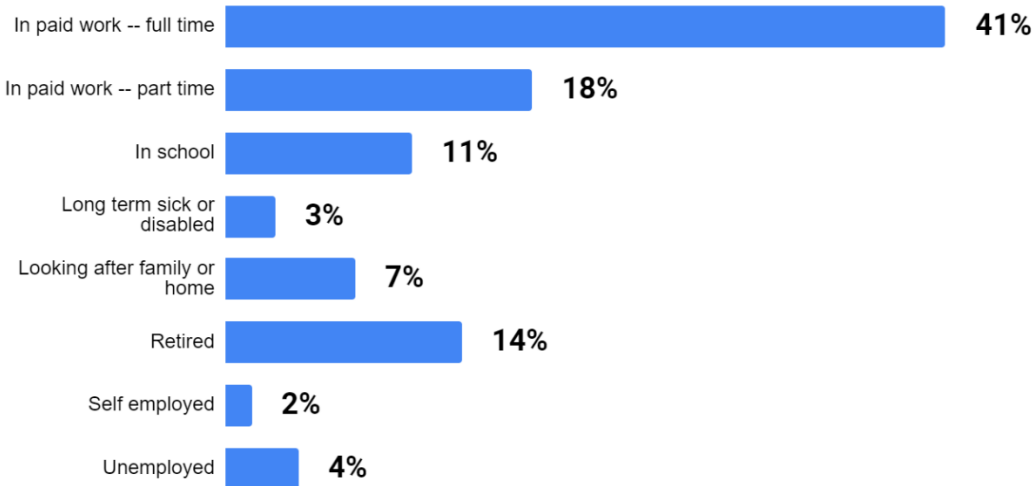
6 Skills development for job

How confident do you feel carrying out the following activity?

	<i>Using the internet to find reliable information</i>	<i>Cooking a meal from basic ingredients</i>	<i>Carrying out basic repairs around the home</i>
Not confident at all	4%	2%	6%
2	3%	3%	4%
3	8%	6%	12%
4	9%	12%	20%
5	12%	10%	19%
6	14%	13%	14%
Very Confident	51%	54%	25%

DOMAIN: ECONOMIC OPPORTUNITY

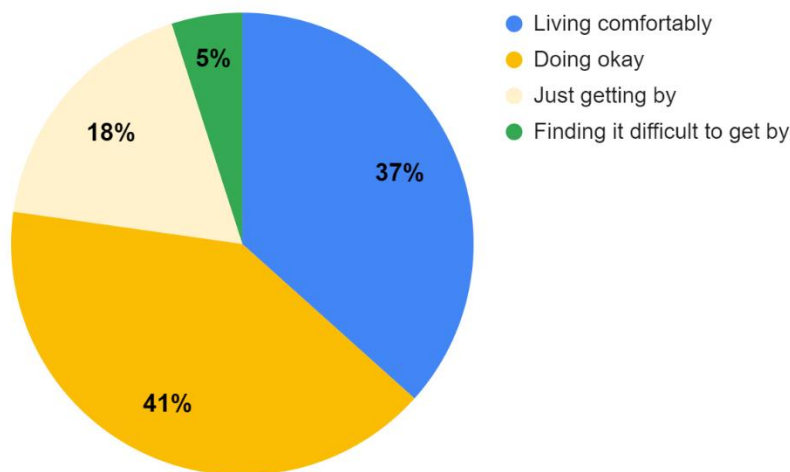
What is your *current work status* right now? (Check all that apply)



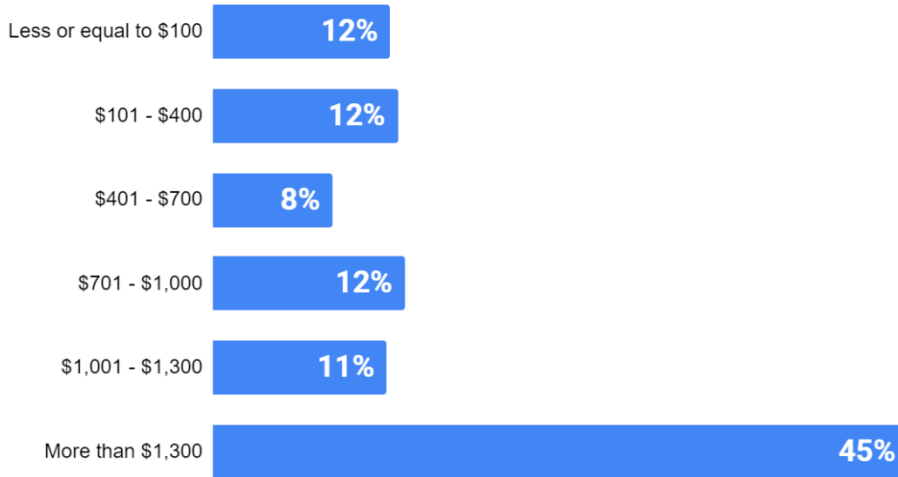
	Very dissatisfied	A little dissatisfied	Moderately satisfied	Very satisfied	Does not apply
<i>How satisfied are you with your job (if you have one)?</i>	3%	8%	32%	38%	19%

	Not at all	2	3	4	Very stressful
<i>In general, how stressful is your job?</i>	3%	8%	31%	32%	25%

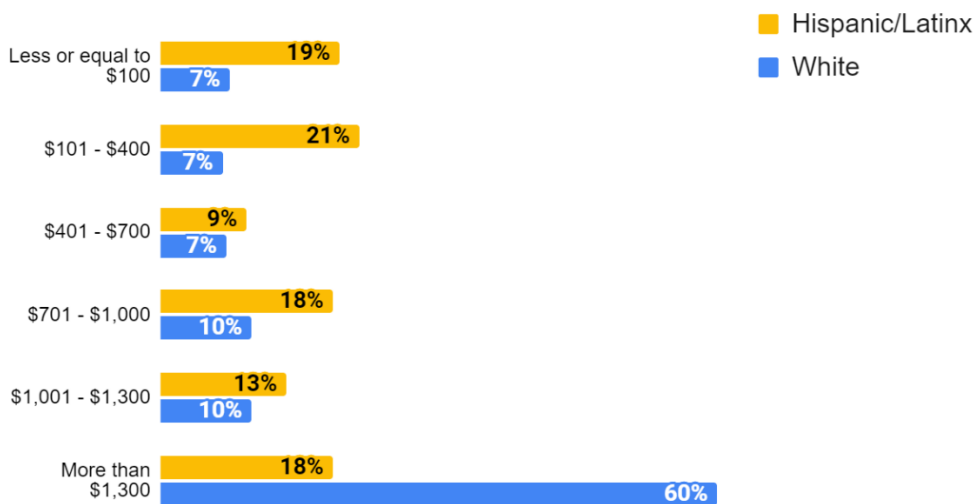
Which describes how well you are managing financially these days?



Which amount would be the largest unexpected expense you have current funds to pay for right now?



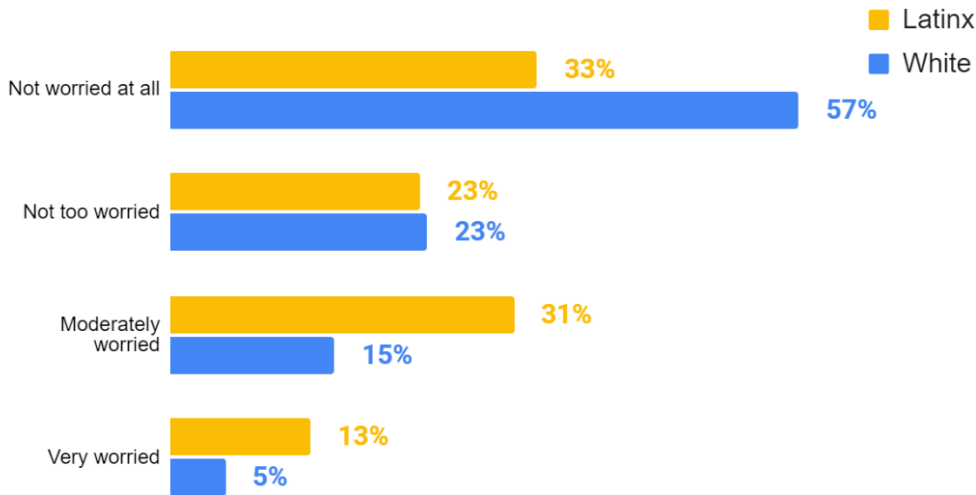
Current Funds to pay an unexpected expense *By Ethnicity*:



How worried are you right now...

