



2025-2027 COMMUNITY HEALTH NEEDS ASSESSMENT

UCHealth Yampa Valley Medical Center



uchealth

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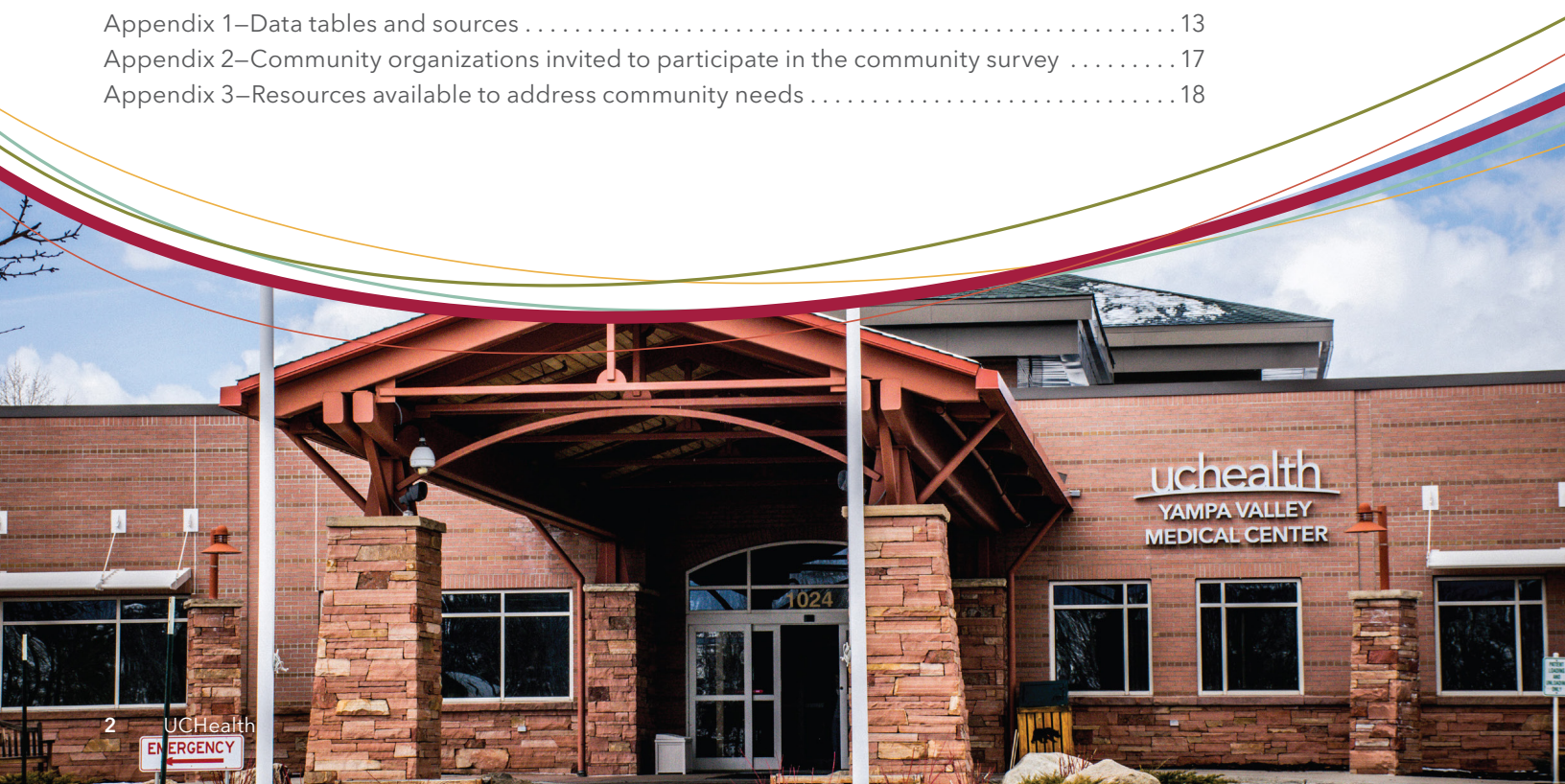
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INTRODUCTION

The following report contains the 2025–2027 community health needs assessment (CHNA) for UCHealth Yampa Valley Medical Center (YVMC). The CHNA was conducted to identify significant community health needs and to help inform the development of an implementation strategy to address the identified needs.

In compliance with federal and state regulations, non-profit hospitals conduct CHNAs once every three years in collaboration with other health care providers, public health departments and community organizations. CHNAs also help guide our investments in community health programs and partnerships that extend the UCHealth not-for-profit mission beyond the walls of our hospitals, improving the lives of those we serve.

