

MAPPING a Healthier Fremont County Coalition Community Assessment 2012

Our Vision:

*A Fremont County that unites and connects
individuals, resources, and education to improve
the health of every resident.*



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MAPPING a Healthier Fremont County Coalition 2012

Why do a Community Health Assessment in Fremont County?

After Fremont County earned the distinction of being the state's least healthy in a University of Wisconsin study two years in a row, Fremont County Public Health decided to undertake a community health assessment involving all communities in Fremont County. It was critical that the assessment involve the entire county and have community participation to be meaningful in improving the health and quality of life for Fremont County residents.

A multi-disciplinary team was formed with representatives from all communities in Fremont County including the Wind River Indian Reservation. In April of 2011, Mapping a Healthier Fremont County Coalition was formed. The group chose to use the Mobilizing for Action through Planning and Partnerships (MAPP) framework for completing this assessment.

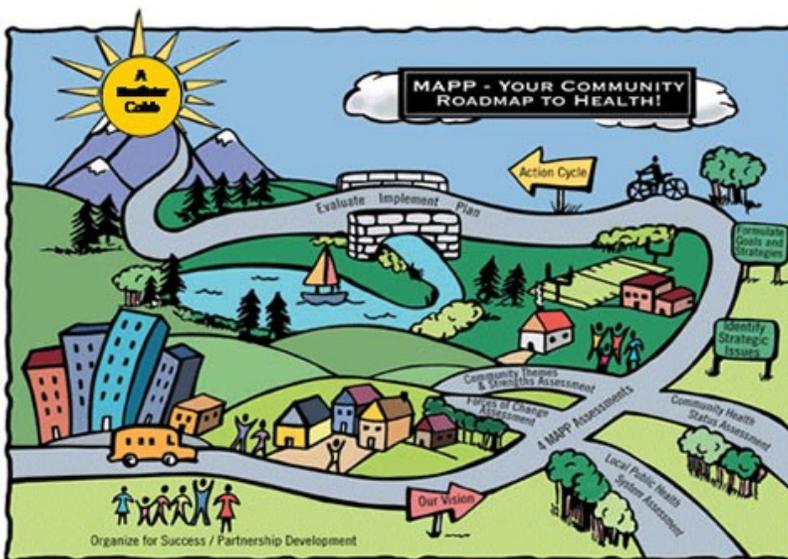
What is MAPP?

Mobilizing for Action through Planning and Partnerships (MAPP) is a community-driven strategic planning process for improving community health. Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems.



Mapping a Healthier Fremont County Coalition Members:

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Community Health Status Assessment

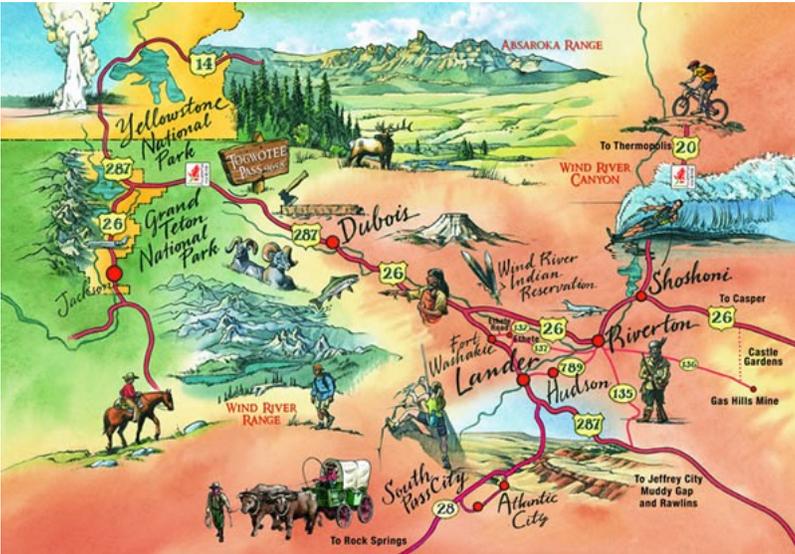


The CHSA answers the questions, "How healthy are our residents?" and "What does the health status of our community look like?" The results of the CHSA provide the MAPP Committee with an understanding of the community's health status and ensure that the community's priorities include specific health status issues.

Special Thanks to the Community Health Status Work Group for gathering this data: Jamie Cardine RN, Linette Johnson RN, Kelly Conroy RN, Amy McClure, Matt Nonjen, Glen Revere, Lillian Zuniga, Brittany Wardle, Glen Revere, Laura Toppenberg, Raphaella Stump, and Fremont County Coroners Office.

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Demographic Profile of Fremont County

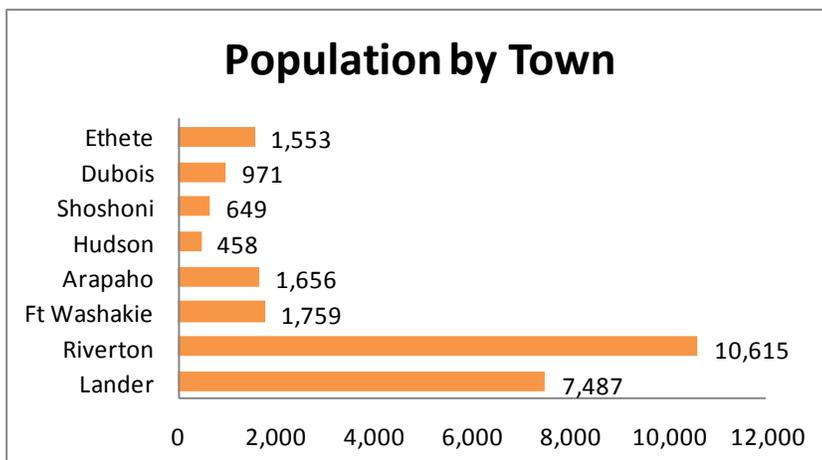


Fremont County, the second largest county in Wyoming, is comprised of two cities, four incorporated towns, eight census designated places and the Wind River Reservation with a combined population of 40,123 as of the 2010 Census. Towns include Lander, Riverton, Hudson, Shoshoni, Dubois, Jeffrey City, Pavillion, Kinnear, Atlantic City, Ft Washakie, Ethete, Crowheart, Arapaho, and St Stephens.



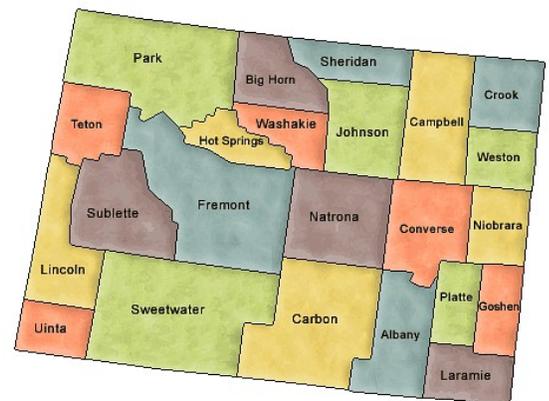
Population Trends				
	2010	2000	Percent Change	Pop. Density
Fremont County	40,123	35,804	12.10%	4.4
Wyoming	563,626	493,782	14.10%	5.8

Source: US Census Fact Finder 2010



Source: US Census Fact Finder 2010

Fremont is a very large county with a total area of 9,266 square miles, roughly the size of Vermont. The vast area and small population density presents many challenges for Fremont County.



