

Health & Well-Being

KEY PERFORMANCE MEASURES

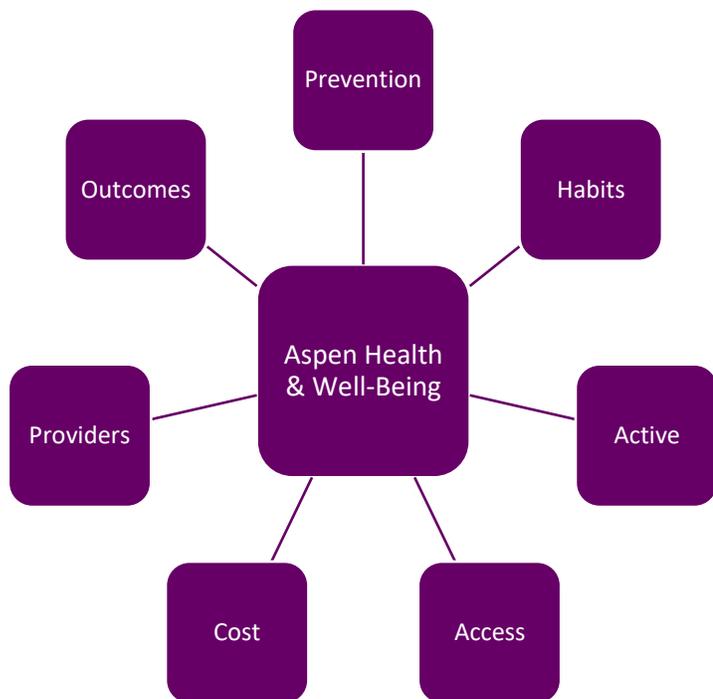
- Relative household health care cost burden
- Availability of providers within 20 and 45 miles of Aspen
- Leading health indicators
- Prevalence and risk of health conditions
- Percent of residents indicating household is able to meet health care needs

Desired Outcome: The balance of mind, body and spirit is exemplified in Aspen. Aspen residents are active, have healthy life habits and excellent health outcomes. They have close by access to medical, dental and mental health services. Prices for care are reasonable in comparison with other locations. A variety of providers focused on well-being and prevention, as well as care, are available. Quality of life is high.

A healthy community begins with a healthy citizenry. While varied definitions exist, one similar tenet persists: health and well-being include a person's holistic palette of health.

Health and well-being refers to the physical, emotional, psychological, and spiritual aspects of individual and community wellness. Like these pieces combine to display a whole view of health, so do the factors that contribute to it.

This includes a variety of facilities, practitioners, organizations, social and support groups, parks, trails, open spaces, and culture. These pieces coalesce to support a robust and informal infrastructure for a healthy community.



A community's health and wellness can directly impact the social sustainability of a place. For example:

- A robust natural environment paired with alternative wellness-related facilities provides the means for a more active and healthy population
- A strong medical health infrastructure may support more positive health outcomes, leading to and including lower disease rates
- A larger market and variety of health practitioners may encourage lower costs and less financial burden on households and better quality of life

The health and well-being system of a place is self-reinforcing. A population immersed in health and activity creates demand for relevant and related practices surrounding basic healthcare, nutrition,

therapy and healing arts, and more. An adequate supply of wellness-centered businesses, organizations, and social groups insists on a culture of prevention, treatment, and healthy lifestyle practices.

Health and Well-Being in Aspen

Aspen's treasured natural environment serves as a gateway to a healthy living culture. This culture enhances the health and well-being of the area. The geographic location is primed for easy access to outdoor recreation, from winter sports like skiing and snow shoeing to summer activities like biking, climbing, and hiking. The community thrives as a place for wellness.

The Aspen Area Community Plan, a community visioning and guidance document, promotes health and well-being as a community value, see more in sidebar.¹

Accessibility: Availability & Cost

Health and well-being access can be limited by availability and cost. Aspen's natural landscape offers many active recreation opportunities that are free to access. Though less accessible from a cost perspective, well-being opportunities are available, including physicians, physical therapists, fitness and recreation centers, and yoga studios, among others.

Provider accessibility is also a common issue outside of metropolitan areas. Whether citizens can access quality care within reasonable distance is an important factor in a community's and individual's health. Further, those providers' willingness to accept public insurance programs is yet another constraint to maintaining a healthy community.

Individuals and Community

A complete approach to community health and well-being examines individual health in tandem. Measures tracking both provide insight into these levels of wellness.

The key performance measures that offer an indication of the Aspen community's health and well-being include:

- *Relative household health care cost burden*
- *Availability of providers within 20 and 45 miles of Aspen*
- *Leading health indicators*
- *Prevalence and risk of health conditions*
- *Percent of residents indicating their household is able to provide for its health care needs*

Aligning Community Vision

As part of the visioning process for the community, the Aspen Area Community Plan crafted statements around a citizen's quality of life: the Lifelong Aspenite.

The plan highlights this vision for the Lifelong Aspenite: "We will strengthen the quality of life and well-being for all people in our community by providing or promoting opportunities in housing, jobs and access to services, such as education, public safety and health through all phases of life."

Specific to health and well-being, the plan states that "we must encourage the highest level of personal health for everyone in our community through programs that encourage healthy lifestyles, reduce risks and create access to quality health care regardless of age, income or ability. Local and regional public health agencies, local boards of health, providers and non-profits must work together to ensure community-wide access to a comprehensive set of health services."

¹ City of Aspen. "Aspen Area Community" City of Aspen. Aspen Area Community Plan. 27 Feb 2012. Web. 2017. http://www.apcha.org/FINAL_AACP_2272012_reduced.pdf.

The metrics listed above are presented in the respective “Sustainability Measures” section of this report.

Current & Proposed Actions

Below is a summary of programs, initiatives, and recommendations that support Health & Well-Being outcomes and associated key performance measures. Note the web links highlighted for each organization for more detailed information.

The [Pitkin County Human Services Department \(HHS\)](#) works to ensure that people thrive within the vibrant, safe and healthy community that is Pitkin County. HHS works in conjunction with and support of many other groups and organizations, including:

Current Actions

- The [Valley Health Alliance \(VHA\)](#) is a not-for-profit organization composed of the five largest self-funded employers in the Roaring Fork Valley focused on improving access to quality care, population health management and reduce waste in the healthcare system. VHA publishes the VHA Scorecard which provides health plan data of its members.
- The [Aspen Valley Hospital](#) is a twenty-five-bed community hospital in Aspen that aims to deliver extraordinary healthcare in an environment of excellence, compassion, and trust.
- [Community Health Services, Inc. \(CHS\)](#) is a private non-profit organization that contracts with the Colorado Department of Public Health and Environment, Pitkin County and the City of Aspen to provide public health services to the residents, employees and visitors to Pitkin County and the Roaring Fork Valley.
- [Lead with Love: Project Wellbeing](#) is an initiative to connect community and build wellbeing in Aspen and beyond. Project Wellbeing uses data to measure wellness in the community and prioritize efforts accordingly. Project Wellbeing sponsors several workplace wellness programs.
 - The City of Aspen [Desk Relief Yoga](#) is an on-site yoga wellness program available internally to City employees.
- Several employers offer annual wellness fairs where employees and their dependents can receive free screenings, shots, blood tests, skin checks, and more.
- The City of Aspen offers a [wellness program](#) internally to City employees to gain a better understanding of their personal wellness and advice on how to achieve their optimum health.
- Programs in place to support mental health include:
 - [Aspen Hope Center](#)
 - [Mind Springs Health Center](#)