Our mission.

We improve lives.

In big ways through learning, healing and discovery.

In small, personal ways through human connection. But in all ways, we improve lives.

Our vision.

From health care to health.

Our values.

Patients first
Integrity
Excellence

UCHealth Yampa Valley Medical Center overview.

YVMC is a 39-bed acute-care hospital located in Steamboat Springs in northwest Colorado. From family medicine and obstetrics to emergency medicine and chronic disease care, YVMC provides high-quality care to residents and visitors alike. YVMC is committed to improving the lives of the community's most vulnerable residents and cared for more than 7,600 inpatient admissions and outpatient visits for Medicaid patients during fiscal year 2024.

YVMC is part of UCHealth, a Colorado-based health system that offers the most advanced care throughout the Rocky Mountain Region, extending from Colorado to Wyoming and western Nebraska. As Colorado's only integrated community and academic health system, UCHealth is dedicated to improving lives and providing the highest quality medical care with an exceptional patient experience. With more than 200 locations throughout the region, UCHealth pushes the boundaries of medicine, providing advanced treatments and clinical trials to ensure excellent care and outcomes for 2.8 million patients each year. UCHealth is also the largest provider of Medicaid services in Colorado, with more than 1.1 million inpatient admissions and outpatient visits for Medicaid patients during fiscal year 2024.

UCHealth’s commitment to the communities we serve.

UCHealth is committed to improving lives and is proud to serve communities throughout Colorado and beyond. In fiscal year 2024, UCHealth provided \$1.3 billion in total community benefits, more than twice the nonprofit organization’s tax benefits. UCHealth community benefits include \$568 million in uncompensated and charity care to support uninsured and underinsured patients. The uncompensated care provided by UCHealth is more than any other health system or provider in Colorado.

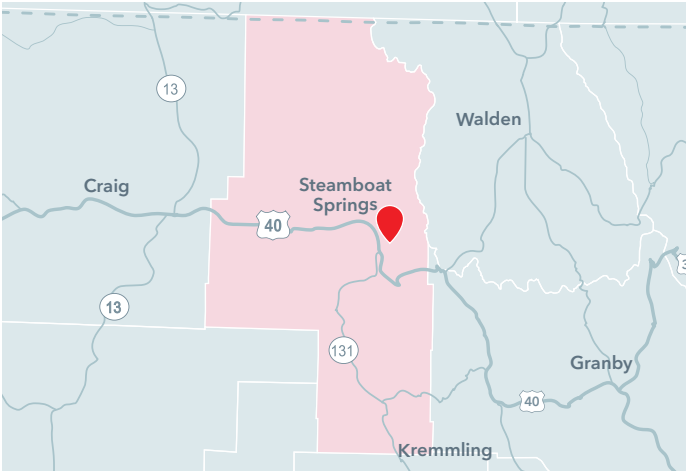
Included as part of UCHealth community benefit, YVMC provided \$17 million in community benefits during fiscal year 2024, including \$12 million in uncompensated care.

Community served.

For the purposes of this CHNA, the YVMC community is defined as Routt County. This county represents the geographic area most proximal to the hospital where many YVMC patients reside.

Demographic characteristics of the community served.¹

Demographic characteristics of the population residing within each county, in comparison with the state overall, are shown in the tables below.



UCHealth Yampa Valley Medical Center

Population:

	Colorado	Routt County
Population	5,839,926	25,007

Age:

	Colorado	Routt County
Percentage younger than 18 years of age	20.8%	17.0%
Percentage 65 years of age and older	15.7%	18.8%

Race and ethnicity:

	Colorado	Routt County
Percentage Non-Hispanic Black	4.1%	1.1%
Percentage American Indian and Alaskan Native	1.7%	0.7%
Percentage Asian	3.8%	0.9%
Percentage Native Hawaiian/Other Pacific Islander	0.2%	0.1%
Percentage Hispanic	22.5%	7.6%
Percentage Non-Hispanic White	66.5%	88.8%
Percentage not proficient in English	2.5%	1.0%
Percentage female	49.2%	47.8%
Percentage rural	14.0%	41.8%

Economic stability and poverty:

Values highlighted in red in the tables below indicate values that are less favorable for the indicated county than the overall state value.