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Demographic Profile of Fremont County

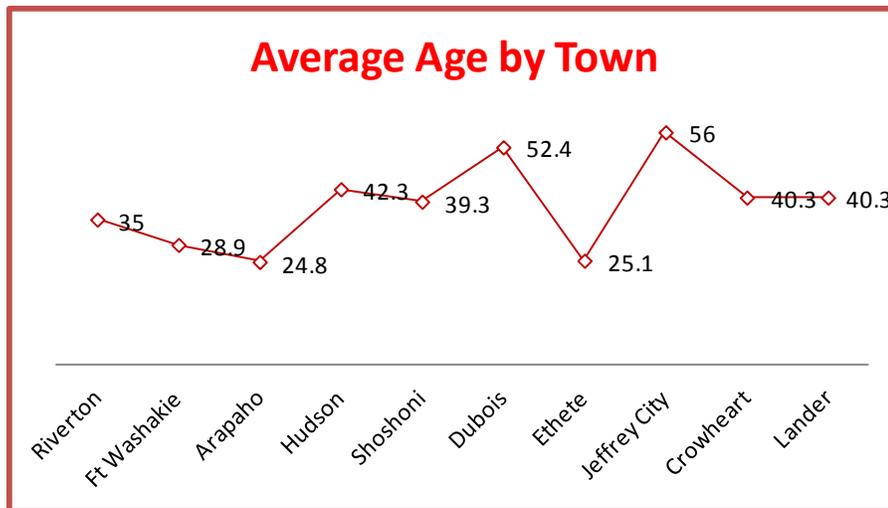
Age Distribution

Fremont County

Wyoming

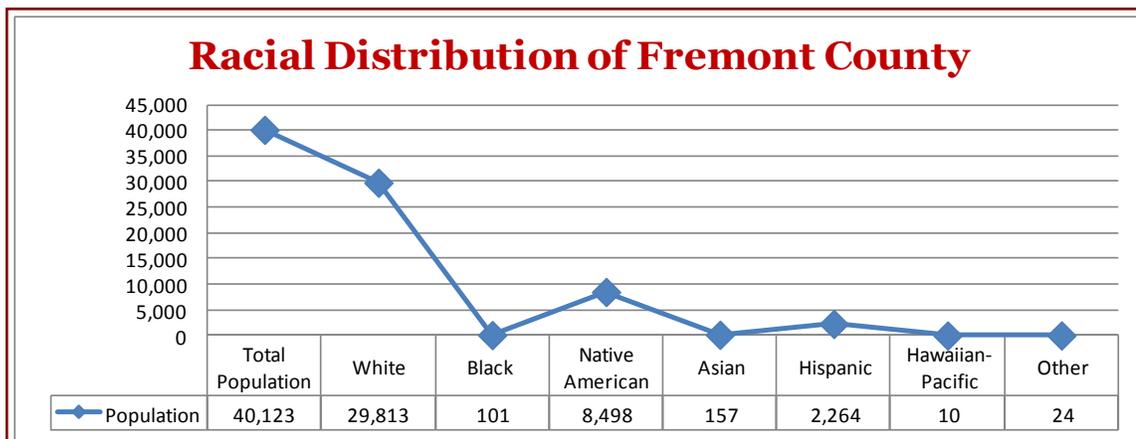
Age Group	Male	Percent	Female	Percent	Total	Male	Percent	Female	Percent	Total	
<1	348	53%	313	47%	661	3,986	51%	3,800	49%	7,786	
1 to 14	4,059	51%	3,887	49%	7,946	54,405	55%	51,180	52%	98,205	
15 to 24	2,392	47%	2,731	53%	5,123	40,941	52%	37,519	48%	78,460	
25 to 44	4,734	51%	4,605	49%	9,339	75,522	52%	69,093	48%	144,615	
45 to 64	5,557	49%	5,692	51%	11,249	79,969	51%	77,121	49%	157,090	
65 to 74	1,594	45%	1,659	47%	3,253	19,681	50%	19,887	50%	39,568	
75 and older	1,005	41%	1,450	59%	2,455	12,933	42%	17,589	58%	30,522	
Total	19,689	49%	20,337	50%	40,296	287,437	51%	276,189	49%	563,626	
Median Age						39					

US Census Bureau Fact Finder 2010



Disparities in age distribution throughout county, highlights the importance of targeting services based on individual community needs. Average age on Wind River Reservations places most residents in childbearing years which requires more services for pregnant women and young children.

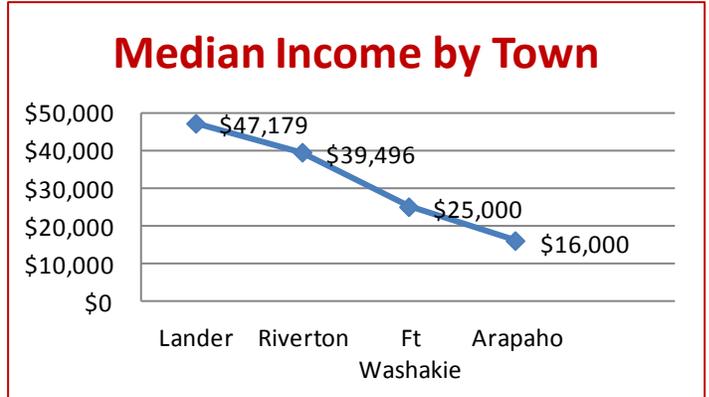
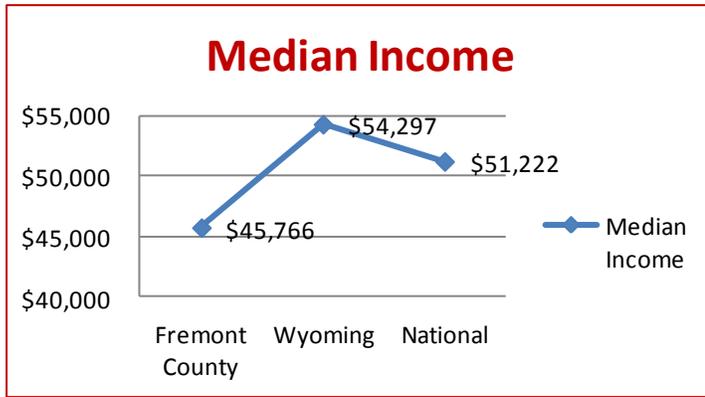
US Census Bureau Fact Finder 2010, WINDS III Report



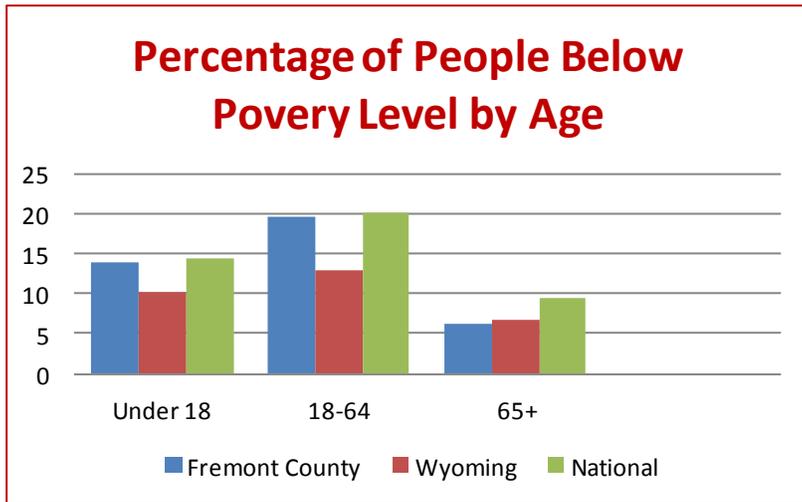
US Census Bureau Fact Finder 2010

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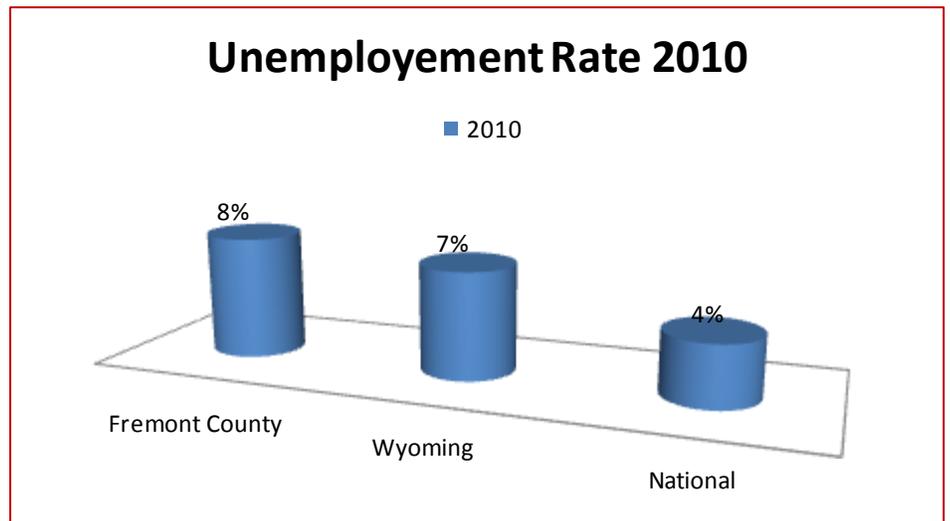
Socioeconomic Profile



