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## **U. HEALTH SERVICES**

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### **1. Hospitals, Clinics, and Other Health Related Businesses (Table U-1)**

Table U-1 lists 3 hospitals and 124 beds, considered an adequate number for the Valley. The SLV Regional Medical Center in Alamosa is the largest and has access to the most up-to-date diagnostic services, including a telemedicine link with Shriners Childrens Hospital in Salt Lake City, and mammograms in-house. The combination of all its services, functions, and management responsibilities for related health care activities may advance SLV Regional as the Valley's largest employer.

Rio Grande Hospital in Del Norte is designated as a Level 4 Trauma Center to meet needs in the western Valley area. This will include more beds, updated lab and X-ray services, and other enhancements. Valley Wide Health Services is also committed to provide more specialized clinics for the area.

Conejos County Hospital south of La Jara provides a great convenience for residents, and is currently seeking ways to increase its revenue stream. CCH is a sister hospital to SLV Regional, and shares a critical access status.

While the Valley is fortunate to have 3 hospitals, in most cases they are not equipped to handle specialized problems such as severe head traumas and tumors, invasive heart/cardiovascular procedures, difficult obstetrical concerns, neonatal services, and severe trauma in general. These patients are being transported to Denver, Albuquerque, and other larger cities by ambulance or helicopter.

The table shows 20 clinics in various locations throughout the region. Valley Wide Health Services (VWHS) and the SLV Comprehensive Mental Health Center have regional coverage, and is a Federally qualified health clinic. Combined employment for the hospital and clinics is over 950.

Of the 18 dental service providers listed, 9 are located in Alamosa, 5 in Rio Grande, and the 4 remaining are located in Conejos, Costilla, and Saguache. Eye care services are available only in Alamosa and Rio Grande, and of the 12 pharmacies listed, 7 are in Alamosa. Chiropractic, massage, and acupuncture specialists are noted to have higher rate per 1,000 population, and there are many more alternative medical practices in Crestone and Moffat which are not listed.

Other medical service providers are also listed in the table including Audiology (2); Foot Care (2); Physical, Occupational, and Speech Therapy (13); and Alcohol and Drug Addiction (3). A total of 10 health equipment providers are also listed, 8 of which are in Alamosa.

## **2. Physicians**

Physicians, nurses, and specialized technicians are in short supply, due in part to the lower income population and ability to pay. Specialized physicians such as orthopedic surgeons, urologists, ENTs, radiologists, cardiologists, and ob-gyns are hard to retain due to lower pay and working conditions. SLV Regional and VWHS have restructured their pay system for doctors, and are working towards better recruitment and retention.

Other health services have good coverage in the Valley. Physical therapy centers are usually based in nursing homes, with aging population the largest clientele.

## **3. Ambulance Services (Table U-2)**

As of March 2002, there were 24 ambulance units covering the Valley's 8,193 square miles, or one ambulance per 341 sq/mi. The small number of units and large number of square miles to cover to reach one of the 3 hospitals is a primary concern. We now have two helicopter services providing emergency flights to Denver.

## **4. Nursing Homes, Home Health Care, and Adult Day Care Services (Table U-3)**

Table U-3 includes a listing of 24 entities providing services ranging from full-service nursing homes to county health nurses. For those entities where estimates were obtained, employment for the region totaled 716, with 552 units. Several new assisted living centers were established since our last CEDS, and this appears to be a growing industry for the Valley.

## **5. Child Daycare Services (Table U-4)**

Daycare provided by 15 facilities in the Valley is also supplemented by Head Start programs in some other locations. Some comment has been made that some areas still have an unmet need for daycare services. Some of the need may also be addressed by grandparents as caregivers which is more common in the Valley (see Table B-12).

## **6. Birth Statistics (Table U-5)**

Table U-5 shows higher fertility rates in Saguache (84.7) and Rio Grande (78.2), compared with the State's 69.6 rate. Teen fertility was dramatically higher in Alamosa, with a rate of 53.9, compared with 23.7 for the rest of Colorado. The percent of births classified as pre-term, with inadequate parental care, and to women with less than 12 years education is higher in most of the Valley counties. Births to unmarried women are higher in all the reported counties ranging from 31.1% in Saguache to 38.3% in Alamosa, compared with 27.6% statewide.

## **7. Valley Ranking on Causes of Death (Table U-6)**

The leading causes of death and ranking by county and State are presented in Table U-6. For the two biggest counties (Alamosa and Rio Grande), heart disease ranks #1 and malignant neoplasms #2. Chronic respiratory diseases rank #3 as the leading cause in Alamosa, Conejos, and Costilla. While rates are not reported in all counties, diabetes is #4 in Conejos, and #7 in Rio Grande, compared with a ranking of #8 in the rest of Colorado. From the scant data available, we see that suicide is the #7 cause in Alamosa, which is the same ranking as Colorado.