	Colorado	Routt County
Unemployment rate ²	3.0%	2.5%
Median household income	\$89,096	\$104,407
Percentage of adults aged 25-44 with some post-secondary education	73.8%	77.4%
Percentage of people under age 18 living in poverty	11.1%	6.0%
Percentage of children eligible for free or reduced-price school lunch	38.3%	8.5%
Percentage of households that spend 50% or more of their household income on housing (severe housing cost burden)	13.3%	17.2%
Percentage of population who lack adequate access to food (food insecure)	9.2%	7.9%

Preventable hospitalizations:

Hospitalization data for ambulatory care sensitive (ACS) conditions can be used as an indicator of residents' ability to access primary care resources. Hospitalizations for ACS conditions are those that could have been prevented, at least in part, if adequate primary care resources were available and accessible to those patients.

Values highlighted in red in the tables below indicate values that are less favorable for the indicated county than the overall state value.

	Colorado	Routt County
Number of hospital stays for ambulatory care sensitive conditions per 100,000 Medicare enrollees	1,606	623

Footnotes and sources:
1. Source for all values unless otherwise noted: 2024 County Health Rankings & Roadmaps.
2. Source: 2018-2022 Colorado Health Indicators.

COMMUNITY HEALTH NEEDS ASSESSMENT

Between December 2024 and March 2025, YVMC conducted the CHNA, which provided an opportunity for the hospital to engage public health experts, medical providers and community stakeholders in a formal process to ensure that community benefit programs and resources are focused on significant health needs identified within the community it serves.

Methods used to conduct the community health needs assessment.

A multi-phased approach was used to identify the top health priorities for future impact. The process included:

- A comprehensive analysis of local population health indicators.
- Solicitation of provider input on local health issues through a web-based survey distributed to health care providers at YVMC to gather input on community health needs.
- Distribution of a web-based survey to local community members in collaboration with The Health Partnership Serving Northwest Colorado and its organization members.
- A review of the most recent Community Health Assessment for Routt County as produced by Routt County Public Health.
- Participation in meetings with other local organizations to gain insights into community needs.

After collecting data and soliciting input from the community and health care providers, the Internal Advisory Group (IAG) for YVMC, a subset of the hospital's leadership team, reviewed all information obtained from the activities described above and identified recommended health needs areas of focus for the 2025-2027 CHNA. As described later in this report, recommendations for priority areas of focus were presented to the YVMC Board of Trustees for review and approval.

The following illustrates the CHNA process components and participants.

Identify community health needs.

Secondary data analysis:

- Population characteristics.
- Social and economic factors.
- Health data.

Community and health care provider input:

- Review of community health issues.
- Ranking of the community's most significant issues.

Prioritize significant community health needs.

Consolidation and synthesis of information:

- In-depth secondary data analysis.
- Community and provider input.
- IAG recommendations.

Prioritization of issues:

- Scope and severity.
- Hospital's ability to impact the issue.
- Availability of evidence-based strategies to address the need.
- Alignment with goals of UCHealth, local community and Colorado overall.

Written comments on previously conducted community health needs assessment.

The 2022-2024 YVMC CHNA and corresponding implementation strategy report have been available to the public on the UCHealth public website since 2022. In 2023 and 2024, YVMC conducted community benefit public meetings to solicit input from local public health and community organizations, other health care providers and the public. No comments requiring a response were received specific to the CHNA, CHNA process or CHNA implementation strategy.

FINDINGS

Secondary data review and analysis.

The initial step of the secondary data review included an assessment of local population health indicators obtained through the County Health Rankings (2024 report year), the Colorado Health Indicators database (2018–2023) and the 2023 Healthy Kids Colorado Survey. Indicator values were assessed at the county and state levels.

Summary tables of the key health indicators in the YVMC community were developed to illustrate the overall health of the community (see Appendix 1 for the data tables and related sources).

Key health needs were determined based on the indicator values and trends, current priorities of the local county health department, the potential to impact the issues using evidence-based practices and alignment with the priorities of YVMC.

Categories evaluated include:

- Demographics, education and socioeconomic status.
- Health care access and services.
- Health behaviors (including unintentional injury).
- Maternal and child health.
- Mental health (including attempted-suicide hospitalizations and mortality).
- Nutrition, physical activity and body-mass index.
- Substance use disorders.
- Specific health conditions (including hospitalization, morbidity and mortality rates).

From this review, the most significant issues identified were:¹

- Access to care.
- Behavioral health.
- Cancer.
- Cardiovascular risks.
- Chronic disease.
- Injury.
- Maternal health.
- Preventative care.

Information gaps impacting ability to assess needs.

Within the review of the secondary data, gaps were identified related to the health status of minority populations as well as individuals who are medically underserved due to lack of adequate insurance or who encounter barriers to receiving timely and comprehensive health care services.

