
U. HEALTH SERVICES

1. Hospitals and Clinics (Table U-1)

Table U-1 lists 3 hospitals and 152 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.

Rio Grande Hospital in Del Norte is in the process of developing a new facility 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 and the San Luis Valley PC are 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.

While the Valley is fortunate to have 3 hospitals, most 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 19 clinics in various locations throughout the region. Valley Wide HS and the SLV Comprehensive Mental Health Center have regional coverage.

2. Physicians (Table U-1)

Nearly half of the 69 physicians shown in the table are in the Alamosa area. 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.

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.

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

Nursing homes include San Luis Care Center and Evergreen Nursing Home in Alamosa; Conejos County Long Term Care Center in La Jara; and Mountain Meadows and the State Veterans Center in Monte Vista.

Assisted living centers include San Luis Assisted Living Center in Alamosa; The Legacy in Monte Vista; and the San Juan Care Center in Del Norte. Casa de Oro, Red Willow, and Amistad are adult care facilities. Home health care services are available in Alamosa, La Jara, San Luis, Creede, Monte Vista, and Saguache.

5. Child Daycare Services (Table U-4)

Daycare provided by 16 facilities in the Valley is also supplemented by Head Start programs in various locations. At present, we believe these are meeting the regional need. Some of the need may also be addressed by grandparents as caregivers which is more common in the Valley (see Table B-12).

6. Health Status Indicators (Table U-5, U-6)

The Colorado Department of Public Health and Environment annually ranks Colorado counties on major health indicators. Highlights from the 2000 listing are as follows, some of which are quite unexpected and shocking:

- Statewide, Alamosa ranks number 1 in infant mortality and injury by firearm, and number 2 in suicides.
- Conejos ranks number 1 in diabetes.
- Costilla ranks number 2 in the overall age adjusted death rate.
- Mineral ranks very low in almost all categories.
- Rio Grande ranks number 1 in cerebrovascular disease.
- Saguache ranks number 1 in unintentional injuries and motor vehicle accidents.

Table U-6 shows that compared with Colorado, the Valley ranks very high on age adjusted death rates for cardiovascular disease and motor vehicle accidents, and is slightly higher on suicides. Lung cancer deaths are similar to Colorado. A smoking ordinance in the City of Alamosa passed by a two-thirds margin. Alamosa County is

exploring interest in a countywide ordinance, but this does not seem to be a visible concern in other parts of the Valley.

Marriage rates in the Valley declined from 10.3 persons per 1,000 in 1980 to 8.0 in 1999, compared with 12.0 to 8.6 for the State.

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

Table U-7 shows a conservative estimate of 10,036 persons (21.7% of the Valley's population), without health insurance coverage. These estimates were arrived at by multiplying the U.S. average percentage for the uninsured by the total number of residents in each county. Nationwide, 11.0% of all white non-Hispanic people do not have health insurance. That number jumps to 33.4% for Hispanic Origin persons. Lower income also correlates with no insurance coverage, and the Valley's lower incomes would suggest a much higher number than our estimate.

8. Physician Rates and Medicare Enrollment (Table U-8)

Physician rate comparisons in Table U-8 show a higher rate than the State for Alamosa, and lower rates in the five other counties. Medicare enrollments in the Valley are running at 14.5% of the population, compared with 10.5% for Colorado.

Table U-1**Hospitals, Clinics, and Resident Health Practitioners, 2002****Hospitals**

Location	Name/Organization	Total staff	Beds
Alamosa	SLV Regional Medical Center	300	85
La Jara	Conejos County Hospital	145	52
Del Norte	Rio Grande Hospital	75	15

