Partnership

A diverse partnership is necessary in order to assess our community’s needs and plan how to address those needs. Laramie County organizations have a long history of working together. Those partnerships were formalized in 1997 under the umbrella of the Laramie County Community Partnership (LCCP). Today, the completely voluntary LCCP consists of nearly 65 human service organizations, private-sector individuals, faith-based groups, funders and local and state government representatives dedicated to serving vulnerable residents throughout the county as part of a comprehensive planning effort.

The Partners have tackled a number of community issues that focus on families, prevention, education, health services and community initiatives that make it easier for Laramie County residents to find the services they need.

Over the past 15 years, Laramie County’s community needs were identified as a result of needs assessments conducted in 1997 and 2005, a gaps analysis in 2008 and a safety-net study in 2010. LCCP Action Teams were then formed to create work plans to address needs identified by these studies. The teams have made gains, but service gaps still remain. It’s vital that this work continue with updated information and increased participation from community members.
What is a Needs Assessment?

A Comprehensive Community Needs Assessment (CCNA) is a disciplined approach to collecting, analyzing and using local data to identify barriers to the health and well-being of its residents. The CCNA identifies the problems, leads to the development of targeted action plans and suggests placement of resources where they are most needed and can be most effective. Due to the complexity of community conditions and programs, relying on impressions, opinions and anecdotes no longer works to determine if identified needs are getting better or worse. By using data-driven measures, we can determine if we are making real progress in areas identified as having the greatest need.

With the continued commitment of partner organizations to improve the health status of our community, we will continue to rely on community needs assessments to identify the most pressing needs in the community and to improve the well-being of residents in Laramie County—where we Live, Learn, Work & Play.

This report provides data detailing the county’s current status and reveals several health and well-being priorities for Laramie County:
- Healthy People
- Healthy Behaviors
- Accessible Care
- Strong Families
- Supportive Physical Environment
- Healthy Children

As you read through this information, please ask yourself:

“Are these conditions okay with me?”
and
“How do I want to help?”
The Process

Step 1: Establishing the Assessment Infrastructure
Community organizations that had program or funding requirements to assess the health of the county were recruited to serve on a needs assessment steering committee. Their representatives actively participated in the identification, collection and evaluation of data that would meet collective needs, thereby reducing duplicative effort.

Step 2: Defining the Purpose and Scope
The steering committee defined the scope of the assessment to be Laramie County – all zip codes. The consensus determined that the purpose of the needs assessment was to educate stakeholders and residents about the current status of the county and to drive action planning to improve the health and well-being of Laramie County – where we Live, Learn, Work & Play.

Step 3: Collecting and Analyzing Data
For purposes of data collection, metrics were chosen consistent with the categories used by County Health Rankings and Healthy People 2020. It was determined that the extensive number of secondary data sources that exist would suffice for telling the Laramie County story. For each metric collected a scope of Laramie County and timeline of 2008 was required (more recent information was preferred). All collected metrics were systematically organized and through this process “gaps” in existing data were identified to guide future development.

Step 4: Selecting Priorities
To organize the data and suggest the county’s priorities, the steering committee evaluated available data according to the size/prevalence of the problem, significance of the problem, and the ability of the community to intervene effectively.
Step 5: Documenting and Communicating Results

This document is the summary of the steering committee findings. It is available in hard copy from Cheyenne Regional’s Office of Community Health or electronically on www.wyominghealthmatters.org. As you read through this vital information, please ask yourself what matters to you and commit to help improve the health and well-being of our community in some way; it may be within yourself and/or your family to make a broader commitment to an action team. Become part of the solution.

Step 6: Planning for Action and Monitoring Progress

The goal of this needs assessment is to provide data that will drive the development of “Talk to Action” plans. Community members will be asked to volunteer to serve on action teams to dig deeper into each issue. A community health improvement plan will be developed and implemented for 2012-2015. This needs assessment will be a living document, and any observable changes in our community will be continuously documented on www.wyominghealthmatters.org.

National resources used to guide our process.

- The American Association of Community Health Improvement (ACHI) is a national organization which provides guidance and expertise on matters of community health. These steps were taken directly from their guidance on performing a needs assessment.
  - www.assesstoolkit.org

- Healthy People provides science-based, 10-year national objectives for improving the health of all Americans and strives to build a society in which all people live long, healthy lives.
  - www.healthypeople.gov

- The County Health Rankings & Roadmaps program helps communities create solutions that make it easier for people to be healthy in their own communities, focusing on specific factors that we known affect health, such as education and income.
  - www.countyhealthrankings.org

For information about our process, contact Cheyenne Regional Medical Center’s Office of Community Health or email Tracy.Brosius@crmcwy.org
Healthy People

Health – A state of complete physical, mental and social well-being and not merely the absence of disease. (World Health Organization)

Healthy people can be measured by how long they live and how healthy they feel while alive. People not only care about the length of their life, but also the quality of those years.

