

Community Health Profile: Adams, Arapahoe, and Douglas Counties

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Overview

The Tri-County Health Department (TCHD) produced a Community Health Profile that was published this past February 2005. The profile presents demographic information and health indicators for populations served by TCHD in Adams County, Arapahoe County, and Douglas County with the State of Colorado as a comparison. The profile contains five sections and includes many new additions from the previous health profile.

The Community Health Profile presents data on population, birth, death, injury hospitalizations, and risk factors. Each page includes a description of the health indicator, a table displaying the most recent year rates or proportions available by county and for the State of Colorado, and trends for up to a 10-year period. In addition, the Healthy People 2010 Objectives, a comprehensive list of health objectives for the nation, are presented when relevant to a health indicator. These objectives serve as a means for improving the health of the residents in our counties. Lastly, each page has a “Comments” section detailing areas in which each county has already achieved the national target and other areas in which there are still challenges to face. A sample page from the Community Health Profile can be found on page 2.

TCHD uses the Community Health Profile to make programming decisions and resource allocations, and to share with our community partners. We plan to update the Community Health Profile every two years and it can be found in its entirety on the TCHD website at www.tchd.org/communityhealth.htm. Also on the website are County Health Profiles or “two-page snapshots” for Adams County, Arapahoe County, and Douglas County. These snapshots are generated on a yearly basis. The current snapshots compare 2003 county data on a wide variety of health indicators to comparable data for the State of Colorado, and, where available, for Healthy People 2010 targets.

On page 3, we present some highlights from sections of the Community Health Profile.



Sample page from the Community Health Profile:

DEATH

UNINTENTIONAL INJURY

Description of the health indicator

Unintentional injury deaths are caused by events such as motor vehicle crashes, falls, poisonings, drowning, and residential fires. More persons aged 1 to 34 years die as a result of unintentional injuries than any other cause of death. Many injuries are preceded by alcohol and drug consumption in amounts that increase the risk of injury.

Table 13. Age-adjusted* death rates due to unintentional injury for residents of Adams County, Arapahoe County, Douglas County, and the State of Colorado in 2003.

	2003
ADAMS COUNTY	40.2
ARAPAHOE COUNTY	34.2
DOUGLAS COUNTY	28.7
COLORADO	41.5

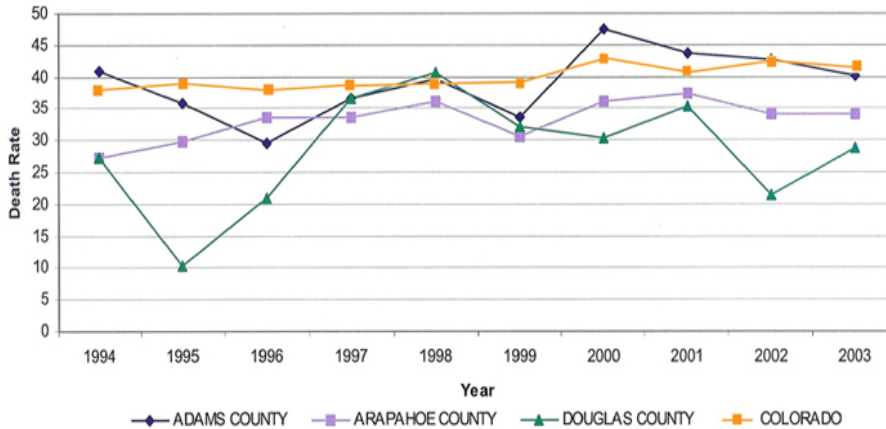
Most recent year of data available presented for each county and State of Colorado

Healthy People 2010 national targets presented when applicable

Healthy People 2010 Objective 15-13:
Reduce deaths caused by unintentional injuries.
Target: 17.5 deaths per 100,000 population.

Figure 20. Age-adjusted* death rates due to unintentional injury for residents of Adams County, Arapahoe County, Douglas County, and the State of Colorado, 1994-2003.

