

# Douglas County, Colorado: A Health Update from Tri-County Health Department

Updated: February 2019



## What is a Healthy Community?

During our 2018 Community Health Assessment, our community members, partners, and staff told us that social connections, educational and economic opportunities, health and wellness services, neighborhood conditions, and safety influence the health of our communities. We can build community health by supporting diversity and social acceptance, encouraging growth and development opportunities for everyone, ensuring the availability of affordable and accessible services, and working together to make our communities safe, great places to live.



## Douglas County Quick Facts

Population*	<b>335,635</b>	Median Household Income**	<b>\$113,799</b>
White Non-Hispanic**	<b>83.3%</b>	No High School Education**	<b>2.1%</b>
Hispanic**	<b>8.3%</b>	Families Below Poverty**	<b>2.5%</b>
African American**	<b>1.1%</b>	Unemployment***	<b>2.8%</b>
Asian**	<b>4.4%</b>	Median Rent (monthly)**	<b>\$1,574</b>
Median Age**	<b>38.1</b>		

\*Source: Colorado Department of Local Affairs, July 2017 Estimates, released Aug 2018

\*\*Source: American Community Survey, 2013 - 2017  
\*\*\*Source: Bureau of Labor Statistics, Sept 2018

### Prevalence of Adult Health Risk Issues

Poor Mental Health	<b>10.1%</b>	Current Marijuana Use	<b>15.8%</b>
No Physical Activity	<b>11.8%</b>	Current Smoking	<b>9.1%</b>
Obesity	<b>19.0%</b>	Current Vaping	<b>6.3%</b>
Binge Drinking	<b>22.6%</b>		

Source: Colorado BRFSS 2017

### Prevalence of Youth Health Risk Issues

Poor Mental Health	<b>27.6%</b>	Binge Drinking	<b>16.1%</b>
Considered Suicide	<b>15.4%</b>	Current Marijuana Use	<b>13.5%</b>
No Physical Activity	<b>49.4%</b>	Current Smoking	<b>6.0%</b>
Obesity	<b>5.1%</b>	Current Vaping	<b>30.0%</b>
Electronically Bullied	<b>15.2%</b>		

Source: Healthy Kids Colorado Survey 2017

## Leading Causes of Death (2017)

Cause of Death (All Ages)	Rate
1. All Cancers	102.3
2. Heart Diseases	87.4
3. Unintentional Injuries	57.2
4. Alzheimer's Disease	38.0
5. Chronic Lower Respiratory Diseases	31.8
6. Stroke	30.0
7. Suicide	14.3
8. Diabetes Mellitus	12.6
9. Influenza and Pneumonia	7.4
10. Nephritis, Nephrosis, Nephrotic Syndrome	6.1

Cause of Death (Age 65+)	Rate
1. All Cancers	554.2
2. Heart Disease	451.8
3. Falls	162.9

Ranked on Age-Adjusted Mortality Rates /100,000  
Source: Colorado Department of Public Health and Environment, Vital Records Program

TCHD welcomes any additional data requests and interpretation for this and any other public health related topic. For more information

Contact: Alyson Shupe | ashupe@tchd.org | (720) 200-1532 or go to [data.tchd.org](http://data.tchd.org)

# Douglas County, Colorado

## Trends in Key Health Issues

### LIFE EXPECTANCY



People living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood. Unfortunately, significant gaps in life expectancy at birth persist across Douglas County and its neighborhoods. The latest estimates of life expectancy at birth reveal significant differences by neighborhood.

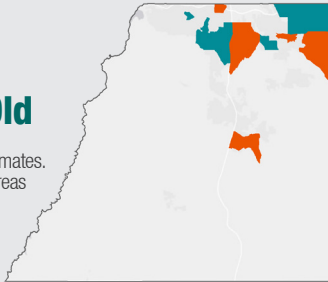
#### Life Expectancy

**Lowest 10% of neighborhoods <79.5 Years Old**

**Highest 10% of neighborhoods >85.4 Years Old**

Groups and percentiles are based on deciles of tracts with available estimates. Map represents areas of lowest life exp. compared to highest life exp. areas for the county.

Source: National Center for Health Statistics. U.S. Small-Area Life Expectancy Estimates Project (USALEEP): Life Expectancy Estimates File for (Jurisdiction), 2010-2015). National Center for Health Statistics. 2018



### MENTAL HEALTH



Positive mental health and social connections allow people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities. Mental health includes emotional, psychological, and social well-being, and is important at every stage of life. Suicide also remains an important issue related to mental health and is the 7th leading cause of death in Douglas County.

