

U. HEALTH SERVICES

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

Table U-1 lists three hospitals and 83 beds, considered an adequate number for the Valley. The SLV Health's Regional Medical Center in Alamosa is the largest and has access to the most up-to-date diagnostic services. The combination of all its services, functions, and management responsibilities for related health care activities may advance SLV Health 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. Conejos County Hospital south of La Jara is operated by SLV Health, and shares a critical access status.

While the Valley is fortunate to have three 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 transported to Denver, Albuquerque, and other larger cities by ambulance or aircraft.

The table shows 19 clinics in various locations throughout the region. Valley Wide Health Services (VWHS), a federally qualified health clinic, and the San Luis Valley Comprehensive Mental Health Center have regional coverage. Combined employment for the hospital and clinics is 1,038.

Of the 18 dental service providers listed, ten are located in Alamosa, four in Rio Grande, and the four remaining are located in Conejos, Costilla, and Saguache. Eye care services are available only in Alamosa and Rio Grande, and of the ten pharmacies listed, seven 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 (two); foot care (two); physical, occupational, and speech therapy (six); and alcohol and drug addiction (three). A total of ten health equipment providers are also listed, eight 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 Health 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 2013, there were 23 ambulance units covering 7,178 square miles, or one ambulance per 299 square miles. The small number of units and large number of square miles to cover to reach one of the three hospitals is a primary concern. Three air ambulance services provide emergency flights out of the Valley.

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

Table U-3 includes a listing of 15 entities providing services ranging from full-service nursing homes to county health nurses. All told, nursing homes and assisted-living homes have 456 units.

5. Child Daycare Services (Table U-4)

Daycare provided by 35 facilities in the Valley is also supplemented by Head Start programs in other locations. Some of the need in the Valley may also be addressed by grandparents as caregivers, which is common in the Valley (see Table B-12).

6. Birth Statistics (Table U-5)

Table U-5 shows higher fertility rates across all of the San Luis Valley's counties, compared with the state's 62.6-percent rate. Teen fertility was dramatically higher in Alamosa (39.1/1,000) Conejos (36.7/1,000) and Saguache (38.7/1,000), compared with 14.7 per 1,000 teens 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 but Conejos (19 percent), ranging from 28.1 percent in Costilla to a high of 35.9 percent in Alamosa. Statewide the figure was 24 percent.

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. Heart disease and malignant neoplasms, respectively, rank as the leading or second-leading cause of death in all valley counties. While rates are not reported in all counties, diabetes is fourth in Alamosa, and sixth in Rio Grande, compared with a ranking of No. 8 in the rest of Colorado. From the scant data available, we see that suicide is the No. 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 2010 to the state's 17.7 percent. All valley counties were higher, ranging from 19.8 percent in Rio Grande to 34 percent in Saguache.

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 services.

Table U-1

Hospitals, Clinics and Other Healthcare Services and Providers, 2013

Hospitals¹	Location	Affiliation	Licensed beds	Staff
San Luis Valley Health Regional Medical Center	Alamosa	San Luis Valley Health	49	512
Rio Grande Hospital	Del Norte	Rio Grande Hospital	17	90
Conejos County Hospital	La Jara	San Luis Valley Health	17	87