	<i>About not being able to make the minimum payments on your credit cards?</i>	<i>About not being able to pay your rent, mortgage, or other housing costs?</i>	<i>That you might lose your job in the next six months?</i>
Very worried	7%	7%	8%
Moderately worried	16%	21%	14%
Not too worried	24%	23%	27%
Not worried at all	50%	47%	43%
Don't know	3%	2%	8%

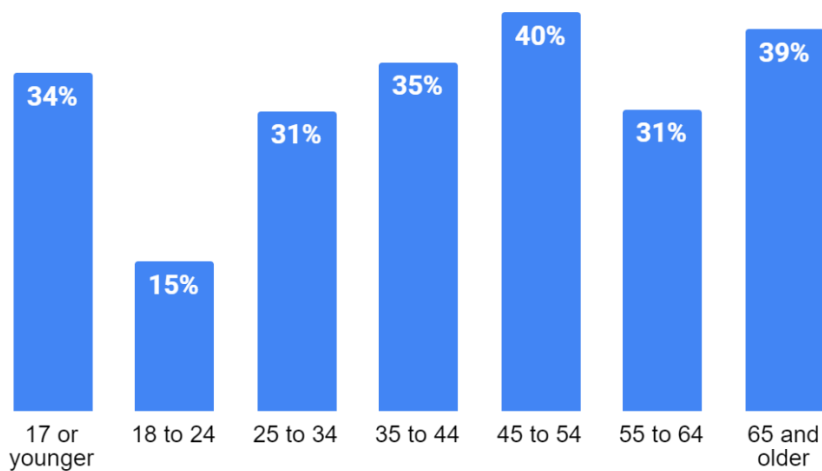
Not being able to pay rent, mortgage or other housing costs *by Ethnicity.*



To what extent do you agree or disagree with each of the following statements?

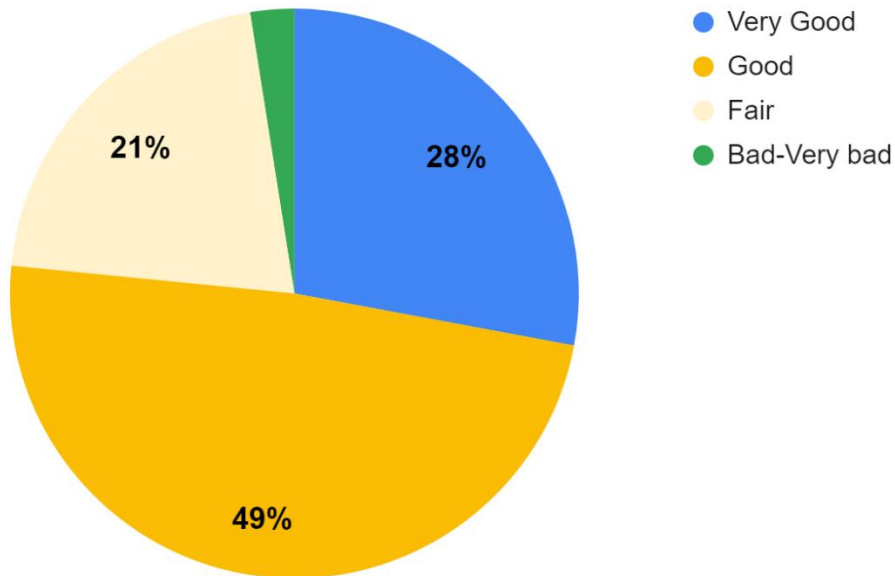
	<i>Lake County has offered me good opportunities to get ahead economically.</i>	<i>I have benefitted from Lake County's environmental progress.</i>
Strongly disagree	10%	7%
Disagree	22%	15%
Neither agree nor disagree	36%	44%
Agree	25%	26%
Strongly agree	7%	8%

Getting ahead economically by age group (Strongly agree-Agree).



DOMAIN: HEALTH

How do you feel your health is in general?

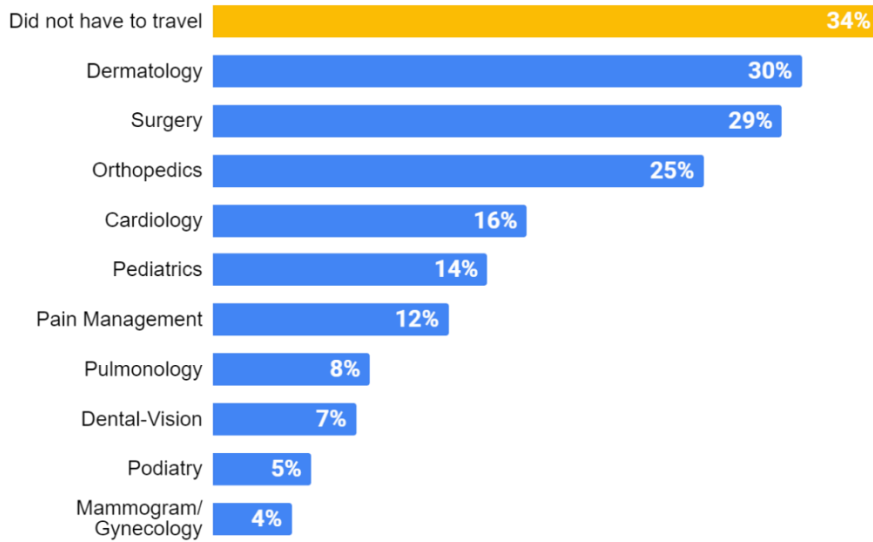


	Never or almost never	Less than monthly	1-3 times a month	1-2 times a week	Every day or almost every day
<i>How often do you do physical activity for at least 20 minutes that makes you sweat or breathe more heavily than usual?</i>	8%	11%	15%	31%	34%

	0	1	2	3	4	5	6+
<i>How many servings of fruits and vegetables do you eat on an average day?</i>	4%	13%	21%	27%	18%	10%	8%

	Less than 5	5-6	6-7	7-8	8-9	More than 9
<i>On average, how many hours of sleep do you get in a 24-hour period?</i>	6%	13%	26%	38%	15%	2%

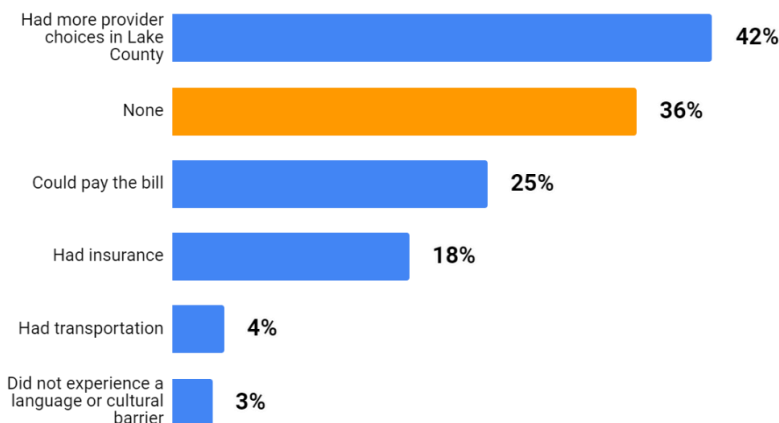
Thinking about the past year, which of the following services have you had to travel outside of Lake County to access (for yourself or a family member)?



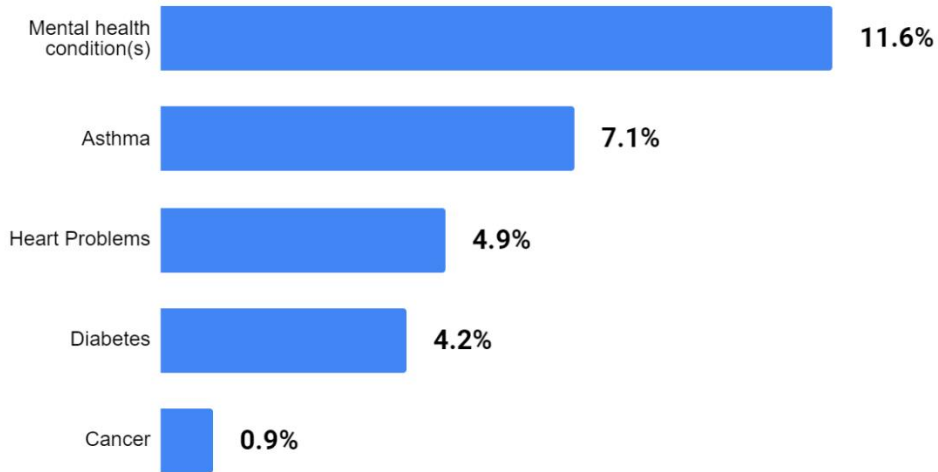
Thinking about yourself as a patient, to what extent do you agree or disagree with the following statements?

