Tri-County Health Network initiated a survey in San Miguel County to:

- Identify the current health care issues and needs in the community
- Understand the differences across communities in Ouray, San Miguel, and the Westend of Montrose
- Develop a plan that targets resources and funding for the identified community needs

**San Miguel County** is designated as a medically underserved area and a health professional shortage area.

- **18.5%** Uninsured rate
- **7.3%** Of the people live below the poverty level
- **4.2** Is the average number of days experienced by adults when their mental health was not good
- **4.3%** Of the population speaks Spanish at home and speaks English less than very well
- **8.6%** Of the community are Hispanic or Latino
- **46%** Of women received adequate prenatal care
- **27.6%** Of women went for dental care during pregnancy

**2014 Survey Results**

While many in the survey indicated having insurance, the major factor for not having insurance was the cost.

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*This is Colorado Health Indicators data from Region 10 which includes San Miguel, Ouray, Montrose, Delta, Gunnison and Hinsdale.*
### 2014 Survey Results

## Key Findings in San Miguel County

### Individual Challenges
- Access to specialists
- Access to adult dental care
- Access to mental health services including those for stress and depression

### Community Challenges
- Access to specialists
- Access to substance abuse and mental health services
- Access to home health / end of life services
- Transportation

### Community’s Greatest Behavioral Health Related Need
- Substance use including alcohol
- Access to mental health services
- Access to services to address stress and anxiety

### Barriers to Care
- No resources to pay for the service
- Transportation / Health services too far away
- There is a fear of confidentiality not being maintained

### What Is Needed to Improve Health in the Community
- Recreation facilities
- Access to specialists
- Wellness services

### My Vision for a Healthy Community

“My vision for a healthy community includes more substance abuse services.”

### Next Steps

TCHNetwork is interested in establishing local work groups to develop a roadmap working towards identifying resources and funding for the needs identified above. These work groups will work collaboratively to develop a roadmap focused on identifying community solutions within the next six months. If you are interested in getting involved in this process, please contact Lynn Borup at info@tchnetwork.org

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Tri-County Health Network is a nonprofit entity committed to improving the quality and coordination of health and healthcare services by increasing healthcare access and integrative health services at lower costs.