

Creating Connections: Reducing Loneliness Among Adults in La Plata County



Coordinated by



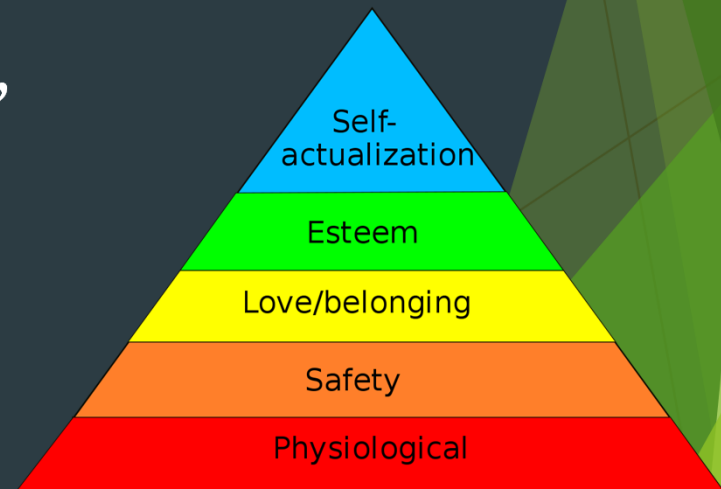
Loneliness is a Health Issue

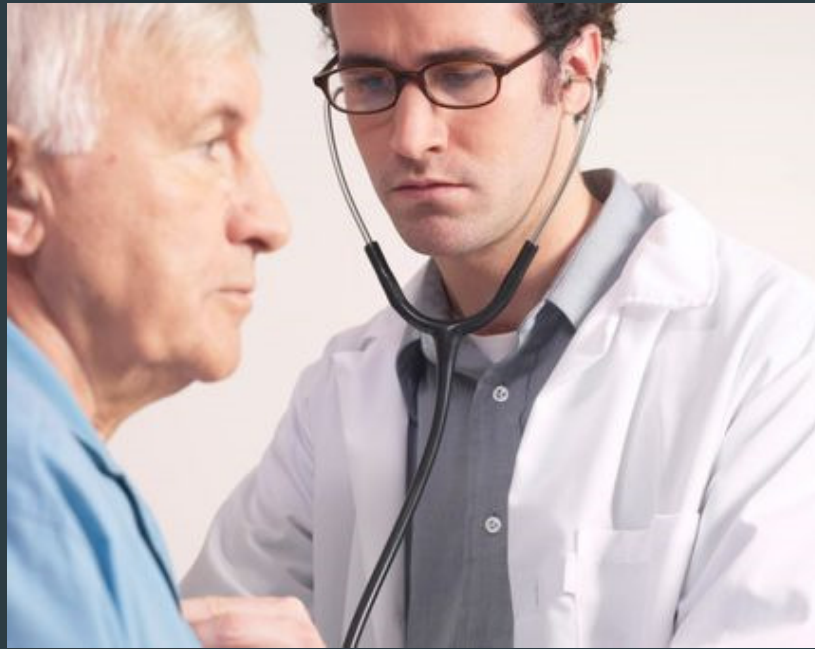


The evidence is clear that strengthening social connections will improve behavioral and physical health of adult community members.

With your support, we will work to accomplish this without duplicating other local efforts that are focused on youth.

On Maslow's Hierarchy of Needs, **Love & Belonging** is the third most important basic need coming after food, water, sleep, and the safety of home.
(Maslow, AH. 1943)





Former U.S. Surgeon General Vivek Murthy stated, “During my years caring for patients, the most common pathology I saw was not heart disease or diabetes, it was loneliness.”
(Harvard Business Review 2017)

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evidence



“All along the Animas, in small towns and rural areas, people are dying before their time. Colorado has the fourth highest suicide rate in the nation.” (Washington Post, 2016)