Clinics

Location	Name/Organization	Total staff	Physicians
Alamosa	SLV Medical Clinics, PC	100	22
	Valley Wide Health Services (VWHS)	113	12
	* Alamosa Family Medical Center		
	* Sierra Blanca Medical Center		
	Women's Resource Center		
	SLV Comprehensive Mental Health Center (including branch offices in Antonito, Blanca/ Fort Garland, Center, Creede, Del Norte, La Jara, Saguache, and San Luis).	132	
Antonito	SLV Medical Clinics, PC	3	2
	Guadalupe Health Center (VWHS)	5	3
La Jara	Conejos Medical Clinic		6
	SLV Medical Clinics, PC	9	2
	San Luis Health Center (VWHS)	8	2
Del Norte	Los Pinos Health Center (VWHS)	7	1
	Rio Grande Hospital Clinic		5
Monte Vista	SLV Medical Clinics, PC	7	2
	Rio Grande Medical Center (VWHS)	10	2
	Monte Vista Family Practice	7	2
South Fork	Durmon Family Medical	3	1
Center	Cesar E. Chavez Family Medical Center (VWHS)	10	3
Moffat	Moffat Family Health Center (VWHS)	4	2
Saguache	Saguache Clinic		2

Table U-1 (Continued)

Resident Physicians, Dentists, Chiropractors by County

County	Population 2000 Census	Physicians/Surgeons		Dentists		Chiropractors	
		Number	per 1,000 pop	Number	per 1,000 pop	Number	per 1,000 pop
Alamosa	14,966	18	1.20	11	0.73	3	0.20
Conejos	8,400	8	0.95	2	0.24		
Costilla	3,663	1	0.27	1	0.27		
Mineral	831	1	1.20				
Rio Grande	12,413	8	0.64	6	0.48	2	0.16
Saguache	<u>5,917</u>	<u>4</u>	<u>0.68</u>	<u>1</u>	<u>0.17</u>	<u>2</u>	<u>0.34</u>
San Luis Valley Colorado	46,190 4,301,261	40	0.87	21	0.45	7	0.15

Other Selected Health Services

Location	Name/Organization	Total Staff
Alamosa	All Care, Home Oxygen Services	
	Apria Healthcare	
	Lincare, Inc.	
	Mountain Air Oxygen	
	Roth Medical, Inc.	
	Sangre de Cristo Rehab Center	
	Valley Therapy Services	
	Blue Peaks Developmental Services	
	Migrant Health Program	
	Crossroads managed Care Systems	
New Valley Athletics		
Blanca/Ft. Garland	Blanca/Ft. Garland Community Center	
Monte Vista	Mountain Air Oxygen	
	Respiratory Services, Inc.	
	Better Health and Rehabilitation Services	

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.

Table U-2**Ambulance Services, 2002**

Provider	Area Served	Square Miles	Number of Units
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

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.

Table U-3**Nursing Homes, Home Health Care, and Adult Day Care Services, 2002**

Location	Name/Organization	Total Staff	Units
Alamosa	San Luis Care Center and Assisted Living Center	80	74
	Evergreen Nursing Home	80	60
	Alamosa County Nursing Services	90	
	At Home Health Care	20	
	Casa de Oro adult day Care (Alamosa and La Jara)	8	
	Red Willow	7	12
La Jara	Conejos County Long Term Care Center	26	31
	Conejos County Nursing Services	77	
San Luis	Costilla County Health Center	13	
	Amistad of San Luis	4	
Creede	Mineral County Nursing Service		
Monte Vista	Mountain Meadows Nursing Home	70	60
	Colorado State Veterans Center	75	60
	Rio Grande County Nursing Service		
	The Legacy Assisted Living Center		
Del Norte	San Juan Care Center	50	37
Saguache	Saguache County Nursing Service		

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.

Table U-4

Child Day Care Services, 2002

Location	Name/Organization	Total Staff	Capacity
Alamosa	Coyote Kids Ginger Bread House Jardin de Los Ninos Tumbleweed Wee Care Center		
La Jara	Conejos County Little Treasures Noah's Ark Children's Center		
Blanca	Tiny Hands		
Creede	Creede Child Care Center		
Monte Vista	AAA Romp and Play ABC Day by Day Tiny Tots Wee Blossom St. Peter's Lutheran School		
Del Norte	Noah's Ark		

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.