	<i>I regularly get preventative health screenings as recommended by a provider.</i>	<i>I have a relationship with a primary care doctor.</i>
Strongly disagree	8%	13%
Disagree	18%	16%
Neither agree nor disagree	18%	16%
Agree	34%	33%
Strongly agree	22%	21%

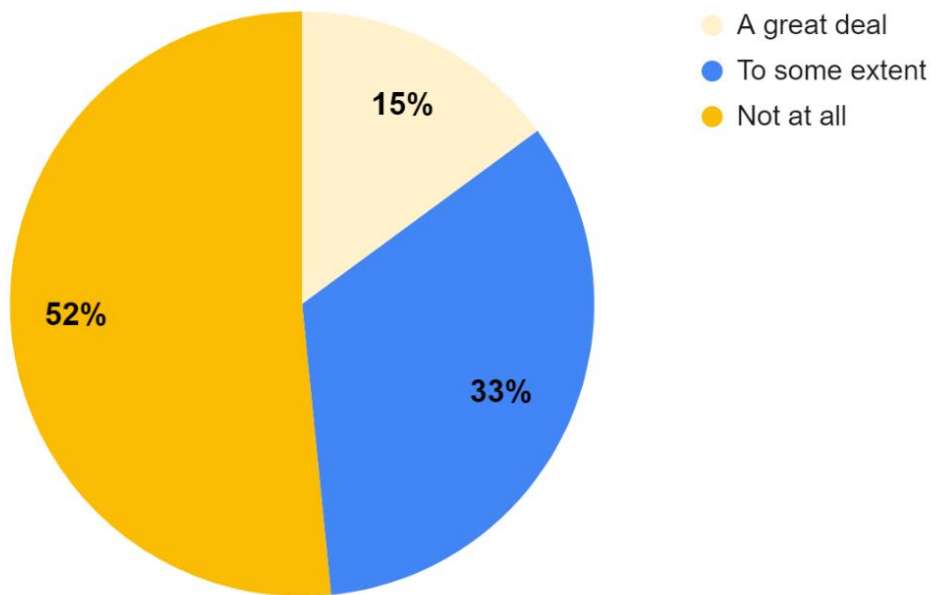
What would help you seek a medical provider's care more readily?



In the past year, did a doctor tell you that you have any of the following conditions or illnesses? (Check all that apply)



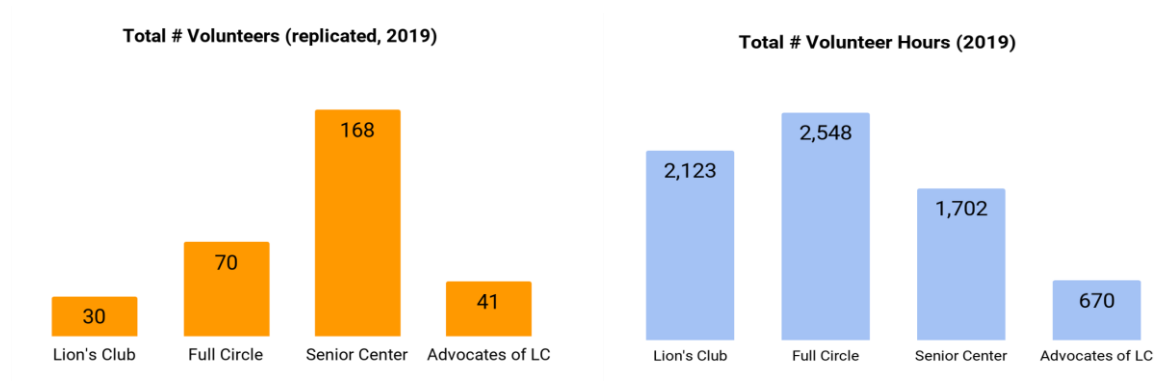
In the last 12 months, how difficult has it been to address medical needs due to cost?



Appendix E: Secondary Well-being and Health Data

COMMUNITY

Lake County Organizational Volunteer Activity



St. George Episcopal Church total # volunteer hours:

2019 – 5,756

Jan-Sept 2020 – 5,568

Lake County Voting Activity, [2020 Voter Registration Statistics](#)

As of 9/1/2020, Lake County has a total of **5,704 registered voters**, with **4,387 (77%)** of those voters "active".

National and local voter turnout (County Clerk's Office, Sept 2020)

Federal-state (high)

2016 General = 90.5%

2018 Primary = 87%

2020 Presidential Primary = 91%

2020 Primary = 78%

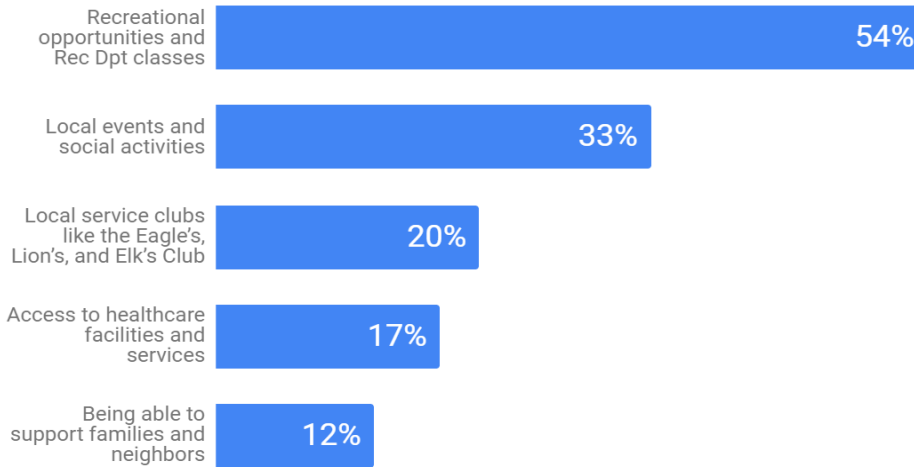
Local

2017 Coordinated = 25.2%

2019 Coordinated = 38.3%

Lake County Senior Interviews Population Data ([2017 Lake County Senior Master Plan](#))

"What opportunities and resources already exist in this community that enhances or improves your current quality of life here?"



"How connected do you feel with..."

Very to Somewhat connected **Not very to Very disconnected**

*1...other senior members in "your" community?**



2...the larger Lake County-Leadville community?



3...with senior activities-events-opportunities in the community?



4...senior resources available in Lake County?



*Respondents referring to either Leadville or Twin Lakes

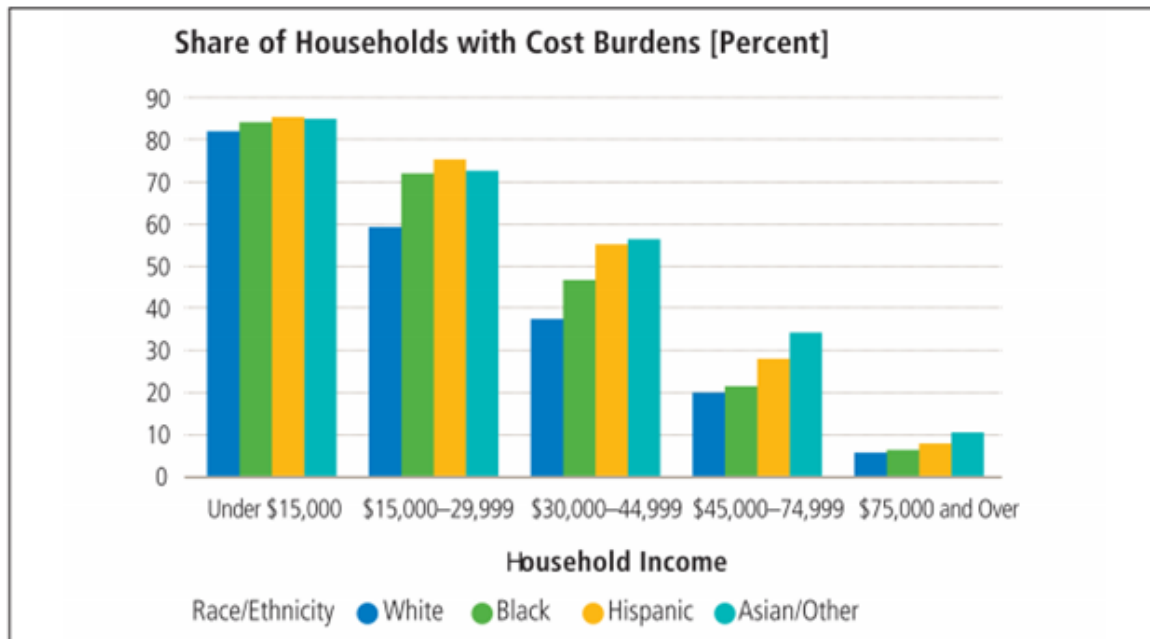
PLACE AND PLANET

Lake County 5th and 9th graders Perception of Neighborhood Safety, [2015 Lake County SRTS Assessment](#)

	5th graders	9th graders
Always feel safe when they are outdoors in their neighborhood	47%	79%
Always think there are safe places in their neighborhood where they can walk or ride a bike	54%	87%
Parents always let them go outdoors in their neighborhood	56%	87%
Always are <u>outdoor</u> places to do the kinds of physical activities they like	48%	53%
Always are <u>indoor</u> places to do the kinds of physical activities they like	25%	25%

Housing, reprinted from [Creating the Healthiest Nation: Health and Housing Equity Report](#) "In 2018, 38.1 million U.S. households spent more than 30% of their income on housing, known as being "cost-burdened."

