



2007 Douglas County Health Profile

The goal of this profile is to provide a broad picture of the health status of Douglas County compared to the state of Colorado and *Healthy People 2010* national target objectives. *Healthy People 2010* is a comprehensive set of disease prevention and health promotion objectives for the United States designed to identify preventable threats to health and to establish national goals to reduce these threats. The information provided in this report are key health indicators obtained through surveillance data from a variety of public health sources, including the Colorado State Demographer, U.S. Census, birth and death certificates, and the Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a survey of a sample of the population and provides information on the prevalence of health behaviors and lifestyle factors associated with the leading causes of disease and death.

	2007		Healthy People 2010 Target ¹
	Douglas County	Colorado	
Demographics			
Estimated population	276,620	4,909,524	N/A
Age Group			
0-14 years	25.3%	20.8%	
15-24 years	14.5%	15.0%	
25-44 years	29.8%	28.4%	
45-64 years	25.3%	25.9%	
65 years and older	5.1%	9.9%	
Estimated race/ethnicity ²			
White, non-Hispanic	87.3%	72.5%	
White, Hispanic	6.4%	18.5%	
Black or African-American	1.8%	4.6%	
Asian American/Pacific Islander	4.0%	3.0%	
American Indian and Alaska Native	0.6%	1.3%	
Poverty rate (individuals)	1.8%	12.0%	
Births			
Adolescent fertility rate ³ (ages 15-17)	2.5	22.1	N/A
General fertility rate ³ (ages 15-44)	63.1	68.9	N/A
Infant mortality rate ⁴	2.5	6.1	4.5
Low birth weight (< 2500 grams or 5 lb 9 oz)	9.3%	9.0%	5.0%
Premature (gestation less than 37 wks)	11.5%	9.8%	7.6%
Prenatal care in first trimester ⁵	91.3%	79.6%	90.0%
Death Rates⁶			
All causes	684.7	736.5	N/A
All cancers	166.7	157.9	158.6
Lung cancer	39.9	38.2	43.3
Breast cancer (females)	23.0	18.6	21.3
Prostate cancer (males)	28.5	26.1	28.2
Colorectal cancer	17.0	14.4	13.7

	2007		Healthy People 2010 Target ¹
	Douglas County	Colorado	
Death Rates (continued)⁶			
Heart disease	128.0	154.4	162.0
Unintentional injuries	25.2	44.7	17.1
Chronic lower respiratory disease	42.3	51.4	62.3
Cerebrovascular disease / Stroke	36.3	41.7	50.0
Alzheimer's disease	46.1	30.8	N/A
Suicide	13.4	16.3	4.8
Diabetes mellitus	11.4	17.3	46.0
Influenza and pneumonia	19.0	15.5	N/A
Chronic liver disease and cirrhosis	3.7	10.9	3.2
Select Diseases, Rate of New Cases⁷			
HIV, non-AIDS	1.1	5.9	N/A
AIDS	0.7	5.6	1.0
Tuberculosis	0.7	2.3	1.0
Behavioral Risk Factors (ages >18)			
Binge drinking of alcohol in last month ⁸	17%	17%	13.4%
Current cigarette smoking	8%	19%	12%
Have health insurance	95%	82%	100%
No leisure time physical activity	8%	17%	20%
Obese (body mass index \geq 30) (ages \geq 20)	17%	20%	15%

1. Targets revised after midcourse review; subsequent to 2000 publication of Healthy People 2010.
2. Race/ethnicity estimates are for 2006.
3. Rate per 1,000 women in age group specified.
4. Rate of infant deaths within the first year of age per 1,000 births.
5. Missing data are excluded from the denominator.
6. Leading causes of death in Colorado, 2007. Rates are per 100,000 population and age-adjusted to 2000 US Census population.
7. Rates are per 100,000 population.
8. Binge drinking defined as five or more drinks on an occasion, one or more times in the past 30 days.

Comments

The percent of premature births and percent of low birth weight babies in Douglas County are higher than the Healthy People 2010 targets. This is also true for Colorado overall. The three leading causes of death in Douglas County (based on number of deaths) are: (1) cancer, (2) heart disease and (3) unintentional injuries. In Douglas County, deaths due to unintentional injuries and suicide are well above the national targets, whereas deaths due to heart disease, chronic lower respiratory diseases, cerebrovascular disease and diabetes are lower than the national targets. Douglas County has achieved the national targets in several areas including a lower percentage of residents who smoke and a lower percentage of residents who do not engage in leisure time physical activity. The Healthy People 2010 target for binge drinking has not been achieved.

Resources

Colorado Health Information Dataset (CoHID): www.cdphe.state.co.us/cohid
Colorado Department of Public Health and Environment (CDPHE): www.cdphe.state.co.us
State Demographer: <http://dola.colorado.gov/demog/demog.cfm>
U.S. Census Bureau: www.census.gov
Healthy People 2010: www.healthypeople.gov

Produced by Tri-County Health Department in November 2008: www.tchd.org
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