Source: U.S. Census Bureau, 2006-2008 & 2008-2010 American Community Surveys, WINDS III Report



Source: US Census Bureau, 2006-2008 & 2008-2010 American Community Surveys



Source: US Bureau of Labor Statistics

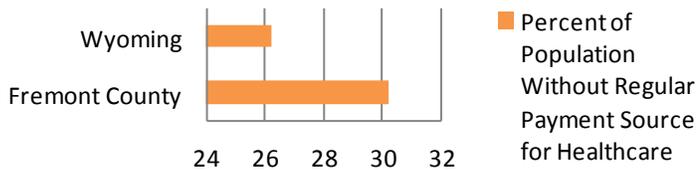
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Health Resources in Fremont County

Healthcare Providers	Number of Providers	Rate for Total Population	
Dental Health	18	40/100,000	14 of 18 dentists in Fremont County
Physicians	50	124/100,000	Fremont County is the 4th best in

Source: Office of Rural Health, 2011

Percent of Population Without Regular Payment Source for Healthcare



Source: BRFSS, 2010

Indian Health Services Wind River Service Unit

Eligible population is comprised of 10,964 Native American people. IHS has two outpatient clinics, one located in Arapahoe and one located in Ft. Washakie.

Staff includes family physicians, pediatricians, physician assistant, family nurse practitioners, psychologists, dentists, dietician, public health nurses and optometrists. Specialty clinics are also held ranging from orthopedic, podiatry, nephrology, obstetrics, audiology, women's health and cardiopulmonary services.

Source: indianhealthservices.gov

Fremont Community Health Center

Re-opened in 2012. This is a community health center serving all residents on a sliding fee scale based on federal poverty guidelines. Services provided include: Primary Care, Dental, Well Woman Exams, Well Child Checks and Mental Health Services.



Hospitals in Fremont County

	Number of Beds	Occupancy Rate
Lander Regional Hospital	89	28%
Riverton Memorial Hospital	70	19%

Indian Health Services Fort Washakie Clinic

Fremont County Public Health has:

12 FTE/ 40,123= .0003

or 3/10,000 people

Total Operating Budget:

\$782,335/40,123= \$19.50 per person



Public Health
Prevent. Promote. Protect.

Wyoming Healthcare Facilities Directory. Retrieved August 22, 2011

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Quality of Life Indicators

Quality of Life (QOL) is a construct that "connotes an overall sense of well-being when applied to an individual" and a "supportive environment when applied to a community" (Moriarty, 1996). While some dimensions of QOL can be quantified using indicators research has shown to be related to determinants of health and community well-being, other valid dimensions of QOL include perceptions of community residents about aspects of their neighborhoods and communities that either enhance or diminish their quality of life.

Mapping a Healthier Fremont County Coalition had 1106 respondents to the Fremont County Community Health Survey conducted in 2011-2012:

Health Status:

17% rated their community as healthy or very healthy
83% in the range of somewhat unhealthy to very unhealthy.

Volunteer Time:

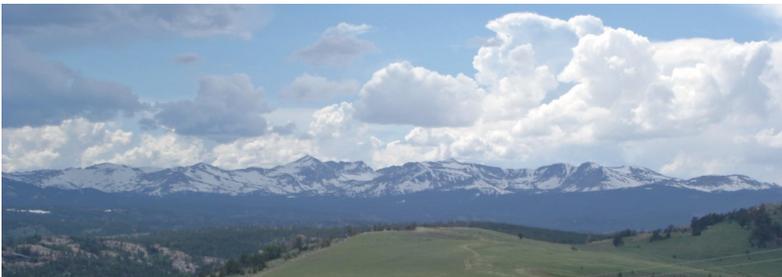
37% of the respondents spent no time doing community service
38% volunteered 1-5 hours/month
14% 6-10 hours/month



Opportunities for engagement in healthy activities through school and civic organizations vary across the county. Within the county are eight public school districts, a Bureau of Indian Affairs (BIA) school, Central Wyoming Community College and the Wyoming Catholic College.

Common civic organizations available in the cities include Kiwanis, Rotary, Shrine, Elks, Eagles and Masons.

Senior citizen centers, child development services, vocational rehabilitation services and small business development trainings are accessible throughout most of the county's cities and towns.



Year	Population of Voting Age	# of Registered Voters	% of Population Registered to Vote	Voter Turnout	% of Registered Voters	Turnout of Voting Age Population
2010 General	412,245	270,083	66%	190,822	91%	46.35%
2010 Primary	412,245	262,249	64%	134,710	51%	32.7%

The Parent Teacher Association (PTA), once an association common to most schools and noted as a quality of life indicator by percentage of parent involvement, has been replaced with activities unique to specific schools. Some examples of how K-12 school districts are reaching out to communities: FCSD #1 - employees have access to exercise equipment before and after work. They will be starting a program of providing a backpack full of food to send home with children who may not have food to eat for the weekend. There are Parents in Education (PIE) groups. FCSD #2 - Hosts Lights On (K-6) and Teen Recreation Afterschool Program (6-8). FCSD #21 - is implementing the Naperville Fitness Program with incentives for participation by staff, students and community members. FCSD #24 HS students are employed through workforce services to do community service. Regular parent and community meetings are held. The school district partners with the recreation department for community access to school facilities. The district's horticulture/floral program provide the town of Shoshoni with floral arrangements for special occasions.

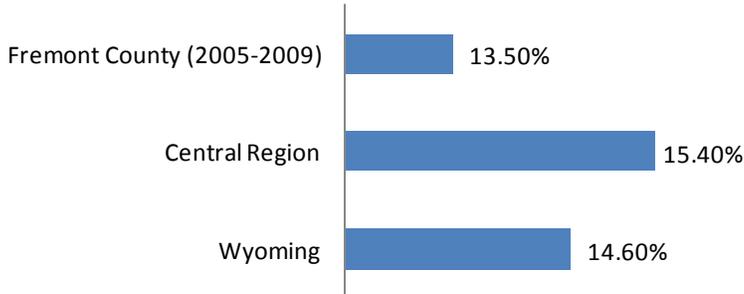


Lander Middle School

Risk Behaviors in Fremont County

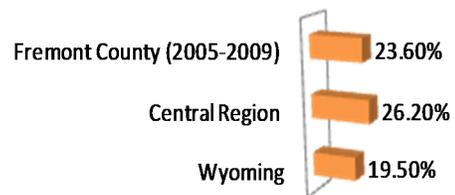


Binge Drinking



The BRFSS defines Binge Drinking as: Wyoming men reporting consuming 5 or more drinks or Wyoming women reporting consuming 4 or more drinks on an occasion at least once in the past 30 days. Denominator includes those reporting don't know to the number of days in the past 30 days they had at least one drink of an alcoholic beverage.