FIGURE 3. COST BURDENS ARE PREVALENT AMONG LOW-INCOME AND MINORITY HOUSEHOLDS



Source: State of the Nation's Housing 2018 _Harvard¹⁴

Lake County Housing Data, from [2018 Lake County Housing Needs Assessment Report](#)

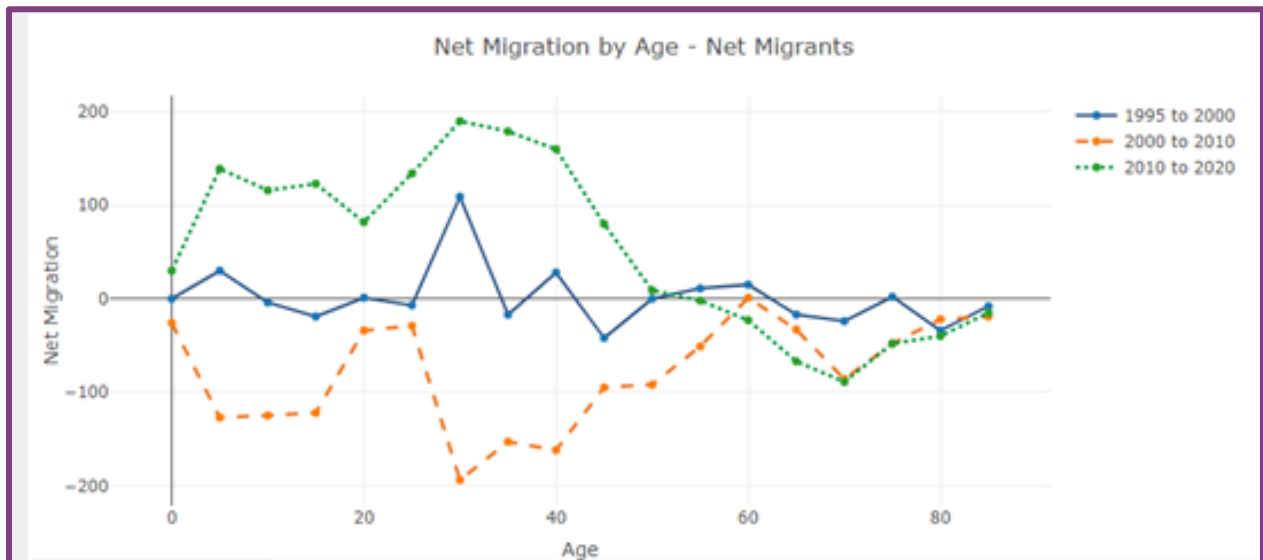
	Renters	Owners	Gross Inventory Housing Gaps for Lake County		
				2018	2023
Leadville	44%	56%	Housing Demand	4,026	4,101
Lake County	37%	63%	Housing Supply	3,141	3,171
72% of homes in Lake County are single-family detached homes , with 16% manufactured/mobile homes.			Inventory Gap	-885	-929

Lake County Housing Data, from [2019 Summit County Housing Needs Assessment](#)

Regional Housing Gaps -- Summit, Eagle and Lake counties are dependent on surrounding counties to meet housing demands for their own economies.	
	# housing gap units
Regionally	2,300
Summit County	1,200
Eagle County	2,000
Lake County	900
The regional gap is projected to reach approximately 5,300 units by 2023.	

Lake County Net Migration by age from 1995-2020, reprinted from [DOLA](#)

"From 2010-2020, the highest amount of net migration occurred in the 30-40 year old age group."



LEARNING

2019-20 Lake County School District Data, [CDE District and School Dashboard](#)

Total Enrollment (K-12)	1,103
Free and Reduced Lunch Eligible	57.4%
Minority Students	70.3%
Students on IEPs	13.2%
Gifted Students	5.2%
Attendance rate (2018-19)	91.8%
Mobility Rate (2018-19)	7.8%

Lake County Graduation Data, [CDE Pupil Membership](#)

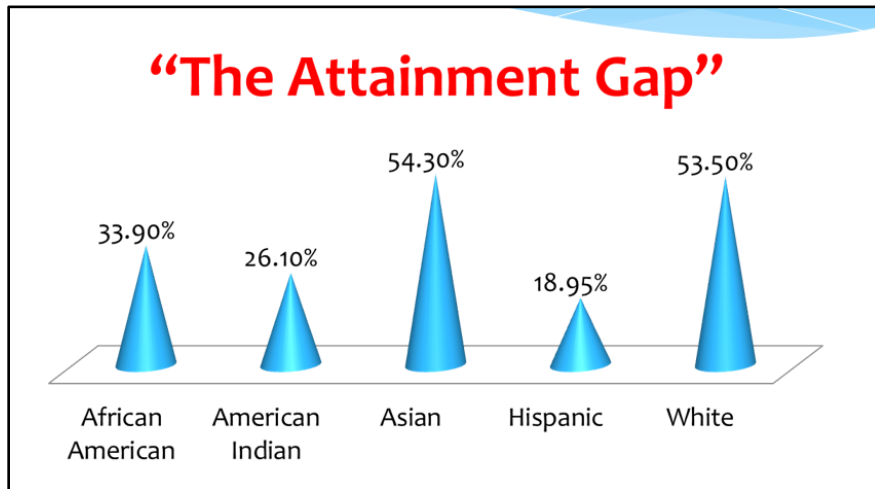
2018-19	Total Graduation Rate	White student graduation rate	Hispanic/Latino student graduation rate
Colorado	81.1%	85.9%	74.0%
Lake County SD	67.9%	88.9%	62.7%

Lake County Educational Attainment, [U.S. Census QuickFacts](#)

	Lake County	Colorado
High school graduate or higher in Colorado	83.7%	92.4%
High school or equivalent degree	25.8%	21.0%
Some college, no degree	18.2%	20.3%
Associate's degree	7.5%	8.4%
Bachelor's degree	23.6%	26.6%
Graduate or professional degree	8.7%	16.0%

Lake County Education Access Data, [U.S. Census QuickFacts](#)

Households with a computer (2014-18)	85%
Households with broadband internet (2014-18)	74.4%



Percent of Adults with a Postsecondary Degree in Colorado, Reprinted from [2015 “The ICAP and Colorado’s Master Plan” Presentation](#)

Lake County Adult Learning—Lake County Public Library

From January 2018 – September 2019:

42 Adult Learning programs were offered

693 people attended

Programs included: technology assistance ~ language exchange ~ local history ~ author talks ~ gardening

