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A Unique Story Of Our Community's Health

Local health survey shows **progress**, though some improvements are still needed

by richard cox

The numbers tell a story. Is it a good story or bad? Full of mystery and suspense? Or plain as black and white?

These are the questions experts try to answer when results from the Community Health Survey come rolling in every three years.

As researchers from the Health District of Northern Larimer County start interpreting data from this major countywide survey, the unfolding story is largely positive.

According to the 2010 Community Health Survey, local smoking rates are at their lowest level since the Health District began canvassing the community 15 years ago. Fewer people are drinking and driving, and more are buckling up. And although mental health issues are still a

concern for many members of our community, people are reporting fewer days when their mental health was not good. There is good news, too, for those watching waistlines: local obesity rates seem to have leveled off.

Amid the data, there is also cause for concern.

Rising healthcare costs continue to be a problem, forcing many people to delay or skip medical care and sparking worries about being able to afford health services in the future. As in past years, those with lower incomes or without health insurance were more likely to report having poorer health and more difficulty accessing care.

30%
Binge drink
(5 or more drinks for men on 1 occasion, 4 for women)
Was 23% in 2007



Binge drinking appears to be up sharply. And younger adults aren't as likely to have quit smoking as those who are older.

These are just a few of the stories emerging from what may be one of the largest, longest and most comprehensive community-level health surveys of its kind.

The Health District conducted its first Community Health Survey in 1995 to assess and

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programs and services Connections
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 Mental Health Program
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Price of Prevention Gets Cheaper

New health plans must offer many tests and services for free

by richard cox

Millions of Americans with private health plans now can receive many preventive health services at no cost, including common immunizations and screenings for heart disease, cancer, depression and other serious chronic conditions.

The Patient Protection and Affordable Care Act signed into law last year requires new health plans to cover certain preventive services without any cost-sharing for members if those services are delivered by an in-network provider. That means no copays, coinsurance or deductibles.

The change will make needed preventive care more affordable and accessible. In many cases, these services are underutilized even among those who have insurance. For example, only 67 percent of Larimer County residents who have private health insurance get their cholesterol checked within recommended guidelines.

New group (employer-sponsored) and individual health plans are affected by the new provision, as are existing plans that have made certain changes since the rule went into effect in September 2010, causing them to lose their “grandfathered” status. Health plans must inform members if they have grandfathered status and are exempt from offering no-cost preventive services.

An estimated 41 million Americans currently benefit from the new rule, a number that is expected to more than double by 2014.

Covered under the new provision are 45 preventive health services judged to be very effective by the U.S. Preventive Services Task Force (USPSTF). The USPSTF is an independent panel of experts that reviews evidence on preventive tests and services and ranks them from A to D according to their effectiveness.

Services now available for free are ones that are graded A or B and include screening for breast, cervical and colorectal cancer; counseling for obesity and tobacco use; blood pressure, cholesterol and osteoporosis screening; hearing tests for newborns; and vision tests for toddlers. Many of the tests have age or other guidelines that apply.

Also covered are many routine vaccines recommended by a separate advisory group on immunizations. These range from routine childhood immunizations to periodic tetanus shots for adults. Additional preventive services aimed specifically at children and women are among the covered items.

“It applies to everything related [to the service] — exam, labs and office visit,” says Sharon Burpee, customer service manager with Willis of Colorado, an employer services firm.

Burpee said that healthcare providers should know about the new guidelines by now, but that plan members should double-check if they are charged a copay for a service that should be no-cost. 



Check with your health plan to see if it qualifies for no-cost preventive services. For a complete list of covered services, visit www.healthcare.gov/law/about/provisions/services/lists.html.

Healthy Moms, Healthy Babies

Supportive group care for expectant mothers

by chryss cada

From behind a screen in one corner of the room comes the unmistakable gallop of a baby's heartbeat breaking through the static of an ultrasound.

On the wall, a whiteboard lists "Tummy Topics," including "High Stomach Pain," "What to Take for Allergies" and "Tylenol: How Much, How Often."

A woman coming through the door checks in with a medical assistant and gives self-recorded stats of her blood pressure and weight before determining the gestational age of her baby.