#### Youth

**11.9%** of Douglas County high school students do not have someone to talk to when feeling sad, empty, hopeless, angry, or anxious



Source: Healthy Kids Colorado Survey, 2017

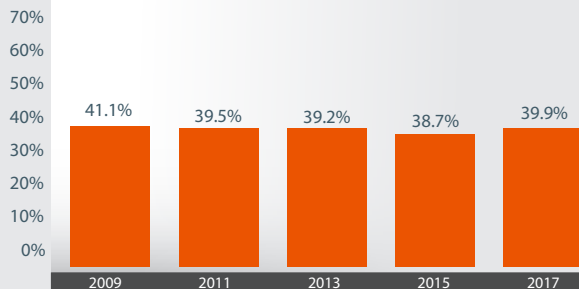
### HOUSING: COST OF LIVING



A standard first promoted by the United States National Housing Act of 1937, still in use today, is that households should not spend more than 30% of their income on rent or a mortgage so enough money remains to cover non-housing-related needs.

**Around 40% of Douglas County renting households, consistently spend more than 30% of their income on rent**

Percent of Household Income Spent on Rent (of households renting)



Source: American Community Survey 1-year Estimate, 2009-2017

**Between 2007 and 2017, median monthly rent increased 53.1% and median annual household income increased only 20.1%**

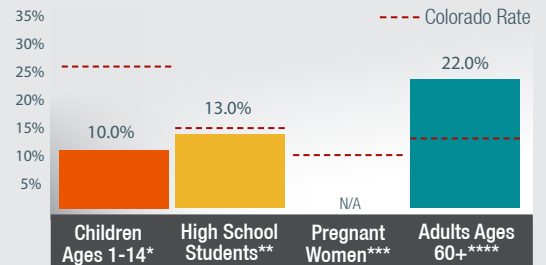
### FOOD INSECURITY



One premise of a healthy community is for residents to have ready access to healthy and safe food in their neighborhoods. In Douglas County, some people experience food insecurity, meaning they have limited or uncertain availability of nutritionally adequate and safe foods.

#### Food Insecurity

**Over 20% of adults aged 60+ in Douglas County experience food-insecurity**



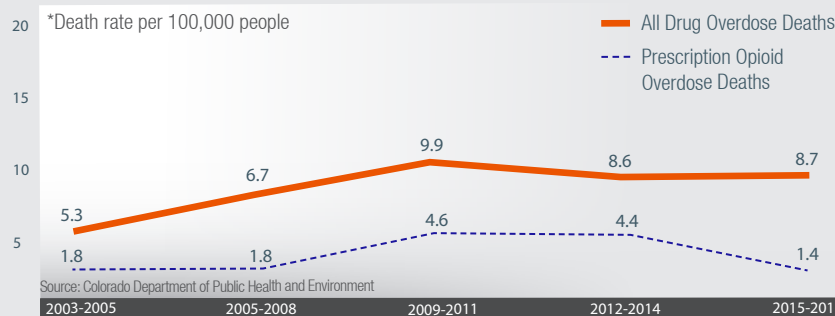
\*Child Health Survey, Colorado Department of Public Health and Environment, 2016-2017; \*\*Healthy Kids Colorado Survey, 2017; \*\*\*Pregnancy Risk Assessment Monitoring System, Colorado Department of Public Health and Environment, 2016; \*\*\*\*Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment, 2015

### SUBSTANCE ABUSE: OVERDOSE DEATHS



Drug overdose deaths are rising in Colorado, including in Douglas County. Between 2003 and 2017, death rates from all drug overdoses increased 64%. Between 2003 and 2011, death rates associated with prescription opioid overdoses increased 155%, but then steadily declined through 2017. In 2017, prescription opioid deaths made up 7% of all drug overdose deaths in Douglas County.

#### Overdose Death Rates



Source: Colorado Department of Public Health and Environment

### COST OF HEALTH CARE



All people in Douglas County need to have a regular, culturally competent primary care provider; be able to quickly connect to needed mental, physical health, and substance use services; and know how to access and navigate the health care system to meet their needs.

**Health care costs affected Douglas County residents' ability to get the care they needed in 2017**



**4.4%** did not fill a prescription



**62.2%** did not receive mental health care



**8.2%** had problems paying medical bills

Source: Colorado Health Institute