Cancer Rates

<table>
<thead>
<tr>
<th>Cancer Type</th>
<th>Incidence</th>
<th>Death</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast</td>
<td>Laramie County</td>
<td>United States</td>
</tr>
<tr>
<td>Prostate</td>
<td>Laramie County</td>
<td>United States</td>
</tr>
<tr>
<td>Lung</td>
<td>Laramie County</td>
<td>United States</td>
</tr>
<tr>
<td>Colon</td>
<td>Laramie County</td>
<td>United States</td>
</tr>
</tbody>
</table>

Deaths Due to Chronic Diseases

<table>
<thead>
<tr>
<th>Disease Type</th>
<th>Laramie County</th>
<th>Wyoming</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer Deaths</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke Deaths</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiovascular Disease Deaths</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What’s really killing us?

<table>
<thead>
<tr>
<th>Causes of Death</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tobacco Use</td>
<td>19%</td>
</tr>
<tr>
<td>Diet/Activity</td>
<td>14%</td>
</tr>
<tr>
<td>Alcohol Use</td>
<td>12%</td>
</tr>
<tr>
<td>Other*</td>
<td>5%</td>
</tr>
</tbody>
</table>

SOURCES: National Cancer Institute; Preventive Health and Safety Division - WY Department of Health; National Cancer Institute; JAMA. 270(18), 2207-2212 (accessed from DHHS)
8% of adults in Laramie County have diabetes.

Those with serious mental illness die 25 years earlier than the general population due to medical conditions caused by smoking, obesity, substance use and inadequate access to medical care.

Motor vehicle crashes are the leading cause of death for people between the ages of 1 and 24.

SOURCES: WY BRFSS; WY Department of Health; National Association of State Mental Health Directors; WY BRFSS; National Center for Vital Statistics; MCH Needs Assessment 2011-1015, Community and Public Health Division, WY Department of Health
Healthy Behaviors

Good nutrition, physical activity and a healthy body weight are essential parts of a person's overall health and well-being. Together, these can help decrease a person's risk of developing serious health conditions, such as high blood pressure, high cholesterol, diabetes, heart disease, stroke and cancer.

People who improve their lifestyle may gain back an extra decade of good life they might otherwise miss.

46% of adults do not get the exercise they need.

Adults who Meet Physical Activity Recommendations*

- Laramie County: 54.4%
- Wyoming: 57.3%
- United States: 51%

*30 minutes of exercise at least 5 times per week.

76% of adults do not eat enough fruits and vegetables.

Adults Who Eat Fruits and Vegetables 5 or More Times Per Day

- Laramie County: 24.2%
- Wyoming: 23.3%
- United States: 23.4%

1 in 4 adults is obese in Laramie County.

Adults Who Are Obese*

- Laramie County
- Wyoming
- United States

*BMI > or = to 30

SOURCES: WY BRFSS
1 in 5 adults in Laramie County smoke.

More men in Wyoming use smokeless tobacco than in any other state.

**Current Smoking**

![Graph showing current smoking rates for Laramie County, Wyoming, and United States.]

**Male Smokeless Tobacco Use**

![Graph showing male smokeless tobacco use rates for Laramie County, Wyoming, and United States.]

**Binge Drinking***

![Graph showing binge drinking rates for Laramie County, Wyoming, and United States.]

**Adults Who Always Wear a Seat Belt**

![Graph showing seat belt usage rates for Laramie County, Wyoming, and United States.]

*S5 or more drinks on one occasion in the past 30 days.

**Sources:** WY BRFSS
Accessible Care

Access to health services has a profound effect on every aspect of a person’s health. Regular and reliable access to health services can:
- Prevent disease and disability
- Detect and treat illnesses or other health conditions
- Increase quality of life
- Reduce the likelihood of premature (early) death

Clinical preventive services offer tremendous opportunity to save years of life and to help people live better during those years.

Access is about more than cost.

23% of adults in the county have no health insurance.
1 in 4 do not see a doctor regularly.

Adults with NO Health Insurance

<table>
<thead>
<tr>
<th></th>
<th>Laramie County</th>
<th>Wyoming</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>22.6%</td>
<td>20.4%</td>
<td>21.4%</td>
</tr>
</tbody>
</table>

Adults with a Usual Source of Healthcare*

<table>
<thead>
<tr>
<th></th>
<th>Laramie County</th>
<th>Wyoming</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>75.1%</td>
<td>75%</td>
<td>83.3%</td>
</tr>
</tbody>
</table>

Access to Primary Care Physicians

<table>
<thead>
<tr>
<th></th>
<th>Laramie County</th>
<th>Wyoming</th>
<th>National Benchmark</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ratio</td>
<td>719 to 1</td>
<td>829 to 1</td>
<td>631 to 1</td>
</tr>
</tbody>
</table>

The measure represents the population per one primary care provider. Includes general practice, family medicine, internal medicine, pediatrics and obstetrics/gynecology.