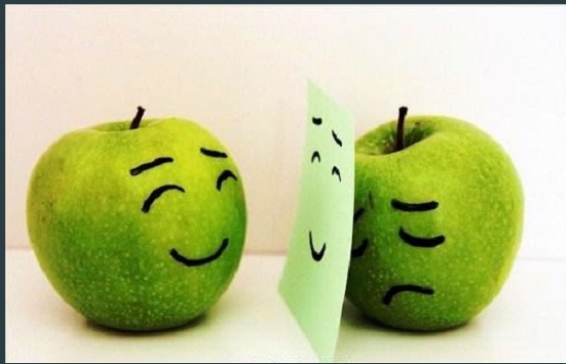
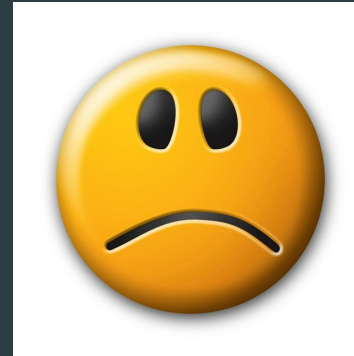


“15% of Adults in La Plata County report they have inadequate social support. That is the highest rate in the country.” (BRFSS 2014)

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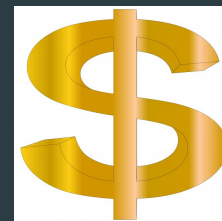


- ❖ “68% of Fort Lewis College students report feeling very lonely, and 16% say they have seriously considered suicide.” (NCHA 2018)



- ❖ “Suicide in Colorado is most common in the 45-64 age group, and the rate for men is 3 times higher than for women.” (Colorado Health Institute 2017)

- ❖ “Nationally, estimates suggest that social isolation equates to an additional \$6.7 billion annually to health care costs.” (Wall Street Journal 2018)



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“Loneliness raises mortality risk by 26%.” (Perspectives on Psychological Science 2015)

“Loneliness is as risky as smoking 15 cigarettes per day and is two times worse than obesity.” (Perspectives on Psychological Science 2015)

“Loneliness escalates the risk of coronary heart disease by 29% and stroke by 32%.” (British Medical Journal 2016)

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Tracey Crouch,
Minister for Loneliness

The United Kingdom has had a national “Campaign to End Loneliness” since 2011. Its 2017 report helped lead to the creation of a new cabinet position in 2018 called Minister for Loneliness.

Some of their methods include:

- ✓ “Happy to Chat” badges
- ✓ “Men’s Sheds” gatherings
- ✓ Town Hall summits
- ✓ “Reminiscence” cafes
- ✓ “Door Knock” program for hidden lonely

How we plan to increase social connectedness:

- ❖ implement structured group activities to build trust and relationships;
- ❖ outreach to isolated community members;
- ❖ strengthen connections between people and animals; and
- ❖ promote intergenerational interactions.





WHO IS CHAC ?

We are the central coordinating body for collaboration, information sharing, health education and advocacy.

Since 2001, we have been an open group made up of individuals and health-centered organizations in La Plata County.

Some of CHAC's accomplishments



- ✓ Presented Health Summits to expand community knowledge about health care system change.
- ✓ Catalyzed the effort to establish the La Plata Community Clinic for the uninsured.
- ✓ Implemented an extremely successful volunteer-based initiative to increase Advance Care Planning.
- ✓ Developed and coordinated oral health and behavioral health plans and teams.
- ✓ Supported confidential electronic exchange of information among health care providers.

WE WILL STILL:



**LOOKING
FORWARD**

- continue to provide a monthly forum for education, collaboration and advocacy among health professionals and community members;
- maintain communication with members about timely updates;
- offer educational presentations about local health care and related community resources;
- identify and respond to gaps in community health and access to health care services; and
- Seek financial support to continue our work.

WE NEED YOUR HELP

With your donations, we will be able to continue our project to increase social connectedness and decrease depression, poor health, substance abuse, and even suicide.

Your sponsorship will be recognized in promotional materials, at all community events, and on our website.

DONATIONS

Please make checks payable to Community Foundation
c/o CHAC and mail to
P.O. Box 1673, Durango, CO
81302

For credit cards, go to
www.swcommunityfoundation.org
click on “Donate”
and put CHAC in the memo

Or give today!
Thank you