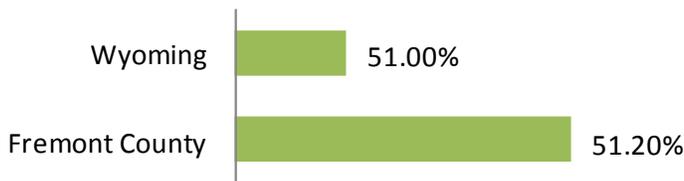
Tobacco Use



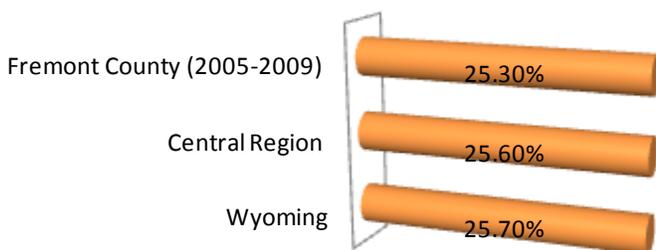
90% of Restaurants in Fremont County are Smoke Free

BRFSS defines smoking as: Wyoming adults reporting having smoked at least 100 cigarettes in their lifetime and are currently smoking everyday or some days.

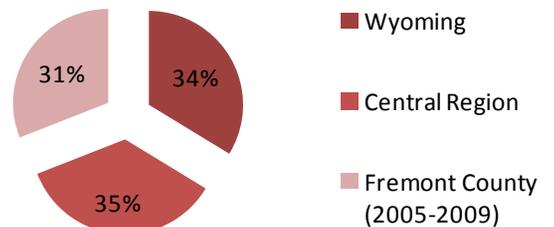
Reported Drinking in Last 30 Days



Obesity



Sedentary Lifestyle



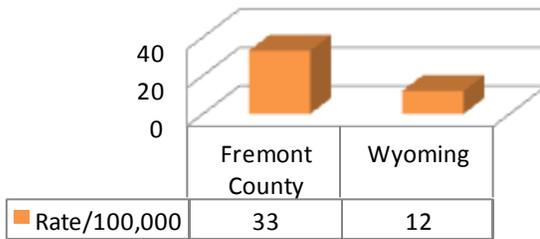
BRFSS defines Obesity as: Wyoming adults reporting body mass index (weight in kg/height in meters squared) ≥ 30.0

Fremont County Fun Run 2009



Social and Mental Health in Fremont County

Alcohol Related Motor Vehicle Fatalities 2005-2009



"In Fremont County, we must stop measuring distance in 6 packs." Ed McAuslan, Fremont County Coroner

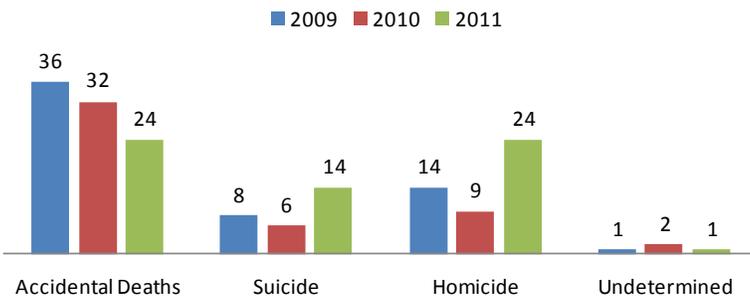
Data Source: FARS 2005—2009

Fremont County is the worst in the state for alcohol related motor vehicle fatalities. Between 2008 and 2011 there were 582 fatalities in Wyoming. Of those, 84 were from Fremont County. That means 14% of the states traffic fatalities occur in a county that accounts for 7% of the population. Of these roadway fatalities, over 50% were alcohol related.

Injury Prevention Resources

Changing the culture of alcohol abuse and misuse is one of the biggest challenges in Fremont County

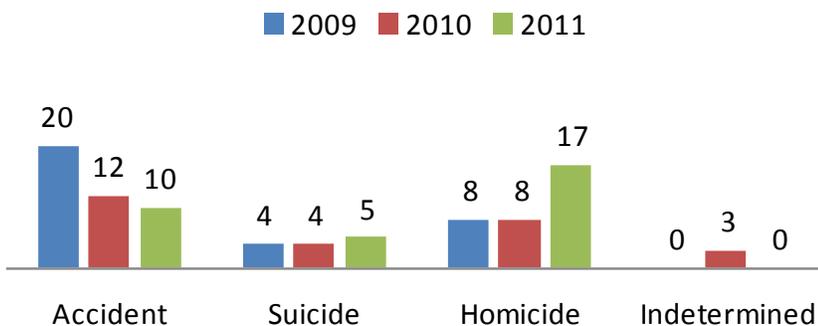
Suicides, Homicides, and Accidental Deaths in Fremont County



In 2011 Drugs and Alcohol were involved in 71% of Homicides, 35% of Suicides, and 41% of Accidental Deaths.



Drug and Alcohol Involvement in Suicides, Homicides, & Accidental Deaths



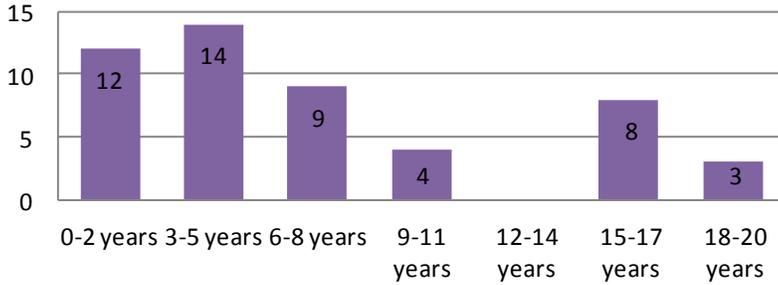
**County Attorney:
"Alcohol is county's
#1 abused drug
Responsible for 99% of
local crime."**

Source: County 10 News
<http://county10.com/2012/10/20/county-attorney-alcohol-is-countys-1-abused-drug-responsible-for-99-percent-of-local-crime/>

Source: Fremont County Coroner

Social and Mental Health in Fremont County

Substantiated Cases of Abuse and Neglect by Age 2010



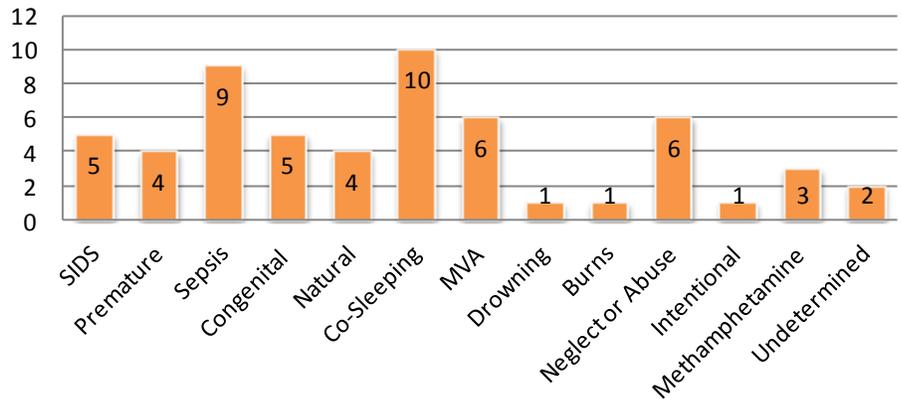
Wyoming Child Protection Unique Substantiated Victims by County and Age Group 2006-2010



The highest cause of Infant Death 0-2 can be attributed to unsafe sleep practices. These deaths involve infants sleeping on unsafe surfaces, stomach position, or with adults resulting in Overlay or Asphyxia. Many of these deaths also involve alcohol or drug abuse by caregivers.