In the middle of the room, couples sit in a circle catching up. Today the focus is on the newest member of the group, 2-week-old Rivers Kordis. Interest in the newborn is high among members of the group — because they are going to have one of their own in a matter of weeks or even days.

This group of six expectant mothers and their support people are part of a new healthcare delivery model known as "centering." The model has three components: healthcare assessment, education and support, all provided in a group facilitated by a credentialed health provider and a co-facilitator. Centering is an evolved version

of a type of healthcare delivery known as "group visits" or "shared medical appointments."

Since proving itself as an effective care model for people with a chronic disease, centering has been adapted to preventive-care situations such as pregnancy.

While Salud Family Health Center has offered shared medical appointments for ongoing health issues like diabetes, when the pregnancy groups started up in November 2010, they were the first groups to follow the formalized curriculum of the Centering Healthcare Institute.

Women are grouped by due date and have four monthly visits before moving on to six biweekly visits as that due date approaches. The clinic has up to six groups going at a time, with 10 to 12 participants per group.

"Questions are posed to the group," says Dr. Laurie Miller, one of two physicians who facilitate the Salud pregnancy groups. "They share how they would handle it, or how they have handled it. After all, all the women in this room are experts in their own situation."

Each of the two-hour meetings includes an individual meeting with the doctor, who checks vital signs, fetal movement, fetal heart tones and fundal height. Women who develop complications during their pregnancy are seen between centering visits in the office.

"In the traditional model, I spend 10 to 15 minutes with a patient at her appointment," Miller says. "In centering [groups], I spend five minutes attending to each woman individually, but have another 75 minutes with them as a group. Over 10 visits, centering moms get much more time with the provider, plus the benefit of behavioral health during the entire two-hour period, which they don't have in traditional care."

"We do education around a broad scope of information," says Ryan Scarborough, a facilitator of the group from Integrated Care (a behavioral health program located at Salud that's part of the Health District of Northern Larimer County). "Dental care, lactation, newborn care in general — we want our participants to have the tools they'll need during pregnancy and after they become new parents."

Participants praise the centering model for the support system it provides.

"It's been so helpful for me to have the help of the other ladies and hear what they're doing," says Angie Kordis, mother of 2-week-old Rivers. "One visit, I mentioned that I was really struggling with sleep deprivation. [The other women] told me how they were doing it — right down to the type of pillow that is the most comfortable to sleep with."

The kind of friendships that form quickly among those with a shared interest are obvious in the group.

"With due dates around the same time, these are women who were chatting in the waiting room as they waited to see the doctor, but then had to go in separately," says Mercy Castillo, Miller's medical assistant. "Now they go through the experience together and form friendships that are going to last a lifetime."

Centering graduates are also more likely to leave the program with a healthy baby.

Compared to women in individual care, women in centering groups had significantly more prenatal visits, healthier weight gain, increased breast-feeding rates and higher overall satisfaction, according to a recent study.

"There hasn't been a part of this program that hasn't been great for me," Kordis says. "I really felt supported through the process and," as she looks around the room, "I still do." ✨



Find out more

For information about the Salud Family Health Center's centering pregnancy program, contact Ryan Scarborough at rscarborough@healthdistrict.org or (970) 494-2912, or visit www.saludclinic.org (choose the Fort Collins location).

Expectant mothers check in for a group session at the Salud clinic in north Fort Collins.

prioritize local healthcare needs, and it has repeated the process every three years since. Data from those surveys have helped the Health District and other local groups develop services that improve the health of the community.

“Our survey is a critically important way for us to gain an objective, reliable view of the health status of those who live in our community,” says Carol Plock, executive director of the Health District. “We don’t want to guess about what needs attention; we need good data that helps us focus and zoom in on the issues that are most hampering our health.”

Last fall’s survey was completed by more than 3,500 adult Larimer County residents representing a broad cross section of the community. It contained 85 questions covering everything from diet and exercise to use of healthcare services.

It also included a place for participants to add their own comments, an option that drew more than 5,200 responses.

“The comments remind us that these were real community members speaking,” says Dr. Bruce Cooper, medical director at the Health District. “That inspires us to get the right answer in terms of what they’re trying to tell us. What is the health of the community? What are our most important challenges? Where can we celebrate health improvements?”

