The State of Health:
COLORADO’S COMMITMENT TO BECOME THE HEALTHIEST STATE

Office of Governor John Hickenlooper
May 2013
Our Vision: Colorado is the Healthiest State

- Understanding what impacts health
  - Health is interdependent with education, economy, and environment
- Our success is dependent on individual engagement and strong partnerships
  - Public, private, and nonprofit sector
Strengthening MOMENTUM AS THE HEALTHIEST STATE

Colorado has long had the **lowest obesity rate** in the nation and has the **second lowest rate of diabetes**.

Low rates of tobacco use mean Colorado fares better than many other states.

Colorado is ranked **#6 or higher** for five of the six key areas surveyed: life evaluation, emotional health, work environment, physical health & healthy behaviors.

For overall well-being, Colorado is ranked **#2**, up from **#6 last year** and a “low” of **#10 in 2009**.  

Colorado ranks **#1 in physical health**, and we are among an elite set of states that have showed sustained excellence over five years.

Challenges

Colorado ranks **23rd** among all states in the proportion of children who are overweight or obese.

Our childhood obesity growth rate is 2nd fastest in the nation.

Colorado’s rate of suicide among **adolescents** (age 15-19), is **8th highest** in the nation.

Coloradans with **Incomes below the state average** are more likely to be in **poor or fair health**, show greater rates of **smoking**, and **do not get regular physical activity**.
GAINING MOMENTUM AS THE HEALTHIEST STATE

- Build upon our strengths
  - Health & Wellness Economy
    - 311,000 health workers in 16,000 businesses
    - Collectively earn $16.4 billion payroll
  - Health Infrastructure
    - Employers interested in our healthy workforce
    - More than a decade of crucial health investments
  - Commitment to Collaboration
    - Leaders in health reform
OUR FRAMEWORK

- Four Focus Areas
  - Promoting Prevention & Wellness
    - Helping individuals stay healthy or become healthier
  - Expanding Coverage, Access & Capacity
    - Ensuring individuals can access care at the right time and the right place
  - Improving Health System Integration & Quality
    - Eliminating barriers to better care and improving person-centered care
  - Enhancing Value & Strengthening Sustainability
    - Redesigning financial incentives and infrastructure to promote quality and value, not volume

- Measuring Progress & Tracking Results
  - 18 core initiatives
  - 15 metrics and targets
PROMOTING PREVENTION & WELLNESS

Improve the health of Coloradans by increasing awareness, building individual engagement, and encouraging personal responsibility

- Initiative 1: Tackle Obesity Among Youth and Adults
  - Prevent 150,000 Coloradans from becoming obese
  - Improve support for bicycling and grow Pedal The Plains

- Initiative 2: Support Improved Mental Health
**PROMOTING PREVENTION & WELLNESS**

- **Initiative 3: Support Reductions in Substance Abuse**
  - Prevent **92,000** Coloradans from misusing Rx drugs

- **Initiative 4: Improve Oral Health**
  - Increase fluoridation and ensure **7,500** more Colorado children visit a dentist before age one

- **Initiative 5: Encourage Wellness Among State Employees**
  - Provide health risk assessments and programs for chronic disease prevention and management
Efforts to improve access to health insurance and healthcare providers, particularly in Colorado’s rural and underserved areas

- **Initiative 1: Expand Public and Private Health Insurance Coverage**
  - Reduce the number of uninsured by 520,000

- **Initiative 2: Strengthen Colorado’s Health Workforce**
  - Modernize our health workforce and prepare for future needs

- **Initiative 3: Close Gaps in Access to Primary Care and Other Health Services**
  - Support telehealth capability; recruit and retain providers to serve rural and underserved areas
Improve the systems that deliver care, because at the heart of many problems in Colorado’s health system are inefficiency and fragmentation.

- **Initiative 1: Expand use of Patient-Centered Medical Homes**
  - Using the Accountable Care Collaborative (ACC), connect **555,000** to a patient-centered medical home.

- **Initiative 2: Support Access to State Information and Services**
  - Facilitate interagency data-sharing agreements.
Initiative 3: Support Better Health Through Integration

Integrate physical and behavioral health systems, and align with public health, oral health, and long-term services and supports.

Initiative 4: Improve Access to Community-Based Long-Term Services and Supports

Transition 500 individuals from long-term care institutions to community settings of their choice.
Our final focus area is to **drive value and efficiency** in state agencies and in the private sector, which will enable Colorado to deliver higher quality care at a lower cost.

- **Initiative 1: Achieve Cost Containment in Medicaid**
  - Reduce Medicaid costs by **$280 million**
Enhancing Value & Strengthening Sustainability

- Initiative 2: Advance Payment Reform in the Public and Private Sectors
  - Develop pathways for sustainable payment reform

- Initiative 3: Invest in Health Information Technology
  - Ensure most Coloradans are served by providers using Electronic Health Records and Health Information Exchange
**ADDITIONAL INFORMATION**

- **Full report:** [www.colorado.gov/stateofhealth](http://www.colorado.gov/stateofhealth)
  - Continuing commitments and future opportunities
  - Highlights of key partners initiatives
  - Details of metrics and targets
  - Additional resources

- **Contact Information**
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