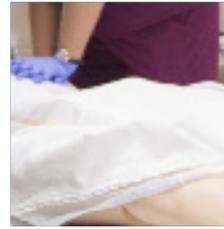


# HEALTH INSTITUTE AT METROPOLITAN STATE UNIVERSITY OF DENVER



The Health Institute at MSU Denver educates students from diverse backgrounds to become Colorado's future health professionals.

## THE HEALTH INSTITUTE AT MSU DENVER

### Focus Areas:

- Aging Services
- Data Science
- Health Care Administration
- Health Care Information Systems
- Health Care Management
- Health Care Professional Services
- Human Performance and Sport
- Integrated Health Care
- Lifestyle Medicine
- Nursing
- Nutrition
- Psychology
- Recreation
- Social Work
- Speech, Language and Hearing Sciences
- Wellness Coaching

The Health Institute at MSU Denver educates students from diverse backgrounds to become Colorado's future health professionals. The Institute's interdisciplinary emphasis prepares graduates for a wide range of careers and equips them with an essential combination of soft skills and cultural competence to best serve the state's diverse communities.

### Integrating Health Disciplines

The future of health care is interdisciplinary. The Health Institute at MSU Denver reflects that trend by bringing together departments and programs that represent a broad spectrum of the health sector. The Institute pushes against traditional disciplinary boundaries to train students in blended competencies that reflect the ever-evolving landscape of the industry.

### Diversifying the Health Workforce

Colorado needs more diversity in its health workforce. The consensus among health professionals is that diverse patients have better outcomes when their care provider speaks their language and understands their culture. Right now, 30 percent of Colorado residents are people of color while 98 percent of executive health care managers are white.

As the University of choice for Colorado's diverse students, MSU Denver is uniquely positioned to address this workforce gap, bringing more culturally and linguistically sensitive health care workers into the field and, consequently, moving toward greater health equity.

## Addressing workforce gaps



80%

80 percent of health issues can be prevented by making healthier lifestyle choices.



65+ (2010-2015)

Colorado's growth in its 65-plus population was the third fastest in the country.



↓450/YR

Colorado loses about 450 nursing jobs every year.



58/64

In Colorado, 58 out of 64 counties do not have enough behavioral health professionals.



## Data Science

With the recent launch of a health data science certificate, the Health Institute is positioned to proactively address this pressing need.

### Lifestyle Medicine

Research suggests that 80 percent of health issues can be prevented by making healthier lifestyle choices. And yet most health care workers lack significant training in lifestyle medicine. One of the Health Institute's first initiatives was to launch a **minor in lifestyle medicine**, with plans to expand the program on the horizon.

### Aging Services Leadership

Between 2010 and 2015, Colorado's growth in its 65-plus population was the third fastest in the country. Health care for the elderly will need to grow proportionally to meet this demand. In particular, the aging population requires assistance in navigating an increasingly complex health care system. The Health Institute **trains workforce leaders** to care for this vulnerable population.

### Nursing

According to the U.S. Department of Labor, Colorado loses about 450 nursing jobs every year and is on pace to have 4,500 vacant nursing positions by the year 2024. Under the Health Institute, MSU Denver's **Nursing Program will expand** to counter this trend. Currently, the program only accepts 29 percent of qualified applicants due to resource limitations.

### Behavioral Health

In Colorado, 58 out of 64 counties do not have enough behavioral health professionals. But help is on the way, thanks to two grants recently awarded to Dawn Matera-Bassett, associate professor in the Department of Social Work. The four-year grants, totaling \$3.06 million, support the **training of future clinicians**, particularly those committed to working in medically underserved communities in both rural and urban areas.

### Data Science

With more patient information being stored and tracked digitally, there is a bigger need than ever for specialists in health data science. With the recent launch of a **health data science certificate**, the Health Institute is positioned to proactively address this pressing need.

## Investing in Workforce Partnerships

MSU Denver is Colorado's top university for workforce readiness. The Health Institute will partner with local and statewide organizations to provide students with hands-on learning opportunities like internships, co-ops, practicums and clinicals, so they can hone their skills in real-world settings.

## Bridging the Urban/Rural Divide

The Health Institute exists to support rural and urban regions of Colorado, where there are significant health professional shortages and large sectors with medically underserved and vulnerable populations.

## Taking a Whole-person Approach to Wellness

Great health professionals care for the whole person – body, mind and spirit. That ethos infuses every course and learning experience in the Health Institute at MSU Denver. This holistic approach to wellness brings better health outcomes to all Coloradans, lowers health care costs and ensures health equity in all communities.