## **8. Persons Not Covered by Health Insurance (Table U-7)**

Table U-7 compares the percentages of uninsured persons in the Valley counties in 2005 to the State's 15.1%. With the exception of Mineral which was 13.1%, all were higher ranging from 23.1% in Alamosa to 29.1% in Costilla.

## **9. Mental Health Services (Table U-8)**

Table U-8 lists some of the mental health services available in the Valley. The clinics listed provide a wide range of services, screenings, and types of therapy. In addition, there are many independent and licensed professionals (too numerous to mention) also providing quality services.

**Table U-1**

**Hospitals, Clinics, and Other Health Related Businesses**

<b>Hospitals</b>			
<u>Location</u>	<u>Name</u>	<u>Staff</u>	<u>Beds</u>
Alamosa	SLV Regional Medical Center	350	59
La Jara	Conejos County Hospital	110	48
Del Norte	Rio Grande Hospital	<u>90</u>	<u>17</u>
	<b>Total</b>	<b>550</b>	<b>124</b>

<b>Medical Clinics</b>			
<u>Location</u>	<u>Name</u>	<u>Staff</u>	<u>Providers</u>
Alamosa	Rock Creek Family Medicine (Martin Sowards, MD)	4	1
	Sierra Blanca/Alamosa Family VWHS	90	12
	SLV Regional Medical Center Physician Services	110	28
	SLV Regional Medical Center, PRO Clinic	(included in above numbers)	
	VA Medical Clinic	8	2
	Rocky Mountain Eye Center		
	Point of View Eyecare		
Antonito	Guadalupe Health Center, VWHS	5	2
	Conejos Hospital Medical Clinics	3	2
Center	Cesar E. Chavez Family Medical Center VWHS	8	2
Creede	Rio Grande Hospital Clinics	3	2
La Jara	Conejos Hospital Medical Clinics	8	5
Del Norte	Rio Grande Hospital Clinics	8	7
Monte Vista	Monte Vista Family Practice (Mark Pinkerton, MD)	4	1
	Rio Grande Medical Center, VWHS	5	2
South Fork	Rio Grande Hospital Clinics	4	1
Moffat	Moffat Family Health Center, VWHS	3	1
Saguache	Saguache County Clinic	2	2
San Luis	San Luis Health Center, VWHS	<u>5</u>	<u>2</u>
	<b>Total of reported numbers</b>	<b>274</b>	<b>73</b>

**Table U-1 (Continued)**

<b>Dental Services</b>			<b>Eye Care</b>	
<u>Location</u>	<u>Population 2006 est.</u>	<u>per1000</u>	<u>Number</u>	<u>per1000</u>
Alamosa County	15,225	9	0.59	6
Rio Grande County	12,006	5	0.42	4
Conejos County	8,406	2	0.23	*
Costilla County	3,378	1	0.3	*
Saguache County	<u>7,006</u>	<u>1</u>	<u>0.14</u>	<u>*</u>
<b>Total</b>	<b>46,021</b>	<b>18</b>	<b>0.39</b>	<b>10</b>

<b>Pharmacies</b>	
<u>Location</u>	<u>Name</u>
Alamosa	Alamosa Pharmacy
	City Market Food and Pharmacy
	Safeway Food and Drug
	San Luis Valley Pharmacy
	Valley Wide Health Systems, Inc. Pharmacy
	Walgreen Drug Store
	Wal-Mart Supercenter
Antonito	People's Drug Store
La Jara	La Jara Healthmart Pharmacy, Inc.
Monte Vista	Jack's Market
Del Norte	Adams Drug, Inc.

<b>Chiropractic, Massage, and Acupuncture</b>			
<u>County</u>	<u>Population 2006 est.</u>	<u>Number</u>	<u>Per 1000 pop</u>
Alamosa	15,225	11	0.72
Rio Grande	12,006	6	0.50
Conejos	8,406	1	0.11
Saguache	<u>7,006</u>	<u>4</u>	<u>0.57</u>
<b>Total</b>	<b>42,643</b>	<b>22</b>	<b>0.52</b>

**Table U-1 (Continued)**

<b>Additional Medical Services</b>		
<u>Location</u>	<u>Type</u>	<u>Name</u>
Alamosa	Audiology	Mountain Care Hearing Center San Luis Valley Medical Clinics
Alamosa	Foot Care	Alamosa Foot Clinic San Luis Valley Foot and Ankle Clinic
Alamosa	Physical/ Occupational/ Speech	SLVRMC Regional Occupational Medical Prog. Alamosa Rehabilitation & Physical Therapy At Home Health Care Division of Vocational Rehabilitation Riverworks Rehabilitation and Wellness Ctr SLV Regional Medical Center PRO Clinic