Having access to care requires financial coverage and access to providers. Having a primary care physician is essential for people to get preventive and primary care and when needed, referrals to appropriate specialty care.

SOURCES: WY BRFSS; American Community Survey; WY BRFSS; Health Resources and Services Administration
Adults who have not received the preventive care they need.

No Dental Checkup in Past 12 Months (50+)

No Mammogram in Past 2 Years (40+)

No Flu Shot in Past 12 Months (50+)

No Pap Smear in Past 3 Years (18+)

Never Had a Colon Cancer Screening (50+)

Involuntary Hospitalizations

Involuntary hospitalizations result when people are determined to be at risk for harming themselves or others, or are unable to care for themselves.

When community-based services are not available or easily accessible, individuals experiencing a psychiatric or substance abuse crisis must utilize emergency services which are very expensive and often the least therapeutic.

SOURCES: WY BRFSS; WY DOE, Division of Vital Records and Statistics; Deputy Laramie County Attorney
Strong Families

We see the patterns of poverty played out in the lives of hundreds of families in Laramie County. Stopping the cycle of financial need, social isolation, poor health and victimization will result in long-term savings for every level of government and better communities for all of us.

Households Spending 30% or More of Household Income on Housing Costs (Homeowners & Renters)

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laramie County</td>
<td>22.5%</td>
</tr>
<tr>
<td>Wyoming</td>
<td>19.6%</td>
</tr>
<tr>
<td>United States</td>
<td>30.50%</td>
</tr>
</tbody>
</table>

Domestic Violence Offense Rate

<table>
<thead>
<tr>
<th></th>
<th>Incidents</th>
<th>Rate per 100,000 population</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laramie County</td>
<td>833</td>
<td>9/100,000 population</td>
</tr>
<tr>
<td>Wyoming</td>
<td>3305</td>
<td>6/100,000 population</td>
</tr>
</tbody>
</table>

Social isolation contributes to poor health.

Financial burden is a factor in domestic violence.

Social isolation contributes to poor health.

Adulst who Report They Rarely or Never Get the Social or Emotional Support They Need

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Laramie County</td>
<td>6.8%</td>
</tr>
<tr>
<td>Wyoming</td>
<td>6.5%</td>
</tr>
<tr>
<td>United States</td>
<td>7.6%</td>
</tr>
</tbody>
</table>

Good paying jobs for uneducated workers in Laramie County are concentrated in construction and natural resource industries, which primarily employ men. Therefore many mothers would struggle to support their families on their own. Research and experience show that economic dependence contributes to domestic violence.

SOURCES: American Community Survey; WY BRFSS; Attorney General’s “Crime in WY” Annual Report
One-third of school children in our community are eligible for free and reduced lunch as part of state and federal efforts to provide basic nutrition so children can learn. Most of these working-poor families are above the poverty line. They earn enough to get by but make too much to be eligible for safety-net services.
Supportive Physical Environment

The built environment refers to human-made (versus natural) resources and infrastructure designed to support human activity. This includes buildings, roads, parks, restaurants, grocery stores and other amenities. The characteristics of the built environment can affect the health of residents in multiple ways. Access to healthy food, recreation facilities and safe neighborhoods can reduce adverse health outcomes associated with poor diet, lack of exercise and obesity.

Recreation and Fitness Facilities

5 in Laramie County
9 in Natrona County
10 in Teton County

.05 facilities/1,000 population

Grocery Store & Farmers Market Density

12% have limited access to healthy foods, Laramie County

6% have limited access to healthy foods, Wyoming

.13 stores/1,000 population
.02 markets/1,000 population

Restaurant Density

61% of all restaurants are fast food, Laramie County

44% of all restaurants are fast food, Wyoming

0.6 restaurants/1,000 population

Households within a quarter mile of a transit stop

59% Cheyenne, 49% United States

Households within a quarter mile of a bike trail

42% Cheyenne, 59% United States

SOURCES: County Health Rankings; Food Environment Atlas, U.S. Department of Agriculture (3 metrics); City GIS Office and Bureau of Transportation Statistics (2 metrics)
Healthy Children
Improving the well-being of mothers, infants and children is an important goal. Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities and the health care system.

97.5% of children in Laramie County have health insurance.

Babies Born at a Low Birth Weight*

- Laramie County: 9.8%
- Wyoming: 8.7%
- United States: 8.2%

Low birth weight puts babies at risk for infant death, intellectual disabilities, learning problems, cerebral palsy and vision and hearing loss. Low birth weight has many causes, some of which are not easy to affect; however, one of the most modifiable is the number of women who smoke during pregnancy.