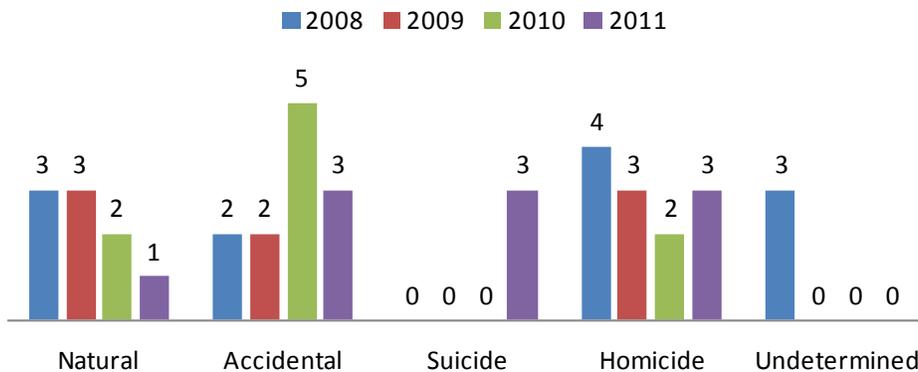
Fremont County Public Health and Child Fatality Review Team consider these deaths preventable. They have joined forces to combat these deaths with safe sleep education in prenatal classes, public service announcements, and free pack-n-plays for parents with no safe sleep surface for their child.

Infant Deaths 0-2 years 1999-2011



Fremont County Coroner, Infant Deaths 0-2 1999-2011

Child Fatalities 0-18 years 2008-2011



Fremont County Coroner, Child Fatality Deaths 13 year period

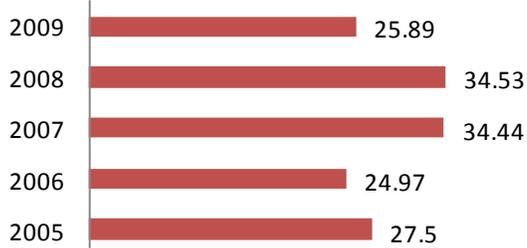
In 2011 there were 3 completed suicides in youth. These were the first youth suicides in 7 years



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Maternal Child Health in Fremont County

Adolescent Pregnancy Rate (ages 15-17)



Source: Vital Statistics, Wyoming Dept of Health

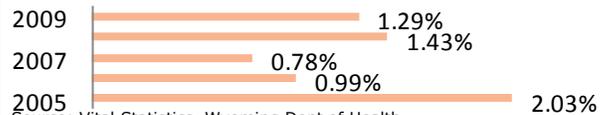
There has been a significant decrease in teen pregnancy rate from 34% in 2008 to 13% in 2010.



Fremont County has a low number of very low birth weight infants (less than 3.31 lbs), however many preterm infants are delivered in Level III nurseries in Colorado and Billings due to limited services available locally.

Very low birthweight (less than 1,500 grams) Fremont County 2005-2009

Very Low Birthweight (less than 1,500 grams)



Source: Vital Statistics, Wyoming Dept of Health

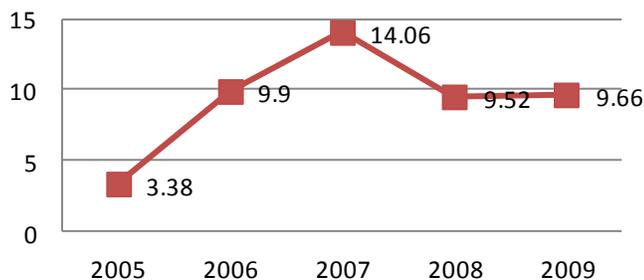
Entrance into prenatal care in 1st trimester Fremont County, 2005-2009



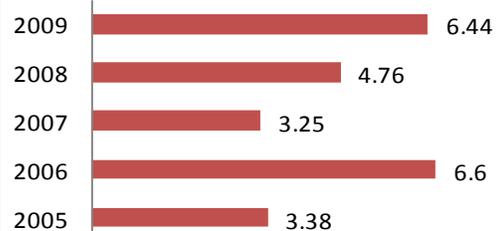
Source: Vital Statistics, Wyoming Dept of Health



Infant Mortality Rate

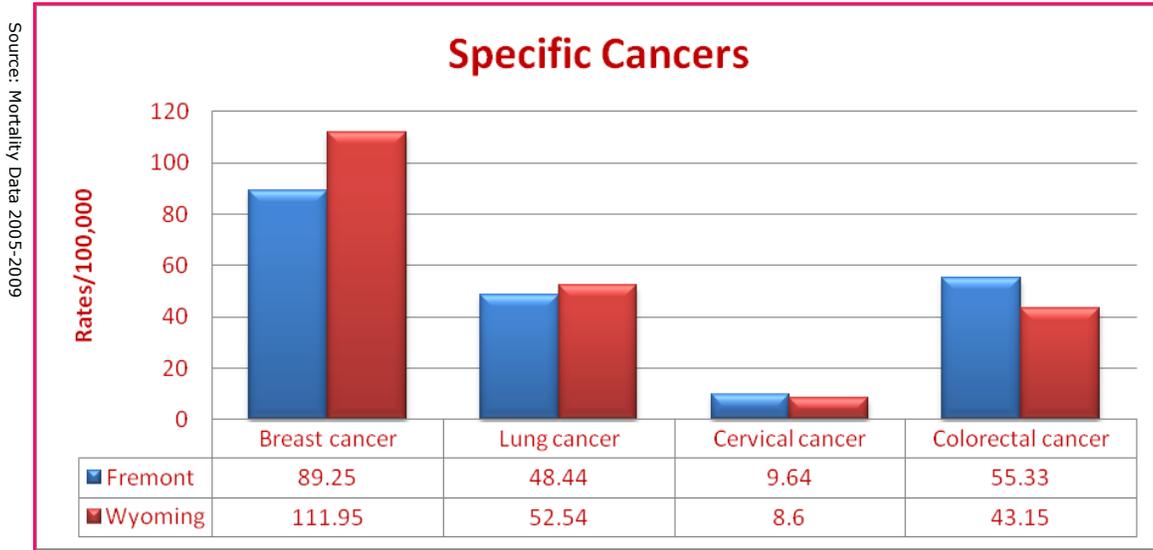


Neonatal mortality Fremont County, 2005-2009



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Cancer in Fremont County

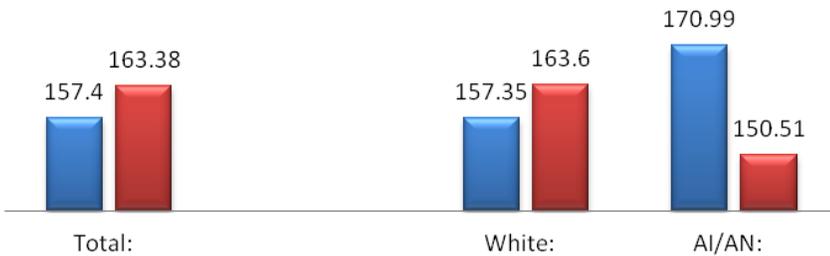


Fremont County has been very supportive of the Tough Enough to Help Cancer Fund. Community donations are used help friends and neighbors who are fighting this battle. The fund will help with household bills and travel expenses which can really increase when someone has been diagnosed with cancer. Tough Enough to wear pink night at the rodeo is a primary fundraiser for the group.