Medical Clinics	Location	Affiliation	Providers	Staff
RMC Clinic - Allergy, Audiology, Cardiology, ENT, Gener Surgery, Pediatrics, Women's	Alamosa	San Luis Valley Health	35 ²	140 ²
San Luis Valley Health Stuart Ave. Clinic - Acupuncture, Behaviorial Health, Chiropractic, Diabetes Foundation, Family Practice, Internal Medicince, Occupational Medicine, Orthopedics, Physical Medicine.	Alamosa	San Luis Valley Health	35 ²	140 ²
Alamosa Family Medical Center	Alamosa	Valley-Wide Health Systems		
Sierra Blanca Medical Center	Alamosa	Valley-Wide Health Systems		
Convenient Care Community Clinic	Alamosa	Valley-Wide Health Systems		
VA Outpatient Clinic	Alamosa	VA Eastern Colorado Health Care Systems		
Guadalupe Health Center	Antonito	Valley-Wide Health Systems		
Antonito Clinic - Family practice	Antonito	San Luis Valley Health	2	19 ³
Cesar E. Chavez Family Medical Center	Center	Valley-Wide Health Systems		
Creede Family Practice	Creede	Rio Grande Hospital	1	3
Rio Grande Hospital Clinic	Del Norte	Rio Grande Hospital	8	7
La Jara Clinic	La Jara	San Luis Valley Health	6	19 ³
Moffat Family Health Center	Moffat	Valley-Wide Health Systems		
Monte Vista Medical Clinic	Monte Vista	Rio Grande Hospital	2	3
Monte Vista Medical Clinic - Family practice, chiropractic	Monte Vista	San Luis Valley Health	2	6
Edward M. Kennedy Health Clinic	Monte Vista	Valley-Wide Health Systems		
Saguache Clinic - Family practice	Saguache	Salida Family Medicine		
San Luis Health Center	San Luis	Valley-Wide Health Systems		
South Fork Clinic	South Fork	Rio Grande Hospital	1	2

¹State licensed and Medicate certified.

²Combined providers and staff of SLV Health RMC and Stuart Ave. clinics.

³Combined staff of SLV Health La Jara and Antonito clinics.

Dental Clinics	Location	Affiliation
Avalon Wellness Center	Alamosa	Independent
Eva S. Mejia	Alamosa	Independent
Alamosa Dental Clinic	Alamosa	Valley-Wide Health Care Systems
Cottonwood Dental Center	Alamosa	Independent
Steve Schiffer	Alamosa	Independent
Erekson Dental	Alamosa	Independent
Welch Dental	Alamosa	Independent
Thomas W. Hebda	Alamosa	Independent
Avant Orthodontics	Alamosa	Independent
Richard Williams	Alamosa	Independent
Center Dental Clinic	Center	Valley-Wide Health Care Systems
John Percival	Crestone	Independent
La Jara Dental Clinic	La Jara	Valley-Wide Health Care Systems
Christensen Dental	Manassa	Independent
Craig Combes	Monte Vista	Independent
Brian Roberts	Monte Vista	Independent
Richard Santi	Monte Vista	Independent
Edward M. Kennedy Dental Clinic	Monte Vista	Valley-Wide Health Care Systems
Ernesto Pacheco Dental Clinic	San Luis	Valley-Wide Health Care Systems

Eye Care Clinics	Location	Affiliation
ABBA Eye Care	Alamosa	ABBA Eye Care
John Alfson	Alamosa	Independent
Rocky Mountain Eye Center	Alamosa	Rocky Mountain Eye Center
Walmart Vision Center	Alamosa	Walmart
David N. Hinckley	Monte Vista	Independent
Monte Vista Eye Care Center	Monte Vista	Independent

Pharmacies	Location	Affiliation
Alamosa Pharmacy	Alamosa	Health Mart
City Market	Alamosa	City Market
Safeway	Alamosa	Safeway
San Luis Valley Pharmacy	Alamosa	Independent
Valley-Wide Health Systems	Alamosa	Valley-Wide Health Systems
Walgreens	Alamosa	Walgreens
Walmart	Alamosa	Walmart
Rio Grande Pharmacy	Del Norte	Independent
La Jara Pharmaceutical	La Jara	Health Mart
Jack's Market	Monte Vista	Jack's Market