<b>San Luis Valley Board of Cooperative Services</b>		
Del Norte		Peak Therapy Rio Grande Hospital
Monte Vista		Rio Grande Rehabilitation & Physical Therapy VWHS Better Health and Rehabilitation Services
La Jara		Conejos County Hospital
San Luis		San Luis Rehabilitation & Physical Therapy VWHS
Alamosa	Alcohol/Drug Addiction	Crossroads managed Care Systems, Inc. SLV Comprehensive Mental Health Center (they provide services in outlying counties)

<b>Health Equipment</b>	
<u>Location</u>	<u>Name</u>
Alamosa	Accu-Hearing Aid Center, LLC Airgas Allcare, Inc. Apria Health Care Equipment Library Lincare, Inc. Mountain Air Oxygen Services, Inc. Roth Medical
Monte Vista	Respiratory Services, Inc.
La Jara	La Jara Healthmart Pharmacy, Inc.

**Source:** *San Luis Valley Rural Health Network and Rocky Mountain Prevention Research Center, January 2007.*

**Table U-2**  
**Ambulance Services**

<b>Provider</b>	<b>Area Served</b>	<b>Square Miles</b>	<b>Number of Units</b>
Alamosa County Ambulance Emergency Services	Alamosa, Hooper, Mosca, and rural areas	723	3
Conejos County Ambulance	Antonito, La Jara, Manassa, Romeo, Sanford, and rural areas	1,287	3
Costilla County Ambulance	Blanca/Ft. Garland, and rural areas	524	1
San Luis Mobile	San Luis, San Acacio, Chama, Jaroso, Mesita, and rural areas	703	1
Mineral County Ambulance Service	Creede and rural Mineral County (excl. area from South Fork to Wolf Creek Pass)	437	2
Monte Vista Ambulance Service	Monte Vista and surrounding area approx. 8 miles north, 6 miles east, 2 miles south, and 5 miles west	303	3
Del Norte Ambulance	Del Norte and surrounding area west to Embargo Creek and east 5 miles.	233	3
South Fork Ambulance Service	South Fork, Wolf Creek Pass, La Garita Park, Elwood Pass	816	2
Center Ambulance Service	Center and surrounding area approx. 8 miles west, 6 miles south, and 10 miles North	386	2
Baca Grande Property Owners Assn. Ambulance	Baca Subdivision, Crestone, and Moffat	834	2
Saguache County Ambulance	Saguache and surrounding area incl. Bonanza, Villa Grove, Poncha Pass, Cochetopa Pass, and south 14 miles	1,500	2
Eagle Air Med	All three area hospitals. Helicopter service flies patients to Denver		
St. Anthony's Center, Denver (Flight for Life)	San Luis Valley Regional Medical Center. Emergency Helicopter Service to St. Anthony's.		

**Source:** Information compiled from *San Luis Valley Yellow Pages 2001 - 2002 Directory* and local organizational contacts by San Luis Valley GIS/GPS Authority and SLV Development Resources Group staff, March 2002. Air services added 2007.

**Table U-3**

**Nursing Homes, Home Health Care, and Adult Day Care Services, 2007**

<b>Location</b>	<b>Name</b>	<b>Total Staff</b>	<b>Units</b>
<b>Alamosa</b>	The Bridge	23	85
	Evvergreen Nursing Home	80	60
	San Luis Care Center	80	74
	Alamosa County Nursing Service*	90	
	At Home Health Care	35	
<b>La Jara</b>	Conejos County Long Term Care Center	26	31
	Conejos County Nursing Services	77	
	Casa de Oro* (adult day care for all counties)	8	
<b>San Luis</b>	Costilla County Health Center*	13	
	Amistad of San Luis	4	
<b>Creede</b>	Mineral County Nursing Service		
<b>Monte Vista</b>	Colorado State Veterans Center Nursing Home	73	60
	Colorado State Veterans Center Domiciliary Unit	5	46
	Mountain Meadows Nursing Home	70	60
	The Legacy Assisted Living Center	17	36
	Juniper Village	75	60
	Rio Grande County Nursing Service		
<b>Del Norte</b>	Casa Illuminaria	40	40
<b>Saguache</b>	Saguache County Nursing Service		
<b><i>Total of above reporting entities</i></b>		<b>716</b>	<b>552</b>

**Source:** San Luis Valley Rural Health Network, and Rocky Mountain Prevention Research Center, January 2007.  
\*2002 data