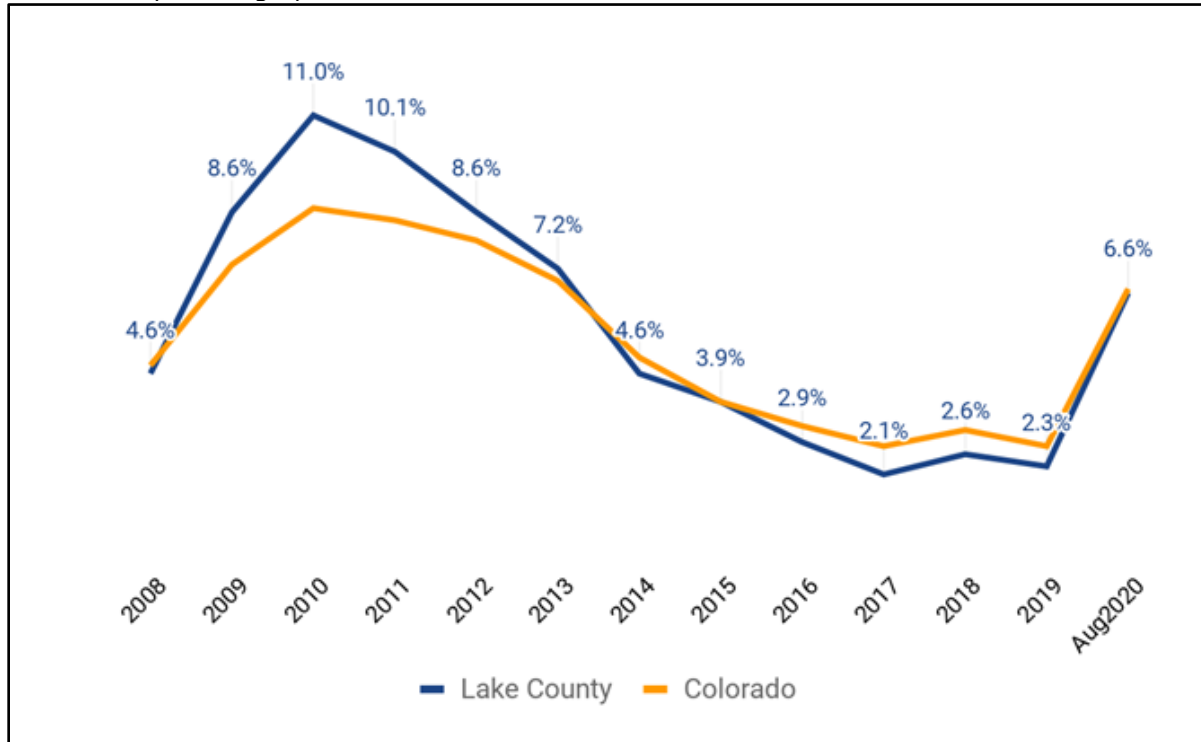
ECONOMIC OPPORTUNITY

Lake County Poverty Rates in the Past 12 Months, [2018 ACS 5-Year Estimates](#)

Population	7453	16.5%
Under 18 years	1267	19.7%
Under 5 years	324	16.7%
5 to 17 years	943	20.0%
Related children of householder under 18 years	1228	17.0%
18 to 64 years	5317	16.6%
18 to 34 years	2060	15.5%
35 to 64 years	3257	17.4%
60 years and over	1415	13.9%
65 years and over	869	11.3%

Lake County and Colorado Unemployment Rates from 2008-Aug 2020

LMI Gateway, Demographics and Statistics, [Area Profile](#)

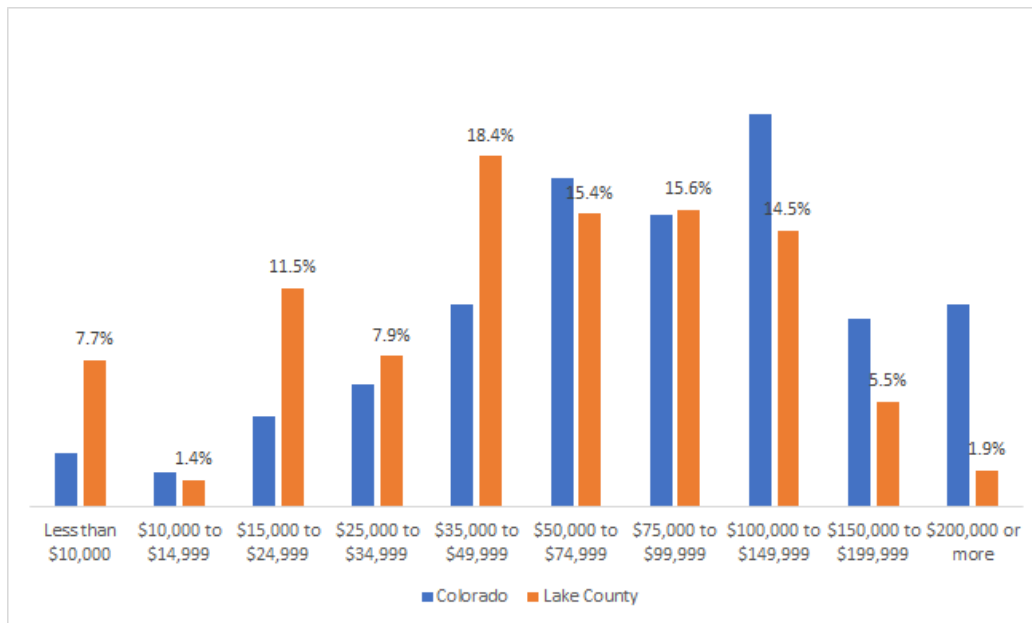


Employment and Wage Data of Lake County vs. Surrounding Counties

Reprinted from [2020 Lake County Labor Market Data Update Report](#)

Lake County Employment Update				
8,210	2,810	\$46.9K		
Population (2020)	Total Regional Employment	Median Household Income (2018)		
Population grew by 768 over the last 5 years and is projected to grow by 485 over the next 5 years.	Jobs grew by 132 over the last 5 years and are projected to grow by 271 over the next 5 years.	Median household income is \$13.4K below the national median household income of \$60.3K.		
Data	Colorado	Eagle County	Lake County	Summit County
Number of Employees	2,732,544	36,266	2,523	25,090
Average Hourly Wage†	\$32.08	\$24.00	\$20.63	\$19.98
Average Weekly Wage	\$1,283	\$960	\$825	\$799
Average Annual Wage†	\$66,716	\$49,920	\$42,900	\$41,548
Assumes a 40-hour week worked the year round.				
Source: EMSI Q4 2020, CO LMI Gateway QCEW				

Lake County and Colorado Family Income, ACS 5-yr estimates		
	Lake County	Colorado
Median Family Income (2014-2018)	\$59,688	\$84,540
Median Household Income (2014-2018)	\$46,918	\$68,811
<i>Household Income considers the incomes of all people age 15yrs or older occupying the same housing unit, regardless of relation.</i>		



<i>In the Leadville Main Street District, from Jan 2019 - June 2020:</i>	2019	Jan-June 2020
# new businesses opened or relocated to the MSD	3	2
Total # part and full-time positions added	25	6
Total # part and full-time positions lost (In 2020, businesses had yet to re-open or had reduced workforce due to COVID-19)	0	25
# Housing units added	4	0

HEALTH

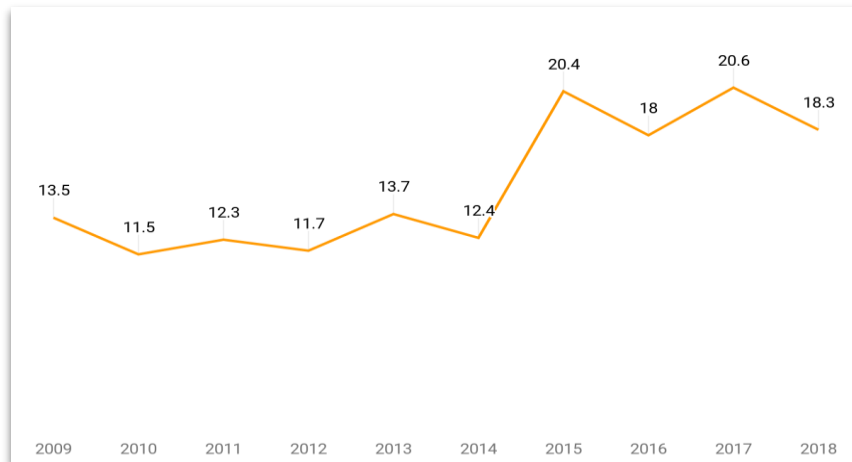
Adult Health Data, [County Health Rankings Snapshot for Lake County](#)

	Lake County	Colorado
Adults reporting that their general health was fair or poor	16%	14%
Average # days in past 30 days when mental health was not good	3.8	3.8
Average # days of poor physical or mental health that kept them from doing usual activities such as self-care, work, or recreation (18yo+)	2.3	2.1
Adult obesity (20 and older), 2016	25%	22%
Adult smoking, 2017	15%	15%
Teen births, ages 15-19	35	19
Flu vaccinations (**Hispanic/Latino = 52%, White = 44%)	46%	48%

Mental Health and Suicide Indicators, [America's Health Rankings](#)