One improvement worthy of celebration is the drop in the percentage of people who smoke cigarettes daily — from 18 percent in 1995 to 11 percent in 2010. That exceeds the national goal of 12 percent.

“What makes that even more remarkable is that we’re seeing people smoking fewer

cigarettes per day and a substantial number of smokers who are preparing for, or at least thinking about, quitting,” Cooper adds.

In the past 15 years, there has been a 50 percent drop in smoking rates in every age category over age 30. For the first time, last year’s survey also revealed a drop in the stubbornly high smoking rates among adults ages 18–29 (from 25 percent in 2007 to 15 percent in 2010).

The decrease in smoking rates is good news to the members of Tobacco Free Larimer County, one of several local groups that rely on data from the Community Health Survey.

“The numbers demonstrate the progress we’ve made, as well as the gaps that remain in prevention efforts,” says Andrea Clement-Johnson, health education supervisor with the Larimer County Department of Health and Environment and a member of Tobacco Free Larimer County.

Like quitting smoking, wearing a seat belt is a single act with enormous health benefits. Here, too, our community has made great strides in the past 15 years; last year, 84 percent of survey respondents reported always wearing a seat belt. That’s up from 77 percent in 2007 and 67 percent in 1995.

Over time, some statistics have remained remarkably steady. For example, the number of people who have ever been diagnosed with depression has hovered near 20 percent since 1998. Other mental health trends are brighter.

“There’s a trend toward fewer people reporting that they’re now having depression, anxiety or other mental health issues,” Cooper says. “We’ve also seen a significant downward trend in people thinking about suicide. And more people are saying that they didn’t have any days in the last month when their mental health wasn’t good.”

Statistics around health insurance were almost uniformly worse in the latest survey.



6%
 Drink and drive
 (2 or more drinks in
 the hour before driving)
Was 15% in 1995

The uninsured rate went from 10 percent in 2007 to 12 percent last year. The biggest reason for not having insurance, cited by 85 percent of respondents, was “cannot afford to pay for it.” That’s up from 67 percent in 2007. As a sign of the times, the percentage of people who were uninsured because they lost their job or were unemployed jumped from 20 percent to 32 percent.

The cost of healthcare weighed heavily on respondents — 63 percent were very or somewhat worried they wouldn’t be able to afford health insurance, and 48 percent worried about affording medical care. The number of respondents who had to significantly change their way of life to pay for medical bills rose to 12 percent from 9 percent in 2007.

Lacking health insurance or having low income almost always was associated with worse access to healthcare. Those without insurance were three times more likely to skip medications or treatment due to cost and six times more likely to put off their child’s healthcare. The latest survey also saw a doubling in the number of people who delayed their child’s mental healthcare because of cost. Cost also keeps an increasing number of seniors from getting mental healthcare.

Finally, the percentage of local residents in the overweight and obese categories showed a small but statistically significant drop from the previous survey, perhaps mirroring a plateau in obesity rates seen nationwide. Whether the trend will hold or obesity rates will continue their decades-long increase is unknown.

As with all of the stories in the Community Health Survey, the final chapter has yet to be written. ✨

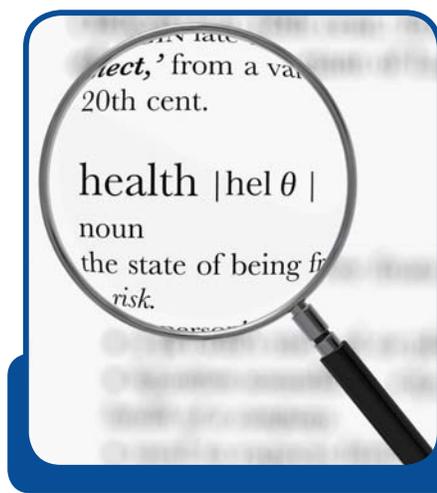


13%
 Unable to fill
 prescription due to
 cost (within past 2 years)
Was 10% in 2007

“The numbers demonstrate the progress we’ve made, as well as the gaps that remain in prevention efforts,” says Andrea Clement-Johnson, health education supervisor with the Larimer County Department of Health and Environment and a member of Tobacco Free Larimer County.