All Cancers: Age-Adjusted Rate/100,000

■ Fremont County ■ Wyoming



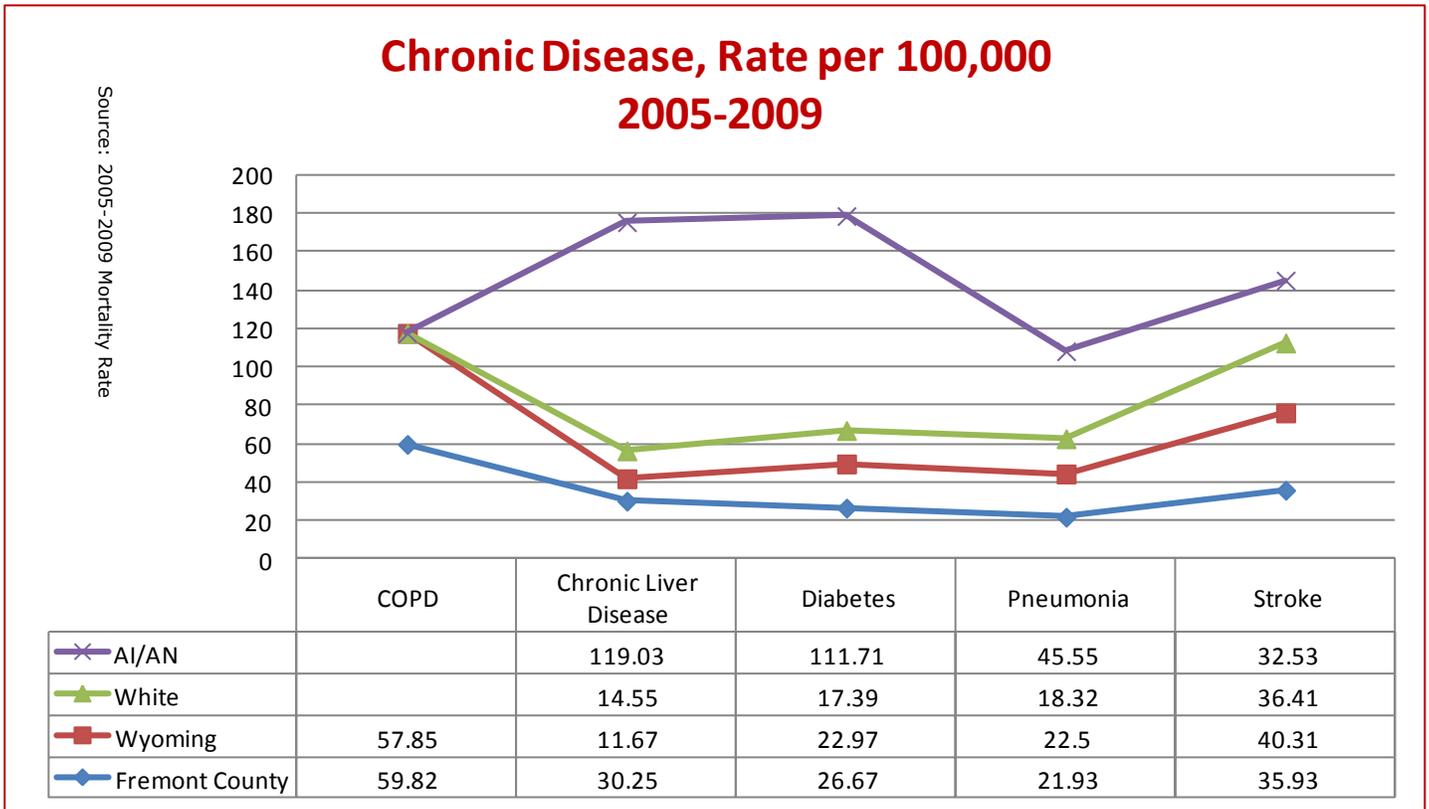
Source: Mortality Data, 2005-2009



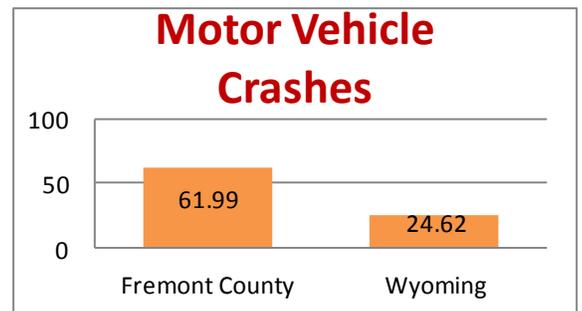
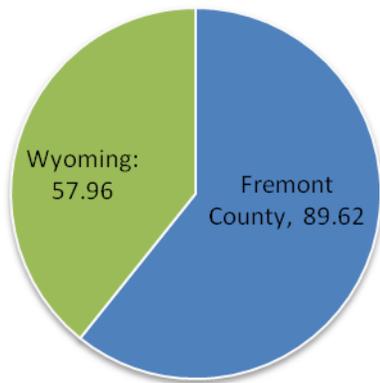
Help for Health is a Non-Profit Organization. Hospice services are offered in the home or the Hospice Home. The Hospice Home was established with your community tax dollars in 2008. They are Medicare and Medicaid certified and accept most private insurances. No one is denied services due to inability to pay. The Help for Health Van provides round trip transportation free of charge for patients receiving radiology treatment in Casper. The service is provided from five pick-up points in Fremont County direct to Rocky Mountain Oncology in Casper.

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Death, Illness, and Injury Fremont County



Unintentional Injury Rate/100,000

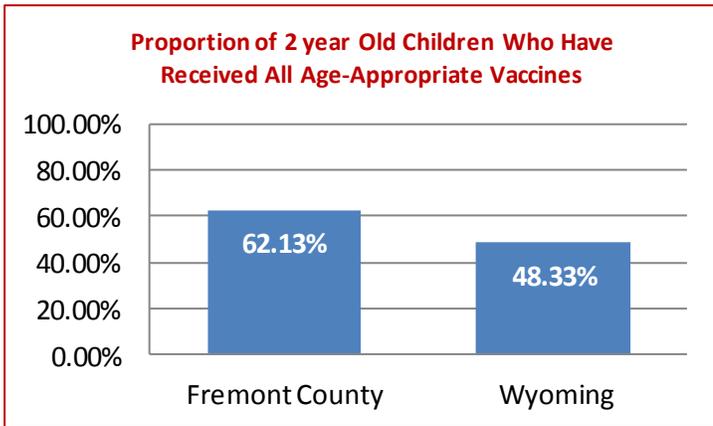


Fremont County Emergency Medical Services provides pre-hospital emergency medical services and transport of critically ill or injured patients. EMS is responsible for providing care to our entire county including all municipalities, towns, cities and the Wind River Indian Reservation.



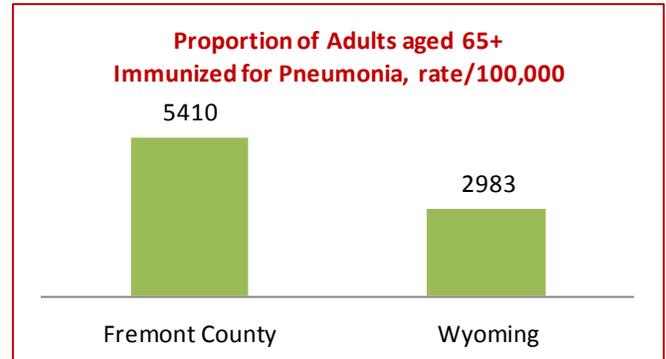
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Communicable Disease in Fremont County