Specialty Medical Services	Location	Affiliation
Audiology Mountain Care Hearing Center San Luis Valley Health RMC Clinic	Alamosa Alamosa	Independent San Luis Valley Health
Foot Care Alamosa Foot Clinic San Luis Valley Foot & Ankle Clinic	Alamosa Alamosa	Independent Independent
Physical/Occupational/ Speech Therapy Alamosa Rehabilitation & Physical Therapy At Home Health Care Rio Grande Hospital Riverworks Rehabilitation & Wellness Center San Luis Valley Health RMC Clinic Valley-Wide Health Services	Alamosa Alamosa Del Norte Alamosa Alamosa, La Jara, Monte Vista Alamosa, Monte Vista, San Luis	Independent Life Care Center Rio Grande Hospital Independent San Luis Valley Health Valley-Wide Health Services

Residential Care Facilities	Location	Type	# beds	Affiliation
Bara House	Alamosa	Developmentally Disabled	5	Blue Peaks Developmental Services
Haaff House	Alamosa	Developmentally Disabled	5	Blue Peaks Developmental Services
Maez House	Alamosa	Developmentally Disabled	5	Blue Peaks Developmental Services
Powell House	Alamosa	Developmentally Disabled	7	Blue Peaks Developmental Services
Spencer House	Alamosa	Developmentally Disabled	8	Blue Peaks Developmental Services
Steele House	Alamosa	Developmentally Disabled	5	Blue Peaks Developmental Services
Stephens House II	Alamosa	Developmentally Disabled	7	Blue Peaks Developmental Services
Gonzales House	Monte Vista	Developmentally Disabled	4	Blue Peaks Developmental Services
Price House	Monte Vista	Developmentally Disabled	4	Blue Peaks Developmental Services

End Stage Renal Disease Facilities	Location	Stations	Affiliation
Alamosa Dialysis	Alamosa	12	DaVita Inc.

Hospice	Location	Service Area	Medicare Certified
Hospice del Valle	Alamosa	San Luis Valley	Yes

Sources: San Luis Valley Health; Web site of Valley-Wide Health Systems, Rio Grande Hospital and other providers; Colorado Dept. of Regulatory Agencies; Colorado Dept. of Public Health and Environment.

Table U-2
San Luis Valley Ambulance Services, 2013

Provider	Area Served	Square Miles	Number of Units
Alamosa County Ambulance Emergency Services	Alamosa, Hooper, Mosca, and rural areas	743	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	1,230	1
Mineral County Ambulance Service	Creede and rural Mineral County (excl. area from South Fork to Wolf Creek Pass)	720	2
Monte Vista Ambulance Service	Monte Vista and surrounding area approx. 8 miles north, 6 miles east, 2 miles south, and 5 miles west	220	3
Del Norte Ambulance	Del Norte and surrounding area west to Embargo Creek and east 5 miles.	250	3
South Fork Ambulance Service	South Fork, Wolf Creek Pass, La Garita Park, Elwood Pass	400	2
Center Ambulance Service	Center and surrounding area approx. 8 miles west, 6 miles south, and 10 miles North	400	2
Baca Grande Property Owners Assn. Ambulance	Baca Subdivision, Crestone, and Moffat	528	2
Saguache County Ambulance	Saguache and surrounding area incl. Bonanza, Villa Grove, Poncha Pass, Cochetopa Pass, and south 14 miles	1,400	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.		
TriState CareFlight, Taos, New Mexico	EMS helicopter, air medical support service, and fixed wing air ambulance service		

Source: Information provided by San Luis Valley Regional EMS/Trauma Advisory Council.