* Babies born weighing less than 5 pounds, 8 ounces (2,500 grams)

An estimated 14.5% of children in Wyoming have a special healthcare need, affecting approximately one-fifth of all households.

Children with special healthcare needs are those who have or are at increased risk for a chronic physical, developmental, behavioral or emotional condition and who also require health and related services of a type or amount beyond that required by children generally. Families of children with special healthcare needs require extra support throughout the lifetime of their child. These families are challenged by regular interactions with the healthcare system, providing constant care at home and advocating for an appropriate educational environment.

Without intervention, children of today may be the first generation to live shorter lives than their parents.


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Healthy Children Cont’d

**Injury Fatalities - All Causes Among Children 19 and Under**

[Map showing injury fatalities across states]

**Per 100,000 Population**

Key: □ <15 □ >15 and <20 □ >20 and <25 □ >25

**High School Students Who Have Been Bullied in the Past 12 Months**

[Bar chart comparing Wyoming and United States]

**Childhood Obesity***

- Kids ages 2-5 receiving WIC benefits who are obese
- High School Students who are overweight or obese

*Overweight>=85th percentile for BMI by age and sex, Obese>=95th percentile for BMI by age and sex

**Pregnancy among 18 to 19 year olds in WY is 20% greater than the national rate.**

**Teen Pregnancy**

[Graph showing birth rates per 1,000 women]

- WY teens 18-19
- US teens 18-19
- WY teens 15-19
- US teens 15-19
- WY teens 15-17
- US teens 15-17

Graduating from high school results in a lifetime of benefits. These benefits increase with further levels of education. They include increased lifetime earnings and longer life expectancy, due to a greater likelihood a person will engage in healthy behaviors, such as getting regular physical activity, not smoking and going for routine checkups and recommended screenings.

The suicide rate among Wyoming teens 15-19 is double the national rate.

In 2011, 305 students did NOT graduate high school in Laramie County.

SOURCES: WY Department of Education; YRBSS; WY Vital Statistics, Compiled by Community and Public Health Division; YRBSS
**Demographics**

**Population of Laramie County:** 91,738  
**Population Density:** 33 people per square mile

Laramie County is significantly more rural than the other counties nationwide that are considered by the census bureau to be similar. Their population densities range from 50 to 499 people per square mile.

**Median Family Income**  
- **2005-2009:** Laramie County: $62,200  
  - Wyoming: $63,545  
  - United States: $62,363

**Laramie County Population by Age**

**Laramie County Population by Race 2000**

**Laramie County Population by Race 2010**

**Population by Ethnicity 2000**

**Population by Ethnicity 2010**

*Race and ethnicity are distinct identifiers, with ethnicity referring to cultural factors such as nationality, ancestry, or language*

**Sources:** American Community Survey; U.S. Census Bureau
27% of households in Wyoming are run by a single female. Yet women consistently earn less than men. This is due to a complex set of factors. Wyoming women participate in the labor force at high rates, but while our industrial economies have helped the state weather the recession, they provide jobs primarily held by men. This leaves women in job sectors that don’t pay as well.

Laramie County has 33% of all the homeless families in Wyoming.

<table>
<thead>
<tr>
<th>Homeless Count: January 25, 2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Families (at least one adult and one child)</td>
</tr>
<tr>
<td>Total Persons in Homeless Families</td>
</tr>
<tr>
<td>Adults without Children</td>
</tr>
<tr>
<td>Children under age 18 without an adult</td>
</tr>
<tr>
<td><strong>Total Persons</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Homeless Subpopulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severely Mentally Ill</td>
</tr>
<tr>
<td>Chronic Substance Abuse</td>
</tr>
<tr>
<td>Victims of Domestic Violence</td>
</tr>
</tbody>
</table>

Collecting data on homeless people can be very difficult given the nature of their circumstances. Across the nation, each community is responsible for organizing one day each year to do a “point in time count” to provide an estimate of the homeless. These are people in both temporary shelters provided by service organizations and those who are completely unsheltered. This count does not include people who are staying with friends or family out of necessity, though by definition they are also considered homeless.

SOURCES: WY Women’s Foundation; WY Rural Development Council
Is this okay with you? What can **WE** do?

**Educate:**
Teach/Learn all you can about the issues and lend your expertise to developing solutions for our county.

**Volunteer:**
Choose an issue and join an action team to make a difference.

**Inspire:**
Be part of the solution!

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has” - Margaret Mead

Learn more at [WyomingHealthMatters.org](http://WyomingHealthMatters.org)

or contact Laramie County Community Partnership
(307) 635-5100