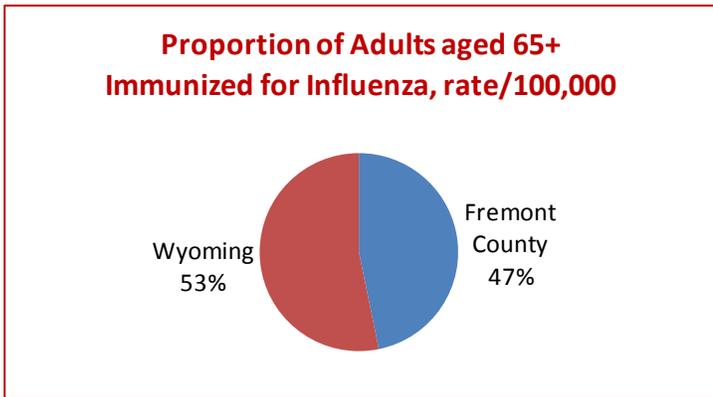


Source: Wyoming Immunization Registry

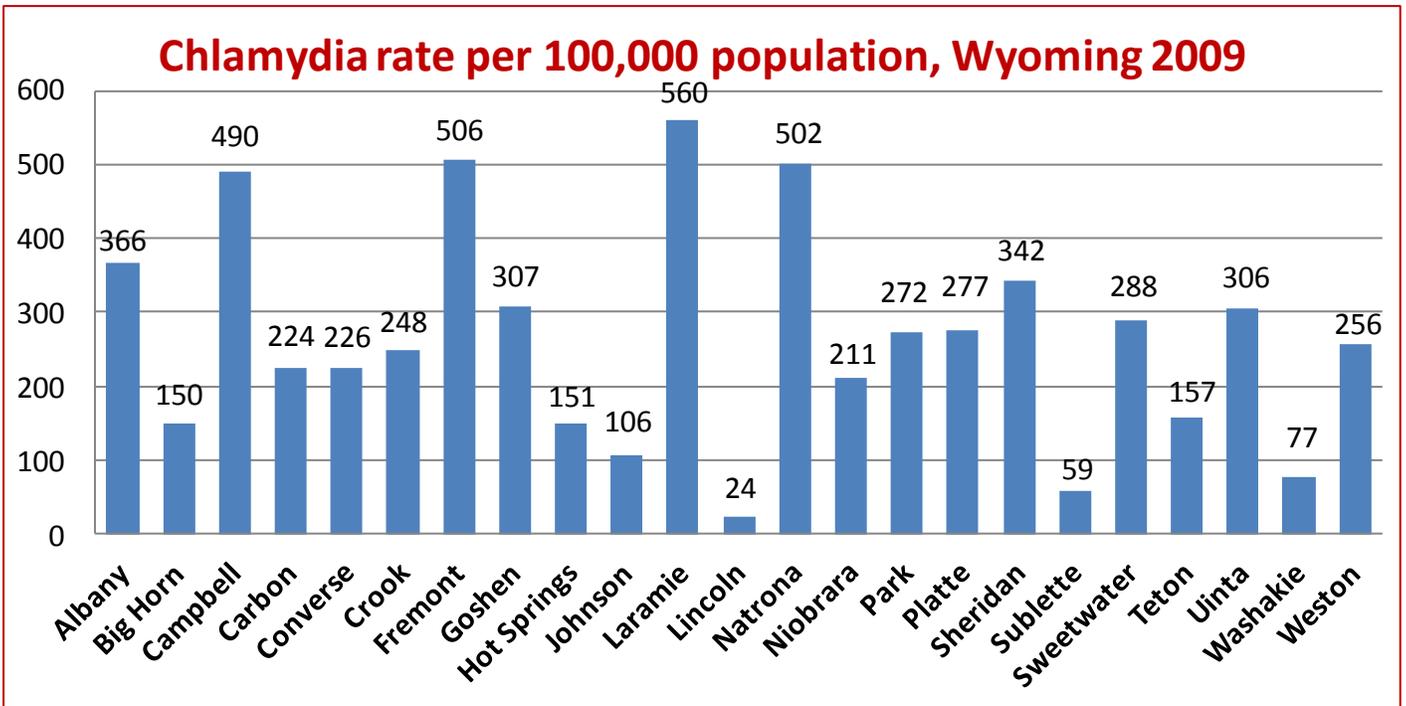
Fremont County Public Health's Bee Wise Immunize Campaign worked with local afterschool program to have children create bees to use in advertising promoting immunization. The bees also create a kid friendly atmosphere in the office.



Source: Wyoming Immunization Registry



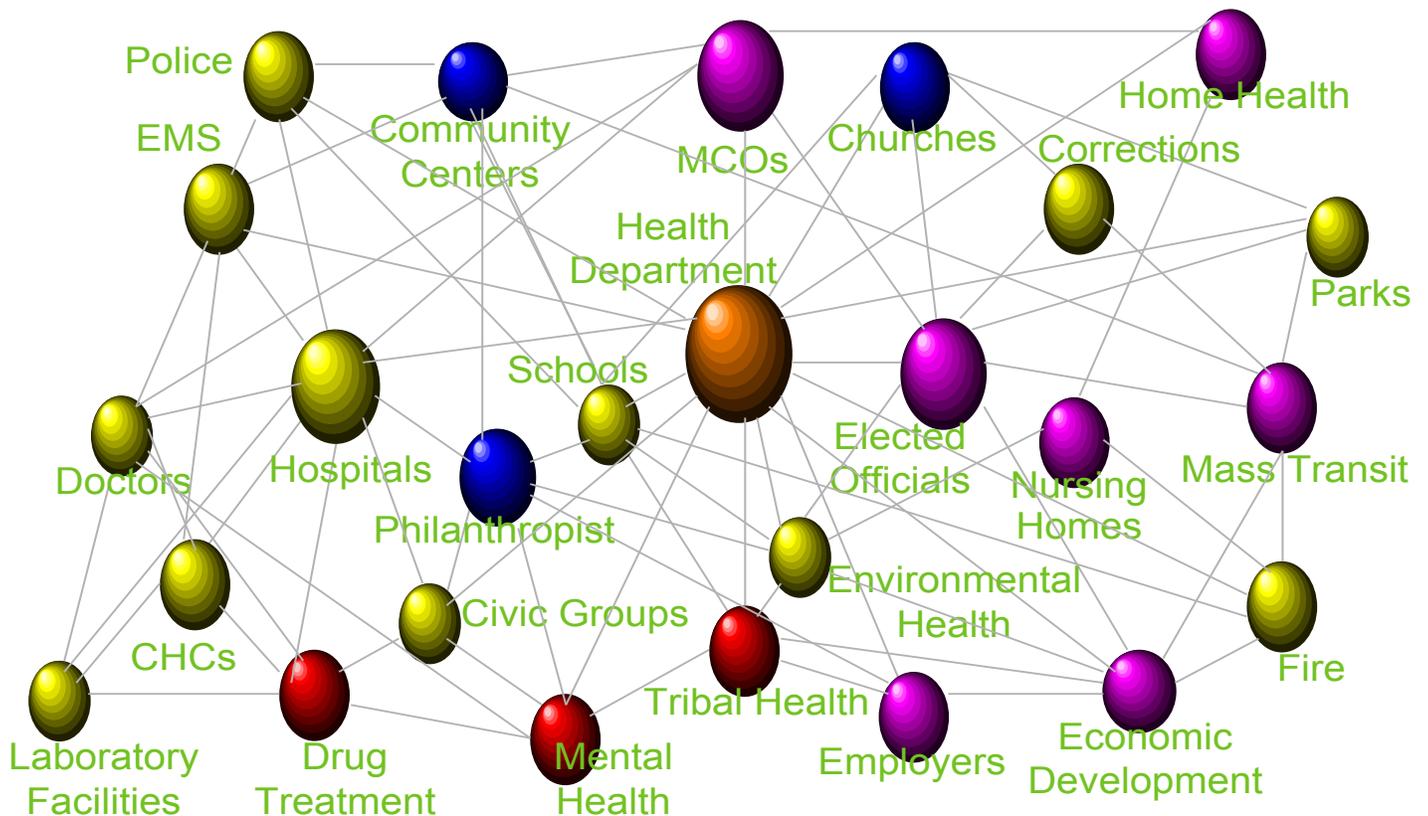
Source: Wyoming Immunization Registry



The Local Public Health System Performance Assessment

A Special Thanks to the members of the Local Public Health System Assessment: Gay Hughes, Peg Palmer, Jerry McAdams, Karen Meyer, Lauri Wempen, Amy Clarke, and Terry Wilson RN.