Table U-5

Health Status Indicators - Rank in State, 2000

Rank in Colorado - 63 Counties						
	Alamosa	Conejos	Costilla	Mineral	Rio Grande	Saguache
Birth Rate (x1,000 pop)	12	6	29	63	17	13
Teen fertility (x1,000 women 10-17)	8	12	25	56	13	3
Births to unmarried women (%)	16	23	13	63	15	24
Infant Mortality (x1,000 pop)	1	25	26	42	54	56
Crude death rate (x100,000 pop)	32	23	10	33	16	35
Age adjusted death rate (x100,000 pop)	4	15	2	25	17	21
Heart disease	7	12	26	62	25	53
Malignant neoplasms	39	49	36	61	28	42
Cerebrovascular disease	12	42	46	55	1	13
Chronic lower respiratory	27	40	46	56	5	13
Injury by firearm	1	29	30	47	55	57
Unintentional Injuries	8	13	3	60	45	1
Motor vehicle accidents	28	7	45	56	21	1
Suicide	2	36	37	53	6	58
Homicide/legal intervention	12	19	20	42	54	56
Diabetes	5	1	33	49	15	57

Rate							
	Alamosa	Conejos	Costilla	Mineral	Rio Grande	Saguache	Colorado
Birth Rate (x1,000 pop)	16.8	16.6	11.1	9.6	13.5	13.4	14.6
Teen fertility (x1,000 women 10-17)	15.2	9.3	*	*	4.7	13.8	11.7
Births to unmarried women (%)	27.0	27.9	36.6	37.5	25.4	31.3	25.2
Infant Mortality (x1,000 pop)	*	*	*	*	*	*	6.6
Crude death rate (x100,000 pop)	691.3	1,065.7	1,140.1	722.0	889.8	789.9	643.4
Age adjusted death rate (x100,000 pop)	837.6	973.3	1,007.8	790.7	766.5	916.6	808.6
Heart disease	229.5	288.2	192.8	*	220.6	254.3	204.3
Malignant neoplasms	138.7	167.2	193.1	*	179.8	224.4	173.6
Cerebrovascular disease	56.5	42.3	87.4	*	68.7	297.5	56.9
Chronic lower respiratory	56.0	53.8	*	*	61.9	91.4	55.9
Injury by firearm	25.2	*	*	*	*	*	11.5
Unintentional Injuries	74.6	60.0	80.5	*	27.2	125.3	39.5
Motor vehicle accidents	*	36.2	*	*	*	86.4	15.9
Suicide	26.8	*	*	*	*	*	15.3
Homicide/legal intervention	*	*	*	*	*	*	4.4
Diabetes	28.8	48.9	*	*	20.3	*	17.8

Source: Colorado Department of Public Health and Environment, *Colorado Vital Statistics, 2000*, Table S6, August 2002.

Five-year average data are used to provide more reliable information for counties with small numbers of annual events. Population figures presented are for 2000. Age-adjusted death rates are adjusted to the 2000 U.S. population using the direct method applied to 10-year age groups. Infant deaths are deaths in the first year of life. Neonatal deaths are deaths occurring prior to the 28th day of life. Data were ranked to one decimal with ties broken alphabetically using the name of the county. * Indicates fewer than three average annual events in the category.