	CO Ranking (+ healthier)	Colorado	United States
Suicide (# deaths per 100,000)	-	20.9	14.5
Suicide-Seniors, 65 and older (# deaths per 100,000)	-	20.6	16.8
Teen Suicide, 15-19yo	-	20.4	10.5
Poor Mental Health Days (Mean # of days in the past 30 days adults report their mental health was not good)	+	3.8	3.9
Mental Health Providers	+	356.4	247.4
Frequent Mental Distress Women (% of women 18-44 who reported their mental health was not good 14 or more days in the past 30 days)	+	15.6%	15.9%
Postpartum Depression	+	11.4%	12.5%

Colorado Teen Suicide Rates, [RWJF Health Rankings](#) (rate per 100,000)



Number of All Cancers in Lake Cty, 2017 CoHID Data , Total # = 26		Number of All Deaths in Lake County, 2019 CoHID Data , Total # = 40	
Age Groups		Age Groups	
40-44	4	45-54	3
55-59	6	55-64	8
65-69	7	65-74	10
75-79	3	75 and above	15
Gender		Gender	
Female	16	Female	13
Male	10	Male	27
Ethnicity		Ethnicity	
Hispanic	6	Hispanic	10
Non-Hispanic	20	Non-Hispanic	30

Food Insecurity in Lake County, [Hunger Free 2019 County Impact Report](#)

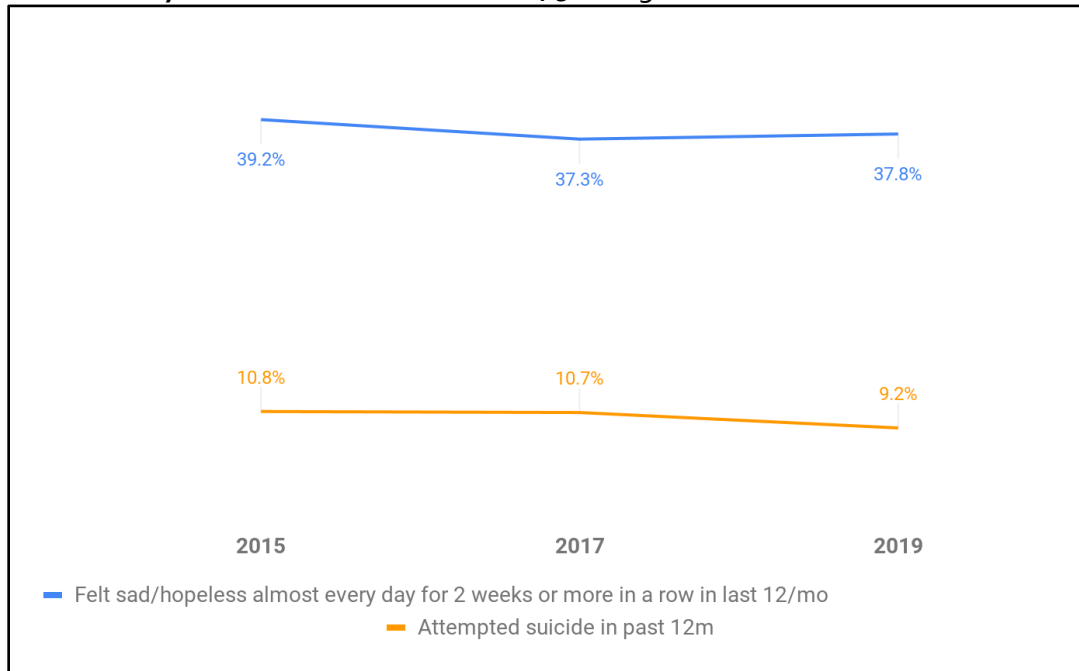
	Lake County	Colorado
% of estimated low-income population enrolled in SNAP	39%	60%
# individuals enrolled	581	455,336
Low-income not enrolled	912	305,649
Lost grocery sales annually	\$730,769	\$235,241,000
Timely processing of FA application	98.2%	95%

Food Insecurity in Lake County, [Feeding America "Map the Meal Gap"](#)

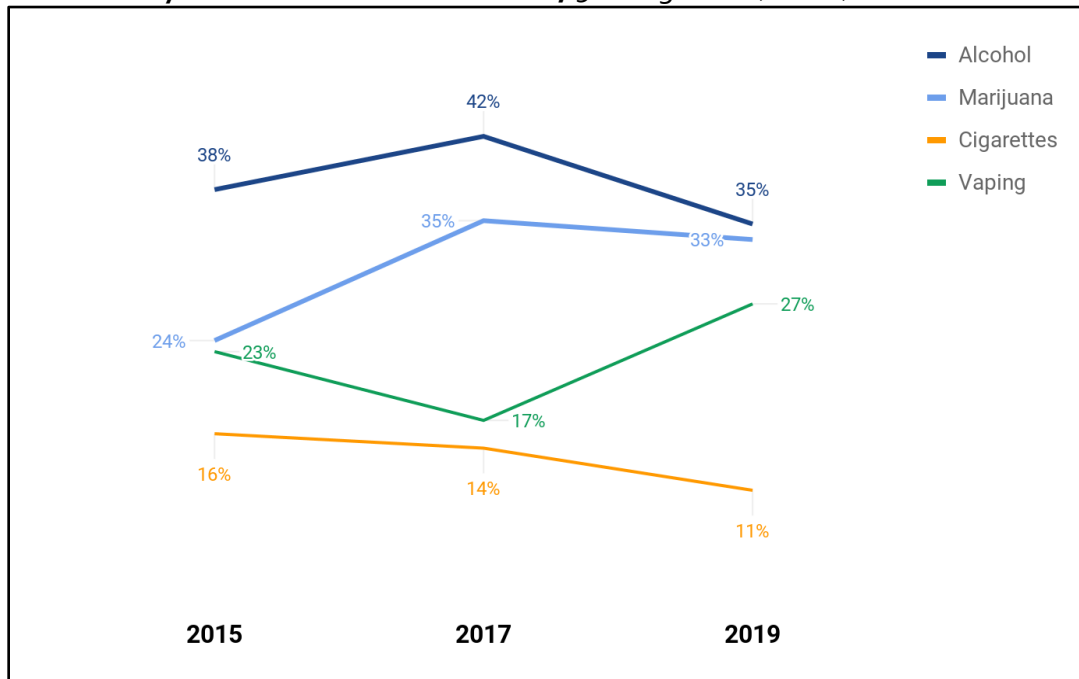
	Lake County
Food Insecurity rate in 2018	11.6%
Food insecure people	880
Average meal cost	\$3.94
<i>*Projected 2020 rate of food insecurity in response to COVID</i>	<i>18.6%</i>

**All Lake County Healthy Kids Colorado Survey (HKCS) Data available upon request to the Lake County School District*

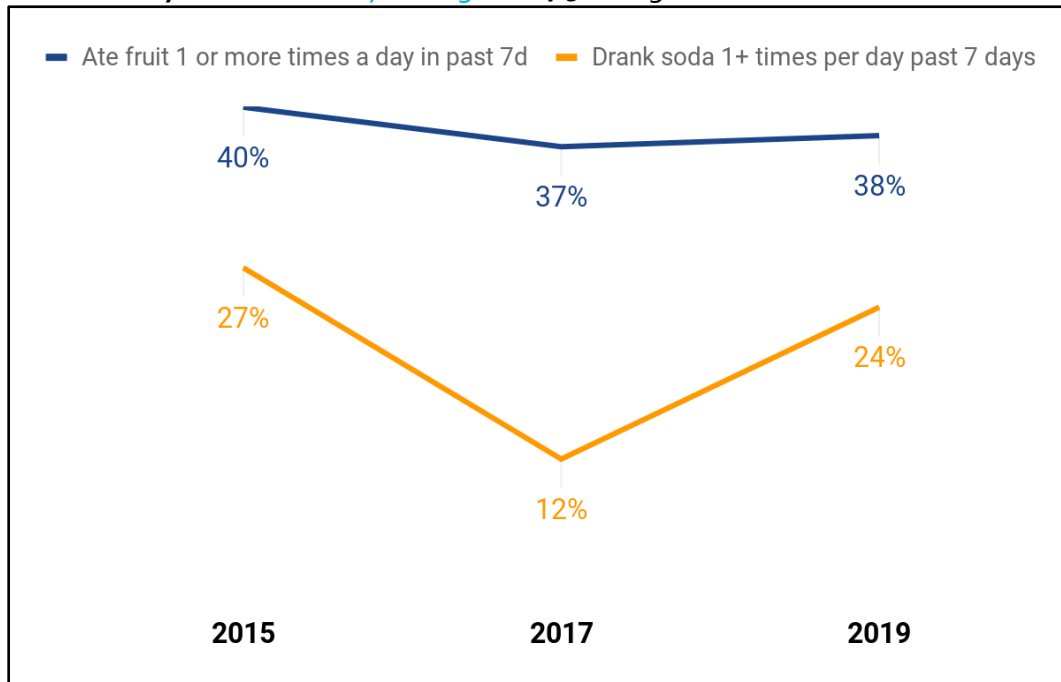
Lake County Youth Mental Health Data, 9-12th grades (HKCS)