84%
 Always wear seat belt
Was 67% in 1995



For more information about the Community Health Survey, contact Sue Hewitt at the Health District: (970) 224-5209 or shewitt@healthdistrict.org. All statistics in this story are for the Health District (northern two-thirds of Larimer County). Survey findings for all of Larimer County are often, but not always, similar to those for the Health District.

A Matter of Balance

Things to **consider** when age or illness causes **instability**

by **kelly k. serrano**

People expect to struggle with their balance after getting off the spinning teacups at an amusement park. But when you find yourself experiencing a spinning sensation or light-headedness after you simply move your head or change your body's position, then it might be internal forces at work.

The inner ear's vestibular system works with other "sensorimotor" systems in the body, such as the eyes, bones and joints, to check and maintain the position of a body at rest or in motion, according to the National Institutes of Health. It also helps the eyes maintain a steady focus on objects even though the position of the body changes.

In older adults, a vestibular system disorder presents yet another risk of falling in addition to deteriorating muscles and joints, loss of feeling in the bottom of the feet, vision loss and more. And a simple fall can lead to serious consequences for those over 65.

According to the Colorado Department of Public Health and Environment, falls are the leading cause of injury death for the state's seniors. Those 75 or older are more likely to die within six months following injuries sustained in a fall. More than 8,000 Coloradans 65-plus are hospitalized for fall-related injuries every year, and 25 percent of older adults with hip fractures from falls remain in healthcare facilities for at least one year after the injury.

Younger adults and children are more likely to experience vestibular disorder as a result of a head injury, concussion or virus in the inner ear.

When a patient complains of dizziness, Dr. Natalie Phillips, doctor of audiology at Advanced Otolaryngology in Fort Collins, says the key to diagnosing whether it's a vestibular disorder versus another health issue is in the details of the symptoms. For instance, a faint feeling may point to a cardiovascular issue. If the patient feels as if he is losing his balance, it could indicate a neurologic issue.

"You can obtain a lot of information just by taking a comprehensive case history," Phillips says. "When we evaluate a patient, we're ruling out disorders that could be related to the ear."

Causes and symptoms that point to a vestibular disorder include a long list of possibilities, from head, neck and body positions or movements to visual disturbances, Phillips says.

"It's quite varied from patient to patient," Phillips adds.

Not all vestibular disorders respond to typical medications, and patients are often referred to a physical therapist who specializes in vestibular rehabilitation, such as Shannon Browning of Medical Center of the Rockies.

Browning says when she sees a senior patient experiencing a balance problem, it's often attributable to deficits in one or more sensory systems — vision, touch, vestibular — or the interaction between these systems. And if the sense of sight or touch (especially in the feet) is not working properly, it impacts balance greatly, she says.

When patients lose capacity in one of their sensory systems, a physical therapist can help improve the efficiency of the remaining systems and how they interact with one another, Browning says.

Even if the root cause of their imbalance is not the vestibular system, patients who have experienced sensory failure often need to "uptrain" that system to regain their sense of balance.

For older adults, several issues can limit their reaction to unpredictable bumps or uneven terrain, leading to loss of balance and increased falls: the loss of ability to know where the feet and ankles are in space, decreases in strength and flexibility, and hip issues that prevent them from standing up straight, Browning says.

Physical therapy is available to treat vestibular system disorder as well as other factors that contribute to falls, but many seniors fail to seek out the help they need, Browning notes.

"They often do not realize that we can effectively treat these symptoms and issues," Browning says. "There's no reason older adults can't adapt and improve their situation. It may take longer to see improvements and get them resolved, but their treatment outcomes are similar to younger patients." ✨



Preventing falls at home

If you are elderly or disabled and experiencing loss of stability, assistance is available to help limit the risk of falling at home. The northern Colorado chapter of Volunteers of America offers a program to assess risk and provide minor modifications in the homes of Larimer County seniors and disabled adults to help prevent falls. After conducting a risk assessment, VOA volunteers provide free labor to modify a person's home for fall prevention. Clients are responsible for the cost of materials. For information, call (970) 472-9630 or visit the local VOA website, www.voacolorado.org/northerncolorado.

FIRE IT UP

Healthy options for backyard grilling

How can something so fun be good for you?

Grilling on the backyard barbecue is a ritual many of us enjoy not only for its simplicity but also for the primordial pleasure of cooking food over an outdoor fire. With the right food choices, grilling is also a superb way to add better nutrition to your diet.