Local Public Health System



Local Public Health System Performance Assessment

The Local Public Health System's Performance Assessment completed December 2012, answers the questions "What are the activities and capacities of our public health system?" and "How well are we providing the Essential Public Health Services in our jurisdiction?" The use of these results by respondents to strengthen the public health system is the most important part of the performance improvement process being undertaken by the MAPPING a Healthier Fremont County Coalition.

EPHS		Score
1	Monitor Health Status To Identify Community Health Problems	32
2	Diagnose And Investigate Health Problems and Health Hazards	70
3	Inform, Educate, And Empower People about Health Issues	65
4	Mobilize Community Partnerships to Identify and Solve Health Problems	54
5	Develop Policies and Plans that Support Individual and Community Health Efforts	65
6	Enforce Laws and Regulations that Protect Health and Ensure Safety	59
7	Link People to Needed Personal Health Services and Assure the Provision of Health Care when Otherwise Unavailable	62
8	Assure a Competent Public and Personal Health Care Workforce	62
9	Evaluate Effectiveness, Accessibility, and Quality of Personal and Population-Based Health Services	65
10	Research for New Insights and Innovative Solutions to Health Problems	26
Overall Performance Score		56

The challenge of preventing illness and improving health is ongoing and complex. The ability to meet this challenge rests on the capacity and performance of public health systems. Through well equipped, high-performing public health systems, this challenge can be addressed. Public health performance standards are intended to guide the development of stronger public health systems capable of improving the health of populations. The development of high-performing public health systems will increase the likelihood that all citizens have access to a defined optimal level of public health services. Through periodic assessment guided by model performance standards, public health leaders can improve collaboration and integration among the many components of a public



Community Themes and Strengths Assessment



The **Community Themes and Strengths Assessment** (CTSA) answers the questions: “What is important to our community?” and “How is quality of life perceived in our community?” This assessment results in a strong understanding of community issues and concerns, perceptions about quality of life, and a map of community assets.

*Special thanks to work group for the Community Themes and Strengths Assessment:
Karan Kunz RN, Linda Bebout, Chase Ommen RN, Peggy Miller, and Trisha Rose RN.*

Community Themes and Strengths Assessment

Total of 1106 respondents recorded combined with paper and on-line surveys. In the following list, what do you think are the three most important factors for a "healthy community?" (Those factors which most improve the quality of life in a community.)

408 (37%) Good place to raise children	55 (5%) Excellent race relations
353 (32%) Good schools	321 (29%) Low crime/safe neighborhoods
331 (30%) Good jobs and healthy economy	128 (12%) Low level of child abuse
254 (23%) Strong family life	292 (26%) Healthy behaviors and lifestyles
280 (25%) Access to healthcare (e.g., family doctors)	37 (3%) Low adult death and disease rates
133 (12%) Parks and recreation	32 (3%) Low infant deaths
169 (15%) Clean environment	180 (16%) Religious or spiritual values
200 (18%) Affordable housing	25 (2%) additional comments: all of these 8 affordable healthcare 4 others 7
102 (9%) Arts and cultural events	Spirituality, god, morals, values 6

2. In the following list, what do you think are the three most important "health problems" in our community? (Those problems which have the greatest impact on overall community health.)

Check only three:

424 (38%) Cancers	358 (32%) Diabetes	378 (34%) Child abuse/neglect
210 (19%) Aging problems	201 (18%) Heart disease and stroke	50 (5%) Rape/sexual assault
114 (10%) High blood pressure	51 (5%) Respiratory/lung disease	16 (1%) HIV/AIDS
57 (5%) Sexually transmitted diseases	46 (4%) Homicide	53 (5%) Dental problems
27 (2%) Infant death	125 (11%) Suicide	
32 (3%) Infectious disease	203 (18%) Teenage pregnancy	
332 (30%) Domestic Violence	178 (16%) additional responses- Other	
9 (1%) Firearm related injuries	200 (18%) Mental health problems	
173 (16%) Motor vehicle crash injuries		

3. In the following list, what do you think are the three most important "risky behaviors" in our community? (Those behaviors which have the greatest impact on the overall community)

Check only three:

971 (88%) Alcohol abuse	110 (10%) Racism
291 (26%) Being overweight	223 (20%) Tobacco use
203 (18%) Dropping out of school	104 (9%) Not using birth control
641 (60%) Drug abuse	141 (13%) Not using seat belts/child safety seats
136 (12%) Lack of exercise	157 (14%) Unsafe sex
206 (19%) Poor eating habits	Other: 30 (3%) Additional comments
26 (2%) Not getting "shots" to prevent disease	

Community Themes and Strengths Assessment

4. How would you rate your community as a "Healthy Community?"

596(54%)Somewhat unhealthy, 245(22%)Unhealthy, 48(4%)Very unhealthy, 181(16%) Healthy, 7(<1%)Very Healthy

5. How would you rate your own personal health?

331(30%)Somewhat unhealthy, 581(53%)Healthy, 85(8%)Very Healthy, 16(1%)Very unhealthy, 51(5%)Unhealthy

6. Approximately how many hours per month do you volunteer your time to community service? (e.g., schools, voluntary organizations, churches, hospitals, etc.)

417(38%)1-5 hours, 404(37%)None, 151(14%)6-10 hours, 92(8%)Over 10 hours

Please answer questions # 7-15 so we can see how different types of people feel about local health issues.

Zip code where you live: _____

Household income

Age: 133 (12%) 25 or less

217 (20%) Less than \$20,000

300 (27%) 26-39

179 (16%) \$20,000 to \$29,999

295 (27%) 40-54

203 (18%) \$30,000 to \$49,000

218 (20%) 55-64

405 (37%) Over \$50,000

85 (8%) 65 or over

8. Sex: 829 (75%) Female 271 (25%) Male

9. Ethnic group you most identify with:

9 (<1%) African American/ Black

7 (<1%) Asian/ Pacific Islander

35 (3%) Hispanic/Latino

296 (27%) Native American

751 (68%) White/ Caucasian

8 (<1%) Other

10. How do you pay for your health care? (check all that apply)

1208 responses

41 (3%) Pay cash (no insurance)

711 (59%) Health insurance (e.g., private insurance, Blue shield, HMO)

92 (8%) Medicaid

108 (9%) Medicare

17 (<1%) Veteran's Administration

204 (17%) Indian Health Services

35 (3%) Other

MAPPING a Healthier Fremont County Coalition 2012

Community Themes and Strengths Assessment

11. Marital Status

664 (64%) Married/ co-habiting

373 (36%) Not Married/ single

12. Education (1099 responses)

22 (2%) Less than high school

455 (44%) High school diploma or GED

566 (54%) College degree or higher

13. Where did you get this survey?

2 (<1%) Church

69 (6%) Community Meeting

1 (<1%) Grocery store

58 (5%) E-Mail

60 (5%) Personal contact

591 (54%) Workplace

318 (29%) Other (Fremont Counseling, BOCES, CWC, and Health Club)

14. What town do you live in? (count: 1009):

Riverton 579 (57%)

Lander 168 (17%)

Reservation communities combined: 90 (9%)

Ethete	9
Arapahoe	44
Fort Washakie	21
Beaver creek	2
St Stephens	7
Crowheart	2
Reservation	5

Dubois 83 (9%)

Shoshoni 37 (4%)

Pavillion 14

Hudson 10

Kinnear 9

Lysite 5

Jeffrey City 1

Rural 9

Priorities Identified

Priority Issue #1

Fremont County has a very high death rate from unnatural causes. Most unnatural deaths in Fremont County involved alcohol or drugs.



Priority Issue #2

Fremont county has significant poverty and disparity of income. Fremont County's ability to link citizens to services was average which may lead to health disparities for low income residents.



Priority Issue #3

Fremont County Residents want good schools and environments for raising children.

Priority Issue #4

Education provides Empowerment, Awareness and Appreciation of Diversity.