**Table U-4**  
**Child Day Care Services, 2007**

<u>Location</u>	<u>Name/Organization</u>
<b>Alamosa</b>	Ginger Bread House Jardin De Los Ninos (Children's Garden) Wee Care Center Alamosa Head Start
<b>La Jara</b>	Conejos County Little Treasures Noah's Ark Children's Center
<b>Blanca</b>	Tiny Hands
<b>Creede</b>	Creede Child Care Center
<b>Monte Vista</b>	AAA Romp and Play ABC Day by Day Wee Blossom St. Peter's Lutheran School
<b>Del Norte</b>	Nino's
<b>San Luis</b>	Head Start Program

**Source:** Rocky Mountain Prevention Research Center, and San Luis Valley Rural Health Network, January 2007.

**Table U-5**

**Summary Birth Statistics, 2006**

	Alamosa	Conejos	Costilla	Mineral	Rio Grande	Saguache	Colorado
Fertility rate	67.3	65.1	63.9	23.8	78.7	84.7	69.6
Teen Fertility	53.9	22.3	*	0	38.5	37.3	23.7
Percent pre-term <37 weeks	7.0	9.3	22.5	*	10.1	11.3	9.6
Percent births with inadequate prenatal care	24.7	26.2	27.5	*	29.2	29.2	14.6
Percent births to women with education <12 yrs	23	12.9	33.3	0	26.9	35.3	21.4
Percent cesarean births	25.1	25.2	17.5	*	19.1	28.3	25.3
Percent births to unmarried women	38.3	32.7	35.0	*	35.6	31.1	27.6

**Source:** Colorado Department of Public Health and Environment, CoHID database. Compiled by the Rocky Mountain Prevention Research Center and Colorado Prevention Partners, 2007.

**Table U-6**

**Leading Causes of Death, 2006**

Deaths and Age-adjusted rates with 95% confidence limits for leading causes of death 2006. Cause of death is ranked by county.

	Alamosa rank/rate	Conejos rank/rate	Costilla rank/rate	Mineral rank/rate	Rio Grande rank/rate	Saguache rank/rate	Colorado rank/rate
Heart Disease	1 (195.6)	1 (153.1)	2 (124.8)	*	1 (246.7)	2 (84.9)	2 (157.8)
Malignant Neoplasms	2 (128.3)	2 (119.4)	1 (276.3)	*	2 (207.1)	1 (162.8)	1 (158.8)
Chronic Lower respiratory diseases	3 (75.0)	3 (80.9)	3 (86.3)	*	4 (76.0)	*	3 (50.4)
Influenza and Pneumonia	4 (30.9)	*	*	*	6 (54.9)	*	9 (16.2)
Unintentional Injuries	5 (26.5)	5 (58.8)	4 (61.6)	*	3 (93.7)	3 (58.5)	4 (42.0)
Cerebrovascular diseases	6 (25.2)	*	*	*	5 (54.9)	*	5 (40.5)
Suicide	7 (20.9)		*	*	9 (33.9)	*	7 (14.9)
Diabetes	*	4 (73.9)	*	*	7 (44.6)	*	8 (17.0)
Nephritis, nephritic syndrome	*	6 (42.1)	*	*		*	10 (12.3)
Septicemia	*	7 (31.3)	*	*	10 (20.5)	*	
Alzheimers	*	*	*	*	8 (33.8)	*	6 (29.7)

**Source:** Colorado Department of Public Health and Environment, CoHID database. Compiled by The Rocky Mountain Prevention Research Center and Colorado Prevention Partners, 2007.

**Table U-7**

**Persons Not Covered by Health Insurance, 2005**

<b>County</b>	<b>Percent Not Covered</b>
Alamosa	23.1%
Conejos	26.9%
Costilla	29.1%
Mineral	13.1%
Rio Grande	25.3%
Saguache	27.1%
Colorado State	15.1%

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**Source:** SAHIE (Small Area Health Insurance Estimate) July 21, 2005.  
Compiled by San Luis Valley Rural Health Network, 2007.

**Table U-8**  
**Mental Health Services**

<u>Location</u>	<u>Name</u>	<u>Staff</u>	<u>Units</u>
Alamosa	San Luis Valley Comprehensive Community Mental Health Center* (The Mental Health Center has outreach offices in San Luis, Antonito, Center, and Monte Vista)	125	
	Willow House *	7	12
	San Juan House Counseling Center	7	
	San Luis Valley Counseling Clinic	3	
	San Luis Valley Family & Addiction Counseling	5	
Monte Vista	Rio Grande Counseling Center	1	

**Source:** Information compiled from San Luis Valley Yellow Pages 2007-08 Directory and local organizational contacts by Rocky Mountain Prevention Research Center and Colorado Prevention Partners, January 2008.