You probably don't need suggestions for grilling good sources of protein (though don't forget that foods such as fish and tofu have protein, too).

But you may not have considered how to grill foods high in other important nutrients.

"Try lightening your menu, while adding variety and creativity to your cookouts, by grilling fruits and vegetables," says Chris Bachman, a registered dietitian at the Health District of Northern Larimer County.

"Veggies prepared on the barbecue are irresistibly tasty, healthy and easy to cook, offering countless creative options," Bachman adds. As a bonus, grilled vegetables cook quickly and retain their vitamin content better than vegetables cooked other ways, such as stovetop boiling.

Many of us have probably tasted grilled corn on the cob. How much simpler can cooking be than placing fresh ears of corn in their husk on a warm grill for 10 minutes (or until kernels are tender)?

The easiest way to grill other vegetables — such as peppers, zucchini, squash, onions, tomatoes, asparagus, potatoes and mushrooms — is simply to brush them with olive oil to prevent sticking, then turn them until tender.

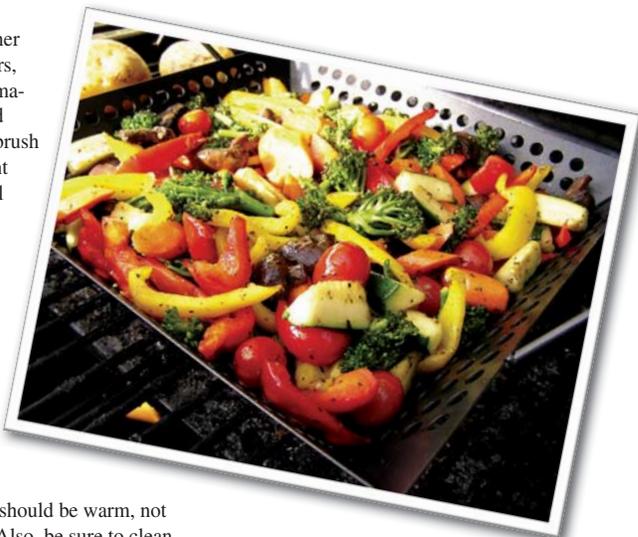
Cut the veggies into large pieces to keep them from falling through the grill, or simply stick several pieces on a skewer before placing on the grill. You can also use a perforated grilling pan designed specifically for this purpose.

For best results, your grill should be warm, not hot as it would be for meat. Also, be sure to clean the grill before each use.

"Marinades add flavor, nutrition and fragrance to any item you grill, and they are easy to prepare," Bachman says. Homemade marinades are less expensive than many store-bought sauces and seasonings, and they add richness to a recipe without excess fat, sugar, sodium or calories.

If you prefer your vegetables steamed, place your favorite veggie combination inside heavy-duty aluminum foil along with your favorite marinade or herbs, wrap tightly and place on the grill, turning occasionally.

Preparing fruits on the barbecue is just as easy and yields unique desserts that are much healthier



than cookies, cake or ice cream. Grilling fruit caramelizes its natural sugar and intensifies its sweetness. Firm fruits such as pineapple, pears and apples work well. Softer fruits such as peaches, mangos and plums need closer attention because they cook more quickly and turn to mush if overcooked.

Enjoying a healthy meal in the Colorado outdoors can be the perfect ending to your day. So grab those fruits and veggies from the fridge, and get that fire going! ✨



Easy-to-prepare fruit kabob

Make a tasty fruit kabob by threading pieces of prepared fruit on a skewer.

Drizzle with a mixture of 1/4 cup of balsamic vinegar and 2 teaspoons of honey or agave nectar that has been simmered and reduced by half.

Grilled fruit can also be basted with a small amount of melted butter or a mild oil and seasoned with a variety of spices such as cinnamon, ginger or nutmeg.

Most fruit will be ready in 8 to 10 minutes, depending on size.

Grilled fruit is also perfect for fruit salsas.

No-fail veggie marinade

A classic marinade uses olive oil and balsamic vinegar in equal parts or to taste. Be creative and add minced garlic, basil, oregano, marjoram, coriander, rosemary, thyme, black pepper or other herbs.