Table U-6

Other Selected Health and Related Indicators, 2000

		Alamosa	Conejos	Costilla	Mineral	Rio Grande	Saguache	San Luis Valley	Colorado
Age adjusted death rates (x 100,000 pop)									
Cardiovascular disease		286.0	359.7	311.3	*	295.8	297.5	305.8	268.0
Lung Cancer		*	49.1	*	*	55.4	*	40.6	40.9
Female breast cancer		*	*	*	*	*	*	21.5	23.3
Motor vehicle accidents		*	36.2	*	*	*	86.4	29.7	16.7
Suicide		26.8	*	*	*	*	*	16.2	14.2
Homicide		*	*	*	*	*	*	*	3.5
Work-related injuries		*	*	*	*	*	*	*	2.3
Pneumonia/influenza		22.4	*	*	*	20.4	*		18.4
Chronic liver disease/cirrosis		*	*	*	*	*	*		10.5
Reported induced terminations of pregnancy (1999)		14	3	3	*	5	4	29	4,246
Marriages and marriage rates									
Number -	1980	202	13	21	20	120	20	396	37,917
	1989	148	32	0	8	71	21	280	31,934
	1999	163	46	15	17	106	31	378	35,670
Rate (x 1,000 pop) -	1980	16.9	1.7	6.7	23	11.3	5	10.3	12
	1989	10.8	4.2	0	12.2	6.4	4.5	6.8	9.7
	1999	10	5.7	4.3	23.8	8.6	5	8	8.6

Source: Colorado Department of Public Health and Environment, *Colorado Vital Statistics, 2000*, Table S6, S7, D48, August 2002. Lung cancer deaths are a subset of malignant neoplasms. Motor vehicle accidents are a subset of unintentional injuries. Rates based on a few events should be viewed with caution.

* Indicates fewer than three annual average events in the category.

Table U-7

Conservative Estimates of Persons Not Covered by Health Insurance (Based on U.S. rates), 1999

	SLV Total population	White non-Hispanic	Not covered		Hispanic	Not covered		Other persons	Not covered		SLV total not covered	% total pop
			U.S. %	SLV estimate		U.S. %	SLV estimate		U.S. %	SLV estimate		
Alamosa	14,966	8,089	11.0	890	6,197	33.4	2,070	680	20.9	142	3,102	20.7
Conejos	8,400	3,298	"	363	4,949	"	1,653	153	"	32	2,048	24.4
Costilla	3,663	1,033	"	114	2,476	"	827	154	"	32	973	26.6
Mineral	831	793	"	87	17	"	6	21	"	4	97	11.7
Rio Grande	12,413	7,022	"	774	5,172	"	1,727	219	"	46	2,547	20.5
Saguache	5,917	3,053	"	336	2,678	"	894	186	"	39	1,269	21.4
San Luis Valley	46,190	23,288	"	2,564	21,489	"	7,177	1,413	"	295	10,036	21.7

Source: Population data: U.S. Census Bureau, 2000 Decennial Census.

Percent not covered: U.S. Census Bureau, *Current Population Survey, March 2002*, Health Insurance Coverage - 1999 - Table A.

Table U-8

Physician Rates and Medicare Enrollment, 1999

	Physicians, ¹⁾ 1999		Medicare enrollment, ³⁾ 1999	
	Number	Rate ²⁾	Total ⁴⁾	Aged
Alamosa	40	2.7	1,690	1,370
Conejos	5	0.6	1,389	1,159
Costilla	1	0.3	784	592
Mineral	-	-	115	0
Rio Grande	12	1.0	1,958	1,677
Saguache	<u>2</u>	<u>0.3</u>	<u>750</u>	<u>637</u>
San Luis Valley	60	1.3	6,686	5,435
Colorado	9,914	2.3	458,380	394,517

Source: **Physicians** - American Medical Association, *Physician Characteristics and Distribution in the U.S.* Reprinted in the U.S. Census Bureau publication - *County and City Data Book: 2000, 13th Edition*, Table B-4.

1) Active, nofederal physicians as of December 31.

2) Per 100,000 resident population as of July 1.

Medicine - U.S. Health Care Financing Administration, *Medicare County Enrollment as of July 1, 1999.* Also reported in *County and City Data Book: 2000, 13th Edition.*

3) Unduplicated count of persons enrolled in either hospital and/or supplemental medical insurance as of July 1.

4) Includes disabled.