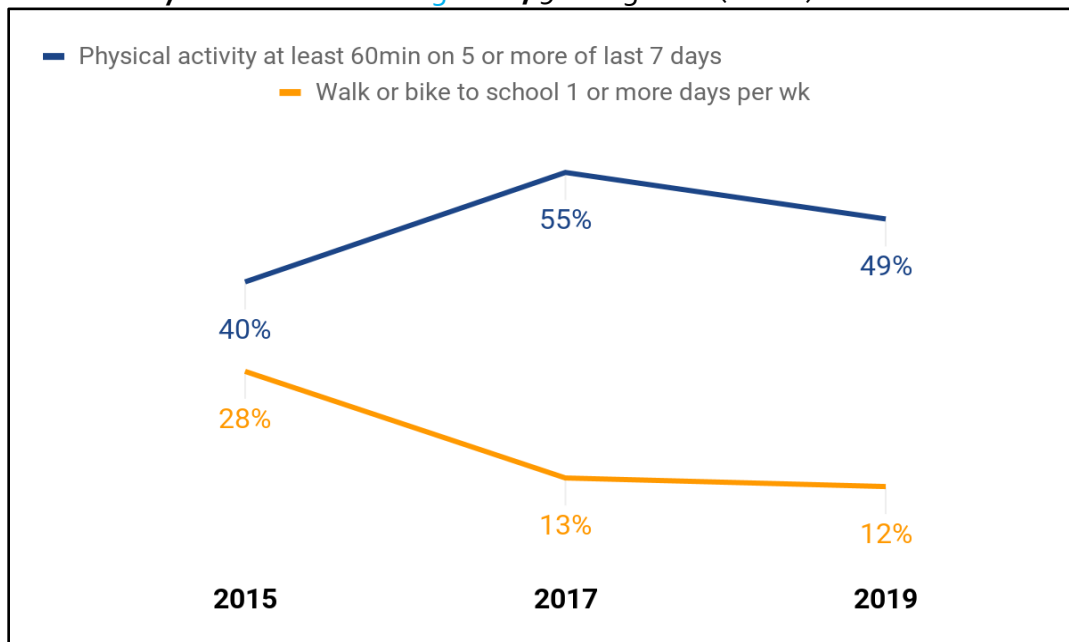
Lake County Youth Substance Use Rates, 9-12th grades (HKCS)



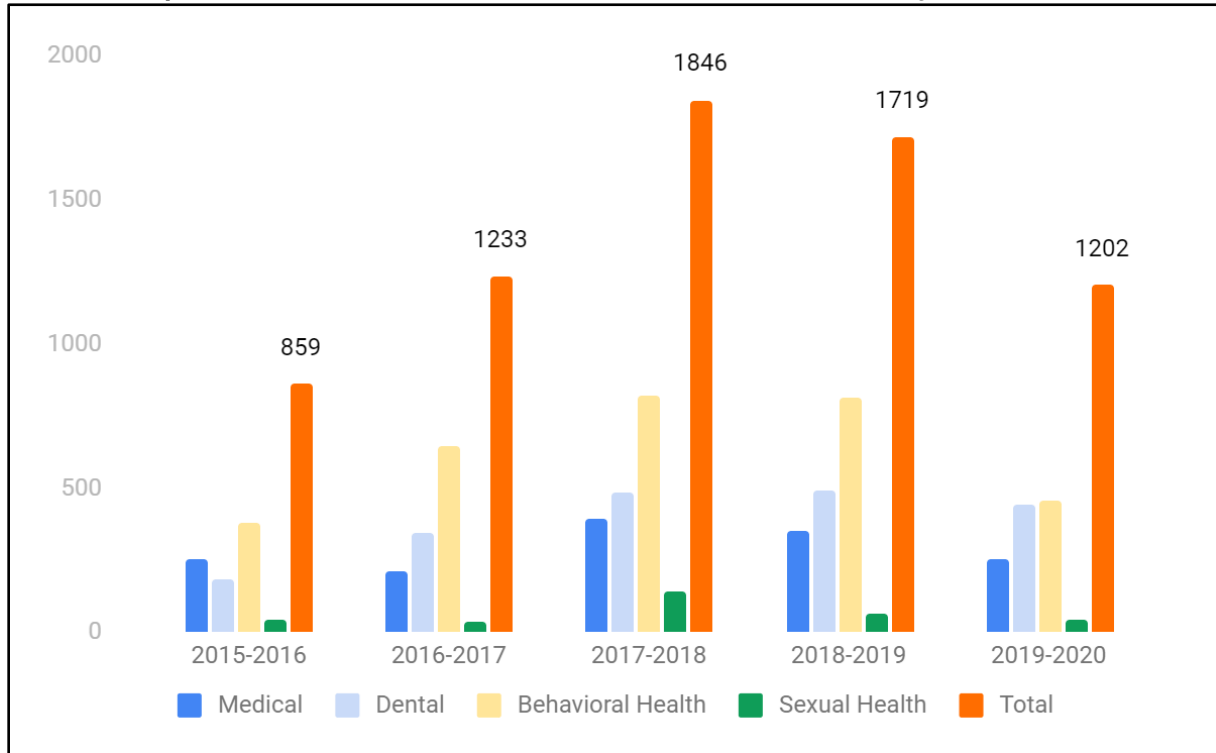
Lake County Youth **Healthy Eating Data**, 9-12th grades (HKCS)



Lake County Youth **Active Living Data**, 9-12th grades (HKCS)



Lake County School Based Health Center Data, provided upon request from SBHC



Get Outdoors Leadville! Participation Data from 2017-2019, provided upon request from GOL! Manager

Get Outdoors Leadville (GOL!) Youth Program Participation 2017-2019

	2017	2018	2019
<i># Participants (non-unique)</i>	2,693	3,534	4,921
<i>Unique activity hours</i>	1,700	1,628	1,486
<i>Program-person hours</i>	40,372	45,398	48,940

2019 Programming included:

- Rockies Rock Summer Camp
- Community Nature Connection Programs
- Adventure Days
- LCSD Field work/activities/classes
- Familias Juntas
- Full Circle's 6th grader Outdoor Leadership Club
- Wilderness Experience CEPA Course

Appendix F: Health and Happiness Survey (PDF/English)

3. To what extent do you agree or disagree with each of the following statements about yourself?

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I am optimistic about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am free to decide for myself how to live my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most days I get a sense of accomplishment from what I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I generally feel that what I do in my life is worthwhile	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seldom have time to do the things I really enjoy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When things go wrong in my life, it generally takes me a long time to get back to normal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Mark only one oval per row.

	None or almost none of the time	Some of the time	Most of the time	All or almost all of the time
feel happy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feel sad?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feel stressed?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
have a lot of energy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
feel lonely?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. On which step of this ladder would you say you personally feel you stand at this time?



Mark only one oval.

	0	1	2	3	4	5	6	7	8	9	10	
Worst possible life for you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Best possible life for you

6. How is your health in general? Would you say that it is...

Mark only one oval.

- Very bad
- Bad
- Fair
- Good
- Very Good

7. Please select the option that best indicates how satisfied you feel with each of the following aspects of your life.

Mark only one oval per row.

	Very dissatisfied	A little dissatisfied	Moderately satisfied	Very satisfied	Does not apply
Your job (if you have one)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The house or place you live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. How often do you feel isolated from others?

Mark only one oval.

- Hardly ever or never
- Some of the time
- Often

The next set of questions is about what you do and your lifestyle

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

Mark only one oval per row.

	Never or almost never	Less than monthly	1-3 times a month	1-2 times a week	Every day or almost every day
meet socially with friends, relatives, or work colleagues?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
get involved in work for voluntary or charitable organizations?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
spend your leisure time out of doors and away from home?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
spend time in community or public places such as libraries or parks?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
do physical activity for at least 20 minutes that makes you sweat or breathe more heavily than usual?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. How much do your religious or spiritual beliefs influence the way you live?

Mark only one oval.

- Not at all
- A little
- Somewhat
- Extremely
- I do not have any such beliefs

11. In the past four months, how often did you attend religious services?

Mark only one oval.

- Never
- A few times
- 1-2 times a month
- About every week
- More than once per week

12. How many servings of fruits and vegetables do you eat on an average day?

Mark only one oval.