To gather additional insights, YVMC regularly participates in meetings facilitated by local community organizations and other partner agencies that focus on identifying and implementing best practices for reducing these barriers.

Community engagement synopsis.

To gather input on the most significant health issues, during January 2025, YVMC provided web-based surveys to health care providers and key community stakeholders throughout Routt County (see Appendix 2 for a listing of organizations that were invited to participate in the survey). Community members also had the opportunity to complete the survey in a hardcopy, paper format. The survey to community stakeholders was conducted in partnership with The Health Partnership Serving Northwest Colorado. Agencies serving members of medically underserved low-income and minority populations were included in the survey distribution. Respondents were asked to rank each of the significant issues identified above, as well as describe other health issues for consideration. Results from these surveys are shown below.

In addition, findings were reviewed from the Routt County Public Health Community Health Assessment. To identify their priorities, Routt County Public Health first completed a review of quantitative data, followed by an assessment of what initiatives are already being performed in the community and available resources to address other important issues. Using community meetings and interviews, they further gathered insights from community members on local concerns and priorities. Finally, the public health and planning teams held meetings to discuss findings and prioritize community needs. The assessments identified the following priorities:

- Adult behavioral health including mental health and substance use.
- Youth behavioral health including mental health and substance use.
- Healthy housing.
- Access to healthy and affordable food.

Footnotes and sources:

1. Community survey was conducted in collaboration with The Health Partnership Serving Northwest Colorado and did not include cardiovascular risks or preventative care as health needs options for prioritization.
2. Routt County Public Health "Community Health Assessment March 2022-February 2023" (2022) ([Routt County Community Health Assessment 2022-2023](#))

Provider and community survey results.

The survey asked respondents to rank a set of community health needs in order of importance to the community. Results are provided in the table below. The score represents the aggregate points for each health need based on the ranking and prioritization from the respondents.

Health need	Community survey (n=1,017)		Provider survey (n=31)	
	Score ^{1,2}	Rank	Score ²	Rank
Access to care	—	1	211	1
Behavioral health ³	—	2	200	2
Chronic disease ⁴	—	3	101	T-7
Injury	—	4	101	T-7
Cancer	—	5	126	4
Maternal health	—	6	121	5
Preventative care ¹	—	—	143	3
Cardiovascular risks ¹	—	—	113	6

Survey respondents also identified community agencies addressing these issues and with whom YVMC could potentially partner or help support. This input will be used during the development of the CHNA implementation strategy later this year.

Footnotes and sources:

1. Community survey did not include preventative care or cardiovascular risk as options; scoring is not displayed for comparison due to differences in number of priority options and response count.
2. The score represents the aggregate points for each health need based on the rankings and prioritization from the respondents.
3. Described as "behavioral health, including mental health and substance use disorders" on the provider survey.
4. Described as "chronic disease, such as diabetes and obesity" on the provider survey.

Community-wide health care resources available to address needs.

Recognizing the current scope of services available to meet the health care needs of community members is a vital component of a CHNA. The YVMC community is served by one acute-care hospital, a community-based health center and a network of medical and mental health providers. In addition, YVMC offers a wide array of virtual health options. Though services may be available, the CHNA findings reveal that the ability to receive care in a timely and coordinated manner remains a challenge for many vulnerable residents.

Summary of actions taken by hospital since the last community health needs assessment.

To understand the effectiveness and scope of actions taken by YVMC since completion of its most recent CHNA, a review of community benefit activities was completed. The 2022-2024 CHNA identified access to care, mental and behavioral health and substance use disorders as priorities. A few examples of programs and initiatives currently in process to address the prior findings are listed below.

Access to care:

- Increased access to timely and convenient primary care and specialty care through the expansion of our care network, provider teams, telehealth and virtual care options.
- Offering no-cost nurse telephone consultation services to increase access to care and proper use of care.
- Support for local primary care providers in accessing LanguageLine interpretation services so that patients understand and feel understood, leading to better health outcomes.
- Creation and implementation of social determinants of health screenings to improve health equity for vulnerable populations.
- Ongoing support for the forensic nurse examiner program (SANE/SAFE) to provide compassionate, specialized care for survivors of sexual assault.
- Education and empowerment for diabetes management through the offering of diabetes self-management programs.
- Expanding cancer screening services to increase the early detection of cancer.
- Offering low-cost health screenings and laboratory blood test services for the early detection and treatment of disease, improving health outcomes and survival rates.
- Organizing community-based health and wellness education to empower local community members to reduce the prevalence of chronic illness and empower community members to live well.
- Offering athletic training services to surrounding school districts to support student athletes and encourage physical activity among youth.
- Offering community-based physical therapy services so that patients can restore mobility and independence, improving quality of life.
- Managing the Community Health Benefit Fund granting opportunity for local non-profits.