Marinate vegetables for 5 to 30 minutes. Then drain the vegetables well and grill, turning often for 10 minutes or until done.

Lightly coat the cooking surface with oil to prevent sticking.





by nancy nichols



When Eric Biedermann arrives at the Fort Collins Senior Center each day, he's ready for a new challenge. Not one to rest on his laurels, the 78-year-old sportsman is adding more swimming events to his competitive resume.

At this year's Rocky Mountain Senior Games, Biedermann contested nine total events: three swimming, three throwing (football, softball and Frisbee), and three basketball. In the past, he's also competed in badminton and track and field.

Biedermann, a retired Lutheran minister, has been a fixture at the Senior Center since 1995, the year the facility was built. He fondly refers to it as his second home and the "palace on the hill."

"One day I walked in rather gingerly and discovered a gold mine," Biedermann says. "I was hooked."

Indeed, the Senior Center is much more than a place for seniors to congregate. The center literally buzzes with activity, with an average of 60 scheduled events daily and about 6,000 people streaming through its doors each week.

"We facilitate people's interests in staying engaged and feeling valued as they get older," says Barbara Schoenberger, Senior Center staff liaison.

On any given day at the award-winning facility in west Fort Collins, you'll see people participating in art classes, exercise, organized sports, theater, music, book publishing, lectures, health screenings, games or dining.

The Senior Center is designed to meet the needs of those with diminishing mobility, eyesight and hearing. The building's aesthetics are also important for providing a place where seniors feel comfortable, welcome and inspired.

The building's centerpiece is a warm, airy atrium lobby with exposed wooden beams and large glass doors opening to the west. A patio area outside, encircled by natural stone and landscaping, overlooks Rolland Moore Park and the Spring Creek Trail, with awe-inspiring views of the foothills and Horsetooth Rock. The exterior space includes a raised-bed gardening area and expansive concert venue.

The Senior Center is one of only two facilities in Colorado accredited by the National Council on Aging. "In order to be accredited as a senior center, a facility has to be more than a recreation center and more than a community center," explains Schoenberger.

Accreditation requires that a senior center's activities and services promote personal growth and respond to individual differences. The center's facilities must also provide for the health, safety and comfort of participants, staff and community.

Cultural opportunities include outdoor concerts attracting upwards of 400 people, performances by the center's own choir and theater groups, guest lectures and living-history performances, and major annual events such as the Older Adult Arts and Crafts Show, Grandparents Day and the Cemetery Stroll at Grandview Cemetery. Travel options range from day trips to local parks and museums, to multiday excursions in the United States or overseas.

At the Senior Center, societal stereotypes about aging are tossed out the window, replaced by active lifestyles, cultural enrichment and lifelong learning.

"I relish every minute spent with friends and athletic competitors," says Biedermann, who belongs to the Senior Sports Club. "And I am inspired each day by this splendid facility." 

Health-related screenings and activities

The Senior Center offers a variety of ongoing health-related activities, including:

- ✓ Cholesterol and blood pressure screenings by nurses from the Health District of Northern Larimer County
- ✓ Balance screenings
- ✓ Foot care
- ✓ Massage therapy
- ✓ Annual "Health, Wellness and Retirement Expo"
- ✓ Meditation practice
- ✓ Audiology screenings
- ✓ Arthritis support group

Fort Collins Senior Center

1200 Raintree Drive • (970) 221-6644
www.fcgov.com/recreation/seniorcenter

Many services and activities require annual membership — \$25 for ages 50-plus and \$49 for ages 18–49. All activities are listed in the *Recreator*, distributed online at www.fcgov.com/recreator and at most city offices and facilities.

The Senior Center is a Volunteers of America dining site, where seniors age 60-plus can enjoy lunch on weekdays (except Wednesday) for low or no cost.

A capital campaign is under way to build an addition to the Senior Center to provide expanded access to exercise equipment, activity rooms and outdoor facilities. For information or to make a contribution, contact Katie Stieber at 224-6029 or kstieber@fcgov.com.

live and learn: classes & screenings

heart-health screenings

Find out your total cholesterol, HDL, LDL, triglycerides and blood glucose. Results are available within 20 minutes. A registered nurse will interpret your results and offer health information.

Health District residents who have never received our cholesterol screening are eligible to receive their first screening for free. Cost for all others is \$15. Reduced fees are available, depending on income, for people living in northern Larimer County.