	0	1	2	3	4	5	6	
None	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	6+

13. On average, how many hours of sleep do you get in a 24-hour period?

Mark only one oval.

- Less than 5
- 5-6
- 6-7
- 7-8
- 8-9
- More than 9

14. How do you usually get to work or school? (Check all that apply in a typical week)

Check all that apply.

- Drive myself by car, van, or motorbike
- Get a ride with someone
- Bus
- Bicycle
- Walk
- I usually work or study from home
- Does not apply

Other: _____

15. We are interested in people's opportunities to carry on learning outside of school and throughout life in Lake County. Below is a list of subjects that you may have studied recently. You may have studied one or more of these subjects through organized lessons, an online course, a book, or an audio course. Please check any subjects below for which you have taken a course in the last 12 months.

Check all that apply.

- Computer or IT skills
 - Language
 - Sport, fitness, or dance
 - Arts, crafts, or music
 - An academic subject like history or science
 - Skills for business such as accounting or marketing
 - Skills for home such as parenting, maintenance, or cooking
 - I have not taken a course or lesson in the last 12 months
- Other: _____

16. Below is a list of different kinds of activities that require particular skills or knowledge to do. For each one, indicate how confident you feel carrying out that activity.

Mark only one oval per row.

	Not confident at all	2	3	4	5	6	Very Confident
Using the internet to find reliable information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooking a meal from basic ingredients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrying out basic repairs around the home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next set of questions are about your neighborhood

17. What Lake County neighborhood do you live in?

Mark only one oval.

- In or near Twin Lakes
- In or near the city of Leadville or West Park
- In the neighborhood of Lake Fork
- In the neighborhood of Mountain View
- In the neighborhood of Mountain Valley Estates / East Fork
- Other Lake County neighborhood (Turquoise Lake Estates, Gem Valley, or Beaver Lakes Estates, etc)

18. Thinking about the neighborhood where you currently live, to what extent do you agree or disagree with each of the following statements?

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I regularly stop and talk to people in my neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to remain a resident of my neighborhood for a number of years	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I borrow things and exchange favors with my neighbors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I belong to my neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My neighborhood is a healthy place to live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

19. Have you or a close friend or family member considered moving from your neighborhood in the last few years because of rising housing costs?

Mark only one oval.

- Hardly ever or never
 Some of the time
 Often

20. Thinking about the neighborhood where you currently live, to what extent do you agree or disagree with each of the following statements?

Mark only one oval per row.

	Strongly disagree	Disagree	Agree	Strongly agree
There are people I can count on in my neighborhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People in my neighborhood can be trusted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

21. To what extent are you bothered by noise in your neighborhood including noise from neighbors, traffic, and air traffic?

Mark only one oval.

- Not at all
 To some extent
 A great deal

22. How often do you go to neighborhoods in Lake County OTHER than the one you live in, for example to visit friends, go to work, attend activities, or access shops or services?

Mark only one oval.

- Never or almost never
 Less than monthly
 1-3 times a month
 1-2 times a week
 Every day or almost every day

This next set of questions is about Lake County more broadly

23. 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?

Mark only one oval.

- Never
- Rarely
- Sometimes
- Often
- Every time I go out

24. How would you rate the following in Lake County?

Mark only one oval per row.

	Very bad	Bad	Neither good nor bad	Good	Very good
The availability of arts and cultural opportunities such as theaters, museums, and music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of social community events such as festivals, farmers markets, parades, and street fairs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of organized events where you can learn or engage with the natural environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The availability of a vibrant Main Street with restaurants, shops, bars, etc	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

25. To what extent do you agree or disagree with each of the following statements?

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I can influence decisions affecting Lake County	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I put a lot of time and effort into being part of the Lake County community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lake County is a beautiful place	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lake County has the businesses, stores, and services that I would like it to have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lake County has accessible options to help support my efforts to keep fit and healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lake County has well maintained (e.g. good quality, clean) options that support my efforts to stay healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I see myself as a member of	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next set of questions is more about the future

26. How worried are you right now...

Mark only one oval per row.

	Very worried	Moderately worried	Not too worried	Not worried at all	Don't know
about not being able to make the minimum payments on your credit cards?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
about not being able to pay your rent, mortgage, or other housing costs?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
that you might lose your job in the next six months?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

27. To what extent do you agree or disagree with each of the following statements?

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Lake County has offered me good opportunities to get ahead economically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have benefitted from Lake County's environmental progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The next set of questions is about your job. If you do not currently have a job, you may skip some of these questions.

28. In general, how stressful is your job?

Mark only one oval.

	1	2	3	4	5	
Not at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very Stressful

29. In the last 12 months, how difficult has it been...

Mark only one oval per row.

	Not at all	To some extent	A great deal
To afford food for your household?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
To address medical needs due to cost?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Mark only one oval.

1 2 3 4 5

Not at all Very satisfied

31. Thinking about the availability of jobs and affordability in Lake County, how likely or unlikely is it that your children would be able to live in Lake County when they are adults? If you don't have children, imagine for a moment that you do.

Mark only one oval.

1 2 3 4 5

Very Unlikely Very Likely

The next set of questions is about traditional healthcare

32. 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)?

Check all that apply.

- Cardiology
- Dermatology
- Orthopedics
- Pain Management
- Pediatrics
- Podiatry
- Pulmonology
- Surgery
- I have not had to travel outside of Lake County for any of these services

Other: _____

33. Thinking about yourself as a patient, to what extent do you agree or disagree with the following statements?

Mark only one oval per row.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I regularly get preventative health screenings as recommended by a provider	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a relationship with a primary care doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

34. I would seek a medical provider's care more readily if I...

Check all that apply.

- had insurance
- could pay the bill
- had more provider choices in Lake County
- did not experience a language or cultural barrier
- had transportation
- None

Other: _____

Lastly, we would like to ask you some questions about yourself. This will help us to better understand the well-being of the Lake County community.

35. How old are you?

Mark only one oval.

- 17 or younger
- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 or older

36. Are you

Mark only one oval.

- Female
- Male
- Gender fluid
- Transgender
- Prefer not to answer

37. Please select your ethnic group

Check all that apply.

- American Indian or Alaska Native
- Asian
- Black, non-hispanic
- Hispanic/Latinx
- Native Hawaiian or other Pacific Islander
- White, non-Hispanic

Other: _____

38. Please select your sexual orientation (Check all that apply)

Check all that apply.

- Bisexual
- Gay or Lesbian
- Heterosexual (straight)
- Queer

Other: _____

39. Which of the following best describes your situation (Check all that apply)

Check all that apply.

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

Other: _____

40. In the past year, did a doctor tell you that you have any of the following conditions or illnesses (Check all that apply)

Check all that apply.

- Asthma
- Diabetes
- Heart Problems
- Cancer
- Mental health condition(s)
- None

Other: _____

41. How many years have you lived in Lake County?

42. Do you currently own or rent the home you live in?

Mark only one oval.

- Own
- Rent
- Currently occupy without paying monetary rent

43. Which describes how well you are managing financially these days?

Mark only one oval.

- Living comfortably
- Doing okay
- Just getting by
- Finding it difficult to get by

44. Imagine you had an unexpected expense. Which amount would be the largest unexpected expense you have current funds to pay for right now?

Mark only one oval.

- Less or equal to \$100
- \$101 - \$400
- \$401 - \$700
- \$701 - \$1,000
- \$1,001 - \$1,300
- More than \$1,300

45. Do you have children, and if so, do they live in Lake County?

Mark only one oval.

- Yes, I have children under 18 in Lake County
- Yes, I have children under 18 but they do not live in Lake County
- Yes, I have children over 18 in Lake County
- Yes, I have children over 18 but they do not live in Lake County
- No I do not have children
- Decline to answer

46. What is one thing that can be done to improve the well-being of your community?

Mark only one oval.

- Facilitate a connection to nature
- Increase engagement in civic activities
- Address emotional wellbeing
- Support physical activity
- Improve transportation options
- Improve housing options
- Create opportunities for more social connection
- Increase access to medical services
- Increase opportunities to earn a living wage for work within Lake County
- Increase affordable child care options for families
- Other: _____

47. How did you hear about the Health and Happiness Project (this survey)?

Check all that apply.

- Word of mouth -- friends or family
- An organization in town
- Ad in the Herald Democrat
- Community Connector: Chantell Chavez
- Community Connector: Brenda Caraveo
- Community Connector: Eric Godsmen
- Community Connector: Vanessa De Lira
- Community Connector: Angel Bujanda Gutierrez
- Community Connector: Stephanie Reveles
- Community Connector: Vivian Gallegos