Mental and behavioral health:

- Integrating behavioral health care providers within primary care clinics to provide comprehensive primary care and behavioral health in one location.
- Expanding behavioral health care services to a virtual platform to reduce access barriers.
- Ongoing financial support for school-based mental health services and Child Advocacy services.
- Removal of barriers to appropriate and timely care by offering transportation services for behavioral health patients to next levels of care.
- Managing the Community Health Benefit Fund granting opportunity for local non-profits.

Substance use disorders:

- Implementation of the Alternatives to Opioids (ALTO) program as well as opioid awareness campaign to reduce the risk and prevalence of substance dependency.
- Adoption of the standardized Screening, Brief Intervention and Referral to Treatment protocols for early identification of and intervention with individuals who might be at risk for future substance use disorders.
- Using Enhanced Recovery After Surgery pain management protocol to optimize recovery while appropriately addressing pain and minimizing the use of opioids.
- Support for The Health Partnership's substance use disorder referral and access to treatment programs.

PRIORITIZATION AND BOARD OF TRUSTEES APPROVAL

Internal Advisory Group recommendations.

The YVMC Internal Advisory Group (IAG) reviewed all findings obtained from the activities described previously. The YVMC IAG conducted a meeting specifically to identify health needs priorities for the CHNA and considered the following criteria during the decision-making process:

- Scope and severity of the health need.
- Potential for YVMC to impact the health need.
- Alignment with UCHealth, local, state and national objectives.
- Economic feasibility to address the health need.

The YVMC IAG identified the following health needs as priorities for the 2025-2027 CHNA:

- Access to care.
- Behavioral health.
- Cancer.

A synopsis of key CHNA findings specific to these issues is provided in the following sections of this report.

Access to care.

In Routt County, residents under 65 lack health insurance at a higher rate compared to the overall state population. According to the U.S. Census Bureau, 7.9% of Colorado's population under age 65 is uninsured compared to 9.1% in Routt County. According to the County Health Rankings & Roadmaps 2024 report, adults in Routt County are uninsured at the same rate as adults across Colorado, with both the county and the state reporting an uninsured rate of 11% of all adults; however, children in Routt County are more likely to lack insurance than Colorado children overall, with 7% of Routt County children being uninsured as compared to 5% of Colorado children, on average.

Research shows that access to primary care is associated with positive health outcomes. Individuals with an established primary care physician are more likely to receive recommended preventive services such as flu shots, blood-pressure screenings and cancer screenings. Disparities in access to primary health care include language-related barriers, physical disabilities, inability to take time off work to attend appointments and transportation-related barriers.

Health Factors	Colorado	Routt County
Percentage of population under age 65 without health insurance	7.9%	9.1%
Percentage of population under age 19 without health insurance	5%	7%
Ratio of population to primary care physicians	1,207:1	760:1

See the Appendix for additional supporting information and relevant data sources. Values highlighted in red indicate measures that are less favorable when compared to the state values.

Behavioral health.

Routt County community members are experiencing challenges related to several aspects of behavioral health, including access to mental health care, suicide rates and significantly higher rates of substance use in comparison to the state average.

According to the U.S. Centers for Disease Control and Prevention (CDC), mental health conditions are among the most common health conditions in the U.S. The resulting disease burden of mental illness is among the highest of all diseases. Routt County has limited access to mental health care, with one mental health provider for every 291 residents, an unfavorable rate compared to the state average of one provider for every 219 Coloradoans. As displayed in the table below, suicide is a more common cause of death in Routt County than in Colorado, on average, and high school students in Routt County reported seriously considering suicide at a higher rate than high schoolers in Colorado overall.

Lastly, the effects of substance use disorders are cumulative, significantly contributing to costly social, physical, mental and public health problems. The Centers for Disease Control and Prevention reports that binge drinking is the most common, costly and deadly pattern of excessive alcohol use in the U.S. Binge drinking is defined as a pattern of drinking that brings a person's blood-alcohol concentration to 0.08 g/dl or above. This typically happens when men consume five or more drinks or women consume four or more drinks in about two hours. Binge drinking across adults, middle school students and high school students was reported at a higher rate among Routt County residents as compared to all Coloradoans. Middle and high school students in Routt County reported recent binge drinking at a rate that is nearly double the state average. Elevated alcohol consumption was similarly reflected in the in the percentage of driving deaths with alcohol involvement. Nearly 60% of driving deaths in Routt County involved alcohol as compared to 35% of driving deaths across Colorado.