In recognition of National Cholesterol Education Month, screenings are free in September for those who have not been tested in the previous six months!

All screenings are 8:15–10:30 a.m. unless otherwise indicated. Appointments are required; call (970) 224-5209. No walk-ins accepted for cholesterol tests. A 12-hour fast is required; water and medications are permitted.

Visit www.healthdistrict.org/heart for more information.

Fort Collins Club
1307 E. Prospect
Aug. 16

Fort Collins Senior Center
1200 Raintree
July 13 Aug. 18
July 21 Sept. 7
Aug. 2 Sept. 15

Harmony Library
4616 S. Shields
July 26

Health District
120 Bristlecone
June 23
July 28
Aug. 25

Larimer County Courthouse
200 W. Oak
July 12
Aug. 9
Sept. 13

Miramont South
901 Oakridge
July 19

Raintree Athletic Club
2555 S. Shields
Aug. 23

Saint Joseph Church
300 W. Mountain
Sept. 20

Spirit of Joy Lutheran Church
4501 S. Lemay
July 7
Aug. 4
Sept. 1

blood pressure checks

OFFERED MONTHLY!

Free 5- to 10-minute walk-in blood pressure reading and consultation with a registered nurse.

The consultation includes discussion and materials on:

- What does blood pressure mean?
- How can I keep my blood pressure where it needs to be, lowering my risk of heart attack and stroke?
- What's the right way to monitor my blood pressure?
- Follow-up suggestions.

Checks are on the third Monday of the month from 10 a.m. to noon at the Fort Collins Senior Center, 1200 Raintree. No appointment necessary.

Visit www.healthdistrict.org/heart for more information.



stop smoking

Our stop-smoking coaches assist adults in reclaiming their natural freedom from tobacco, using free nicotine patches, lozenges or gum, as appropriate, and with more than 30 proven quitting techniques and strategies. Our program is known for its straightforward, entertaining and supportive manner, with no coercion, guilt or shame.

Group Sessions — Our next six-week Step Free stop-smoking class starts Wednesday, June 22, 6–7:30 p.m. The class runs through July 27. The next class after that will start in late September.

Individual and Work-group Sessions — Individual and couples sessions are offered continuously at the Health District, and on-site classes are available for work groups (six or more).

For residents of northern Larimer County, the Step Free program (group or individual) costs \$10 to \$100, depending on household income. A \$5 to \$50 rebate is awarded to people who attend all six sessions.

For a free introductory session to determine if the Step Free program might work for you, or for information about work-group sessions, contact the Health District at (970) 224-5209.

Freedom from tobacco is easier now than ever before! The first step is: just call!



nutrition & weight management



Individual Nutrition Counseling

Ever wish you could improve your diet but didn't know how? Our registered dietitians are available for individual counseling. Whether you'd like to optimize your diet to help manage a health issue, shed a few pounds, or simply improve your nutrition, our dietitians will work with you to create a customized plan for success. A special "3 for 2" offer is available through Aug. 31 — work with a dietitian one on one for 3 sessions and pay for only 2! Call for details and to make an appointment. Cost: \$25/session (sliding fees available, depending on income).

"Healthy Weighs" Class

Tuesdays, Sept. 20–Dec. 13 (no class Nov. 22) • 9:30–11:30 a.m. or 5:30–7:30 p.m.

Healthy Weighs is for you if you want to lose or maintain (stop gaining) weight, eat for better nutrition, eat fewer processed foods, increase your level of activity, and make changes to reinforce a healthier lifestyle! Healthy Weighs is led by registered dietitians and has outstanding client satisfaction for over 12 years. Cost: \$190 (sliding fees available, depending on income).

"A Seasonal Feast" Cooking Class

Thursday, Sept. 22 • Noon–1:30 p.m. or 6–7:30 p.m.

In this class, we will prepare an entire meal with seasonal produce from local farmers. We will discuss how to choose, store and prepare the produce. Cost: \$10.

SIGN UP TODAY!

Classes and counseling sessions are held at the Health District, 120 Bristlecone Drive in north Fort Collins. Prepayment required to reserve a seat in Healthy Weighs. Call (970) 224-5209 for more information or to register.