Table U-3
San Luis Valley Care Facilities/Programs, 2013

Name	Location	Beds/Units	Occupied beds as of March 2013	Medicare/Medicaid Certified	Comments
Nursing Homes					
Evergreen Nursing Home	Alamosa	85	41	Yes	
San Luis Care Center	Alamosa	70	60	Yes	
Rio Grande Inn	La Jara	60	49	Yes	
Colorado State Veterans Center	Monte Vista	60	57	Yes	
Juniper Village	Monte Vista	60	47	Yes	
Home Care Agencies					
Alamosa County Public Health Dept.	Alamosa			Yes	Medical & Non-Medical Svcs
At Home Healthcare	Alamosa			Yes	Medical Svcs
Blue Peaks Developmental Services	Alamosa			No	Non-Medical Svcs
Ravenswood	Alamosa			Medicaid	Non-Medical Svcs
Conejos County Nursing Service	La Jara			Medicaid	Non-Medical Svcs
Costilla County Public Health Agency	San Luis			Medicaid	Non-Medical Svcs
Saguache County Public Health	Saguache			Medicaid	Non-Medical Svcs
Adult Day Programs					
Amistad of San Luis	San Luis			Medicaid	
Assisted Living Residences					
The Bridge at Alamosa	Alamosa	85		No	
The Legacy at Monte Vista	Monte Vista	36		Medicaid	

Source: Colorado Department of Public Health and Environment, Health Facility Demographic Information.
<http://www.colorado.gov/cs/Satellite/CDPHE-CHEIS/CBON/1251593016880>

**Table U-4
Child Day Care Services, 2013**

Location	Name/Organization	Type of Care
Alamosa	RMSEER Head Start - Boyd	Preschool
	PALS (Positive Activities Lead to Success)	School Age
	Boys & Girls Club of the San Luis Valley	School Age
	Kids Corner Day Care	Family Child
	Shellie Griego-Romero	Family Child
	Sunshine Christian School	Preschool
	Janet's Nut House	Family Child
	1st United Methodist Wee Care	Child Care
	Gingerbread House	Child Care
	Cynthia Goldsworthy	Family Child
	Trinity Lutheran School	Preschool
	Children's Garden Early Learning Center	Child Care
	Alamosa Migrant & Seasonal Head Start	Child Care
	Cindy Khoketkham	Family Child
Louise's Day Care	Family Child	
Antonito	Darlene's Day Care	Family Child
Blanca	Tiny Hands	Child Care
Center	Center Head Start	Preschool
	Center Migrant & Seasonal Head Start	Child Care
	Haskin Elementary Preschool	Child Care
Conejos	RMSEER Head Start	Preschool
Creede	Creede Early Learning Center	Preschool
Crestone	Rahula Community Preschool	Child Care
Del Norte	Little Angels	Family Child
	Toy Box Day Care	Family Child
	Del Norte Head Start	Preschool
Fort Garland	RMSEER Head Start	Preschool
La Jara	Little Treasures	Child Care
	Kami Crowther	Family Child
Monte Vista	Little Blessings Day Care	Family Child
	ABC Day Care	Family Child
	Day by Day Day Care	Family Child
	Wee Blossom Day Care	Family Child
	Adriana Aranda	Family Child
	Marie Villalba	Family Child
	Tiny Tots Childcare	Family Child
	Monte Vista Kids Connection	School Age
	Little Angels Daycare	Family Child
	Monte Vista Head Start	Preschool
	Connie Van Bibber	Family Child
	Tykes n Tots	Family Child
	Rhonda Pacheco	Family Child
	Marsh Preschool	Preschool
Kidz Korner	Family Child	
Moffat	Moffat Child Care/Preschool	Preschool
Mosca	Sange de Cristo Preschool	Preschool
Saguache	Little Learners Child Care	Child Care
	Mountain Valley School Dist. Preschool	Preschool
San Luis	RMSEER Head Start	Preschool
	Centennial Early Learning Center	Child Care
Sanford	RMSEER Head Start	Preschool
	Sanford Preschool	Preschool
Sargent	Sargent Early Learning	Child Care

Source: Early Childhood Council of the San Luis Valley

**Table U-5
Summary Birth Statistics, 2011**

	Alamosa	Conejos	Costilla	Mineral	Rio Grande	Saguache	Colorado
Number of Live Births	206	116	32	6	130	79	65,052
Fertility rate	65.1	83.7	63.5	77.4	63.9	81.9	62.6
Teen fertility rate	39.1	36.7	*	0.0	17.9	38.7	14
Percent pre-term less than 37 weeks	10.7	6.9	15.6	0.0	6.2	8.9	8.9
Percent births with inadequate prenatal care	20.3	27.4	29.5	*	23.5	27.8	21.8
Percent births to women with education less than 12 yrs.	15.4	13.2	19.4	0.0	19.2	26	16.4
Percent cesarean births	22.8	13.8	28.1	*	23.8	26.6	25.3
Percent births to unmarried women	35.9	19	28.1	*	29.2	31.6	24

* indicates one or two events in the category.