Behavioral Health	Colorado	Routt County
Ratio of population to mental health providers	220:1	290:1
Suicide (age-adjusted mortality rates per 100,000 population)	21.6	26.2
Percentage of high school students who seriously considered attempting suicide during the past 12 months	11.1%	12.9%
Percentage of middle and high school students who binge drank (4+ drinks for females, 5+ drinks for males, within a couple of hours) on one or more of the past 30 days	12.1%	23.5%
Percentage of adults reporting binge or heaving drinking (age-adjusted)	21.4%	22.9%
Percentage of driving deaths with alcohol involvement	34.7%	58.8%
Percentage of high school students who felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	25.7%	23.1%
Chronic liver disease and cirrhosis (age-adjusted mortality rates per 100,000 population)	18.7	22.8

See the Appendix for additional supporting information and relevant data sources. Values highlighted in red indicate measures that are less favorable when compared to the state values.

Cancer.

Cancer is one of the leading causes of death in the U.S. The likelihood that an individual will develop cancer is affected by lifestyle choices. Avoiding tobacco, eating a healthy diet, maintaining a healthy weight, being physically active and avoiding sun exposure are all choices that can help prevent cancer. Adhering to recommended screening guidelines is also effective at early detection of many types of cancers.

As shown in the table below, public health data shows that there is a higher rate of cancer (all cancer sites) in Routt County compared to the state of Colorado. The increased incidence rate of cancer is particularly pronounced in regard to late-stage breast cancer as well as colorectal cancer among adults under age 50. Routt County middle and high school students reported smoking cigarettes recently at a higher rate than average, increasing the risk for developing cancer.

Cancer	Colorado	Routt County
All cancer sites combined	387.5	410.7
Incidence rate of breast cancer (age-adjusted, late- stage, females)	41.1	56.6
Incidence rate of colorectal cancer (age-adjusted, ages 0-49)	7.4	10.2
Percentage of middle and high school students who smoked cigarettes on one or more of the past 30 days	3.1%	6.6%
Percentage of middle and high school students who have ever used an electronic vapor product	30.0%	32.6%

See the Appendix for additional supporting information and relevant data sources. Values highlighted in red indicate measures that are less favorable when compared to the state values.

Board of trustees review and approval.

During the May 2025 meeting, the YVMC Board of Trustees, which includes representatives from the surrounding communities, reviewed, discussed and approved the information contained within this report.

Acknowledgments, recommendations and next steps.

We thank our partnering agencies, medical providers and community members who provided insight and expertise that helped complete this report.

In the following months, implementation strategies designed to address the identified health needs within Routt County will be prepared and presented to the YVMC Board of Trustees for approval.

The YVMC CHNA report will be made available to the public for viewing or download on the [UCHealth website](#).

APPENDICES

Appendix 1–Data tables and sources

Demographics	Year/ Source	Colorado	Routt County
Population	2024 CHR	5,839,926	25,007
Percentage below 18 years of age	2024 CHR	20.8%	17.0%
Percentage 65 and older	2024 CHR	15.7%	18.8%
Percentage Non-Hispanic Black	2024 CHR	4.1%	1.1%
Percentage American Indian and Alaskan Native	2024 CHR	1.7%	0.7%
Percentage Asian	2024 CHR	3.8%	0.9%
Percentage Native Hawaiian/Other Pacific Islander	2024 CHR	0.2%	0.1%
Percentage Hispanic	2024 CHR	22.5%	7.6%
Percentage Non-Hispanic White	2024 CHR	66.5%	88.8%
Percentage not proficient in English	2024 CHR	2.5%	1.0%
Percentage female	2024 CHR	49.2%	47.8%
Percentage rural	2024 CHR	14.0%	41.8%

Health Outcomes	Year/ Source	Colorado	Routt County
Quality of Life			
Percentage of adults reporting poor or fair health (age-adjusted)	2024 CHR	12.8%	10.3%
Maternal and Child Health			
Percentage of births with low birthweight (<2,500g)	2024 CHR	9.4%	9.6%
Number of infant deaths (within 1 year) per 1,000 live births	2024 CHR	5	4
Mental Health			
Percentage of adults reporting that their mental health was not good for 14+ days during the past 30 days	2024 CHR	14.6%	14.3%
Percentage of high school students who felt sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months	2023 HKCS	25.7%	23.1%
Percentage of high school students who seriously considered attempting suicide during the past 12 months	2023 HKCS	11.1%	12.9%

