

PROJECT ABSTRACT

Project Title: Community Health Workers Coordinating Assessments, Resources & Education to Improve Heart Health (CHWs CARE)
Applicant Organization Name: Tri-County Health Network (TCHNetwork)
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TCHNetwork submits this proposal to improve population health in our region, with a focus on decreasing the risk of cardiovascular disease (CVD) through the use of Community Health Workers (CHWs) and the Center for Disease Control and Prevention Heart Age Calculator.

TCHNetwork will serve the 4-county Colorado region of Delta, Montrose, Ouray, and San Miguel. Residents in our region face numerous barriers to care, including geographic, rural, language, transportation, culture, cost and healthcare coverage. Health priorities identified by our population through Community Health Needs Assessments include the need for more education on chronic disease (including CVD) and access to healthy lifestyle improvement resources.

TCHNetwork is applying under the Health Improvements Special Project (HISP) track. Therefore, we will target individuals in our region that are between the ages of 30-74 with no history of CVD and provide information on CVD risk using the Heart Age Calculator. However, we will not turn people away if they do not meet those criteria. For individuals that are not eligible for the Heart Age Calculator, we will screen for CVD risk using the Colorado Heart Healthy Solutions (CHHS) framework. In order to promote our ability to track the same cohort of individuals over the 3-year grant period, we will partner with employers (targeting those that do not offer healthcare coverage) to screen employees.

In offering CHWs CARE Program services, TCHNetwork will replicate evidence-based programs to empower individuals to make and sustain healthy lifestyle changes, including: 1) CHHS and using CHWs. Modifications include aiming to rescreen clients every 6 months, screening for diabetes, offering health education and case management, and incorporating the CDC Heart Age Calculator; 2) Diabetic Retinopathy Telescreening; 3) Cooking Matters; 4) Check.Change.Control. Program; 5) Identifying and providing referrals to address mental health needs by screening clients using the Patient Health Questionnaire-9 validated tool; 6) Addressing social determinants of health using a consortium approach.

Expected outcomes include: 1) Improved population health and health status of community members; 2) Reduction in risk for CVD, leading to reduced deaths from CVD-related factors; 3) Increased engagement and motivation in self-management of chronic conditions; 4) Increased employer engagement in the health and wellbeing of their employees; 5) Stakeholders working collaboratively to improve the health of the region using a consortium approach.

TCHNetwork's 9 Consortium members include Basin Clinic, River Valley Family Health Center, Telluride Medical Center, Uncompahgre Medical Center, Pediatric Associates, Mountain Medical Center, Montrose Memorial Hospital, The Center for Mental Health and the Telluride Foundation. We are united around the common goal of providing quality health care to patients and improving the health of our community through innovation and collaboration.

Request for Funding Preference: TCHNetwork is requesting a funding preference based on the following: 1) Our 4 counties are designated as Health Professional Shortage Areas and Medically Underserved Areas; and 2) CHWs CARE is focused on wellness/prevention strategies.