Teen fertility rates are total live births to teens ages 15-17 per 1,000 female population ages 15-17.

Source: Colorado Department of Public Health and Environment, Health Statistics Section; *Summary Birth Statistics 2007-2011* and *Vital Statistics Summary*.

http://www.chd.dphe.state.co.us/tipics.aspx?q=mortality_data

**Table U-6
Leading Causes of Death, 2011**

	Alamosa 115		Conejos 81		Costilla 39		Mineral 3		Rio Grande 125		Saguache 33		Colorado 32,566	
	Rank	%	Rank	%	Rank	%	Rank	%	Rank	%	Rank	%	Rank	%
Total deaths														
Heart Disease	2	20	1	32.1	1	20.5	*	*	1	26.4	2	21.2	2	19.1
Malignant Neoplasms	1	20.9	2	13.6	2	17.9	*	*	2	21.6	1	30.3	1	21.6
Chronic Lower respiratory diseases	3	8.7	4	9.9	*	*	*	0	5	4.8	*	*	4	6.6
Influenza and Pneumonia		0	*	*	*	*	*	0	6	2.4	*	*	9	1.9
Unintentional Injuries	6	3.5	3	11.1	3	12.8	*	0	3	10.4	*	*	3	7.1
Cerebrovascular diseases	5	4.3	6	3.7	*	*	*	*	4	7.2	*	*	5	4.9
Suicide	7	2.6	*	*	*	*	*	0	*	*	*	*	7	2.8
Diabetes	4	5.2	5	6.2	*	*	*	0	6	2.4	*	0	8	2.4
Nephritis, nephritic syndrome	7	2.6	6	3.7	*	*	*	0	*	*	*	*	10	1.4
Septicemia	*	*	*	*	*	0	*	0	6	2.4	*	0	11	1.3
Alzheimers	7	2.6	*	*	4	7.7	*	0	*	*	*	*	6	4

* indicates one or two events in the county.

Source: Colorado Department of Public Health and Environment, Health Statistics Section; Summary Birth Statistics 2007-2011 and Vital Statistics Summary.

http://www.chd.dphe.state.co.us/tipics.aspx?q=mortality_data

Table U-7

Persons Uninsured by Health Insurance, 2010

County	Number uninsured	Percent uninsured
Alamosa	2,664	20.4%
Conejos	1,542	22.1%
Costilla	800	29.2%
Mineral	128	22.9%
Rio Grande	1,978	19.8%
Saguache	1,765	34.0%
Colorado State	777,411	17.7%

Source: U.S. Census Bureau, Small Area Health Insurance Estimate, State and County Demographic and Income Characteristics 2010.

<http://www.census.gov/did/www/sahie/index.html>

Table U-8
San Luis Valley Mental Health
Services, 2013

Name	Location
Ascension Counseling & Transformations	Alamosa
E. Susan Young Consulting & Counseling	Alamosa
Elinor Bethke, RNMS, CNS	Alamosa
Julie Kove, LPC	Alamosa
Barbara Kreiner, MA	Alamosa
Maria J. Thompson, M.Ed, LPC	Monte Vista
San Juan House Counseling Center	Alamosa
San Luis Valley Health	Almosa
San Luis Valley Comprehensive Mental Health Center	Alamosa
San Luis Valley Family & Addiction Counseling	Alamosa

Sources: Dex Directory, counseling service search engines, and service Web sites.