Health Factors	Year/ Source	Colorado	Routt County
Tobacco Use			
Percentage of adults who are current smokers	2024 CHR	12.1%	11.9%
Percentage of high school students who have ever used an electronic vapor product	2023 HKCS	30.0%	32.6%
Percentage of middle and high school students who smoked cigarettes on one or more of the past 30 days	2023 HKCS	3.1%	6.6%
Weight Status and Physical Activity			
Percentage of adults (18+) who were obese (Body Mass Index \geq 30)	2024 CHR	25.1%	20.9%
Percentage of middle and high school students who were physically active for a total of at least 60 minutes per day on 5 or more of the past 7 days	2023 HKCS	49.9%	65.1%
Percentage of adults aged 20 and over reporting no leisure-time physical activity	2024 CHR	16.5%	13.4%
Alcohol and Drug Use			
Percentage of middle and high school students who binge drank (4+ drinks for females, 5+ drinks for males, within a couple of hours) on one or more of the past 30 days	2023 HKCS	12.1%	23.5%
Percentage of adults reporting binge or heaving drinking (age-adjusted)	2024 CHR	21.4%	22.9%
Percentage of driving deaths with alcohol involvement	2024 CHR	34.7%	58.8%
Number of drug poisoning deaths per 100,000 population	2024 CHR	26	13
Sexual Activity			
Number of newly diagnosed chlamydia cases per 100,000 population	2024 CHR	460	211
Number of births per 1,000 female population ages 15-21	2024 CHR	14	6
Clinical Care—Access to Care			
Percentage of population under age 65 without health insurance	2023 CEN	7.9%	9.1%
Percentage of population under age 19 without health insurance	2024 CHR	5%	7%
Ratio of population to primary care physicians	2024 CHR	1,207:1	760:1
Ratio of population to dentists	2024 CHR	1,161:1	926:1
Ratio of population to mental health providers	2024 CHR	219:1	290:1
Clinical Care—Quality of Care			
Number of hospital stays for ambulatory care sensitive conditions per 100,000 Medicare enrollees	2024 CHR	1,606	623

Specific Health Conditions	Year/ Source	Colorado	Routt County
Percentage of high school students who had ever been told by a doctor or nurse that they had asthma	2023 HKCS	17.5%	17.8%
Percentage of adults aged 20 and older with diagnosed diabetes	2024 CHR	6.5%	6.3%
Number of people aged 13 years and older living with a diagnosis of HIV per 100,000 population	2024 CHR	272	127

Social and Economic Factors	Year/ Source	Colorado	Routt County
Education			
High school graduation rate	2024 CHR	81.7%	92.5%
Percentage of adults aged 25-44 with some post-secondary education	2024 CHR	73.8%	77.4%
Employment			
Unemployment rate	2022 COHI	3.0%	2.5%
Income			
Median household income	2024 CHR	\$89,096	\$104,407
Percentage of children under age 18 in poverty	2024 CHR	11.1%	6.0%
Percentage of children eligible for free/reduced-cost school lunch	2024 CHR	38.3%	8.5%
Percentage of households that spend 50% or more of their household income on housing (severe housing-cost burden)	2024 CHR	14.5%	17.2%
Percentage of population who lack adequate access to food (food insecure)	2024 CHR	9.2%	7.9%
Community Safety			
Number of motor vehicle crash deaths per 100,000 population	2024 CHR	11	12
Number of deaths due to injury per 100,000 population	2024 CHR	89	75
Number of deaths due to firearms per 100,000 population	2024 CHR	16	15

Age-adjusted Incidence Rates of Cancer Per 100,000 Population	Year/ Source	Colorado	Routt County
All cancer sites combined	2018-2020 COHI	387.5	410.7
Lung and bronchus	2018-2020 COHI	37.0	22.8
Breast cancer (late stage, females)	2018-2020 COHI	41.1	56.6
Colorectal cancer (ages 50+)	2018-2020 COHI	85.1	59.5
Colorectal cancer (ages 0-49)	2018-2020 COHI	7.4	10.2
Cervical cancer (late-stage, females)	2018-2020 COHI	N/A	N/A

Age-adjusted Rate of Hospitalization Per 100,000 Population	Year/ Source	Colorado	Routt County
Heart disease	2020-2022 COHI	1,961.4	938.4
Mental health diagnosed hospitalizations	2020-2022 COHI	2,854.1	1,520.7
Suicide-attempt hospitalizations	2020-2022 COHI	61.2	31.4
Stroke	2020-2022 COHI	317.6	172.8
Acute myocardial infarction	2020-2022 COHI	195.3	120.5
Congestive heart failure	2020-2022 COHI	802.7	278.0
Influenza (ages 65+)	2020-2022 COHI	118.1	21.8

Age-adjusted Mortality Rates Per 100,000 Population	Year/ Source	Colorado	Routt County
All causes	2021-2023 COHI	727.1	561.2
Malignant neoplasms	2021-2023 COHI	122.3	94.4
Unintentional injuries	2021-2023 COHI	68.8	61.5
Heart disease	2021-2023 COHI	126.6	76.9
Alzheimer's disease	2021-2023 COHI	30.1	27.6
Cerebrovascular diseases	2021-2023 COHI	33.7	22.0
Chronic lower-respiratory diseases	2021-2023 COHI	36.1	16.1
COVID-19	2021-2023 COHI	41.4	17.3
Suicide	2021-2023 COHI	21.6	26.2
Chronic liver disease and cirrhosis	2021-2023 COHI	18.7	22.8

Footnotes and sources:

- N/A: Data is not available or is suppressed due to small sample size.
- CHR: County Health Rankings; 2024 report year; measures collected from various sources and years ([County Health Rankings](#)).
- COHI: Colorado Health Indicators dataset 2018-2023 (provides access to state and local-level data compiled by Colorado Department of Public Health and Environment) ([Colorado Health Information Dataset](#)).
- HKCS: Healthy Kids Colorado Survey; 2023 ([Healthy Kids Colorado Survey](#)).
- CEN: United States Census Bureau; 2023 ([U.S. Census Bureau Quick Facts](#)).

Appendix 2–Community organizations invited to participate in the community survey

- Casey’s Pond
- City of Steamboat Springs
- Colorado Commission on Higher Education
- Colorado Department of Health Care Policy and Financing
- Colorado Department of Human Services
- Colorado Department of Insurance, Department of Regulatory Agencies
- Colorado Department of Public Health and Environment
- Colorado Office of Saving People Money on Health Care
- Hayden school district
- Integrated Community
- LiftUp Routt County
- Mind Springs Health
- Moffat County Chamber of Commerce
- Moffat County Commissioner
- Moffat County Department of Human Services
- Moffat County Department of Public Health
- Moffat County School District
- Northwest Board of Cooperative Educational Services
- Northwest Colorado Health
- Pediatrics of Steamboat
- Routt County Council on Aging
- Routt County Department of Veterans Affairs
- Routt County Government
- Routt County Government
- Routt County Human Services
- Routt County Public Health
- Routt County Public Health
- South Routt School District
- Steamboat Springs Chamber
- Steamboat Springs School District
- The Health Partnership (formerly Northwest Colorado Community Health Partnership)

Appendix 3—Resources available to address community needs

Access to care		
Organization	Summary of resources	Link
Northwest Colorado Health	Provides comprehensive, low-cost care for youth and adults regardless of ability to pay. Includes community health centers, dental health, behavioral health, home services and rehabilitation.	Northwest Colorado Health Steamboat Springs, CO and Craig, CO
Routt County Council on Aging	Provides Meals on Wheels in Routt County, delivering nutritious meals weekly. Provides transportation services by reservation, removing a barrier to accessing care.	Routt County Council on Aging
Brighter World Child Advocacy Center	Offers services and support for children and their caregivers experiencing child-abuse investigations.	Brighter World Child Advocacy Center Steamboat Springs
Behavioral health		
Organization	Summary of resources	Link
Mind Springs Health (health Solutions West)	Offers outpatient mental health services including psychiatric care for adults, youth and families, crisis response, withdrawal management and a substance use disorder intensive outpatient treatment program.	Health Solutions West - Your Path to Mental Wellness
Northwest Colorado Health	Provides comprehensive, low-cost care for youth and adults regardless of ability to pay. Includes community health centers, dental health, behavioral health, home services and rehabilitation.	Northwest Colorado Health Steamboat Springs, CO and Craig, CO
Porch Light Health	Offers recovery and substance use treatment services on a variety of platforms including in-person clinics and telehealth services.	Porch Light Health Addiction Treatment in Colorado & NM
Reaching Everyone Preventing Suicide (REPS)	Connects individuals with suicidal thoughts to resources, including the Colorado Crisis Services and the Crisis Text Line.	Reaching Everyone Preventing Suicide
Cancer		
Organization	Summary of resources	Link
Northwest Colorado Health	Provides comprehensive, low-cost care for youth and adults regardless of ability to pay. Includes community health centers, screenings, home services and rehabilitation.	Northwest Colorado Health Steamboat Springs, CO and Craig, CO