Trends presented for up to a 10-year period



*Age-adjusted to the US 2000 standard population. Rates are per 100,000 population.
Source: Health Statistics Section, Colorado Department of Public Health and Environment

Comments section to present the "Highlight" or "Lowlight" and trend analysis

Comments

Adams County, Arapahoe County, and Douglas County all varied greatly with no apparent trends in their unintentional injury death rates from 1994 to 2003. In 2003, all three counties were far from the national target of 17.5 deaths per 100,000 population.

Profile Highlights

Population

Underlying factors besides biologic and behavioral aspects can greatly influence the health of communities. Such factors include population size, income level, educational attainment, and racial and ethnic characteristics. These factors, among others, are presented in the Community Health Profile.

It is important to review population size and population change over time since these allow for some predictions about how communities may change or grow in the future (Table 1). There has been large population growth in Colorado over the last 10 years with a statewide increase of 30.6% and an almost doubling in Douglas County. These estimates provide communities with the opportunity to plan for the needs of the residents related to health care, transportation, and community development.

Table 1. Population change from 1990 to 2000 and estimated population in 2003 for Adams County, Arapahoe County, Douglas County, and the State of Colorado.

	1990 Population	2000 Population	Percent Change 1990-2000	Population Estimates for 2003
ADAMS COUNTY	265,038	363,857	37.3%	385,262
ARAPAHOE COUNTY	391,511	487,967	24.6%	520,501
DOUGLAS COUNTY	60,391	175,766	191.0%	225,694
COLORADO	3,294,473	4,301,261	30.6%	4,586,455

Source: Demography Section, Colorado Department of Local Affairs

Death

The leading causes of death are often used to describe the health status of a population. The top five causes of death in Adams, Arapahoe, and Douglas Counties, and the State of Colorado are heart disease, malignant neoplasms, chronic lower respiratory disease, cerebrovascular disease, and total unintentional injuries. These rates are presented for each county and the State of Colorado along with the Healthy People 2010 Target in Table 2.

Table 2. Top five leading causes of death by age-adjusted* death rates for Adams, Arapahoe, and Douglas Counties and the State of Colorado in 2003.

Cause of Death	Adams County	Arapahoe County	Douglas County	State of Colorado	Healthy People 2010 Target
Heart Disease	215.9	153.2	163.0	179.3	N/A
Malignant Neoplasms	177.4	161.0	129.6	167.3	159.9
Chronic Lower Respiratory Diseases	69.2	41.7	41.1	53.4	60.0
Cerebrovascular Disease	45.5	47.4	47.6	51.3	48.0
Total Unintentional Injuries	40.2	34.2	28.7	41.5	17.5

*Age-adjusted to the U.S. 2000 standard population. Rates are per 100,000 population.

Source: Health Statistics Section, Colorado Department of Public Health and Environment

These chronic diseases are not only the most prevalent; they are the most costly and preventable of all health problems. In addition to the leading causes of death, the Community Health Profile presents other causes of death such as suicide, unintentional injury, infant death, and deaths due to specific types of cancer such as breast, prostate, and lung cancer.

Other Profile Sections

Birth

The current health status of pregnant women and infants is an important reflection of the current health status of a population. A range of indicators such as teenage female fertility, older women and fertility, lack of prenatal care, low birth weight, and preterm birth are recognized as risk factors for poor birth outcomes and infant death. The Community Health Profile examines these indicators since family planning and early prenatal care can minimize or prevent many of these risk factors from occurring.

Injury hospitalizations

Injury is a serious public health problem, and like disease, is preventable. Every year millions of Americans are injured from unintentional injuries related to falls, poisonings, or motor vehicle crashes or from intentional injuries such as homicide and suicide. Injury can often lead to disability, chronic pain, a change in lifestyle, or premature death. Examining the data allows for public health workers to identify where preventive intervention is needed. The Community Health Profile presents data on injuries such as falls, poisonings, motor vehicle injury, brain injury, and suicide attempts (non-fatal).

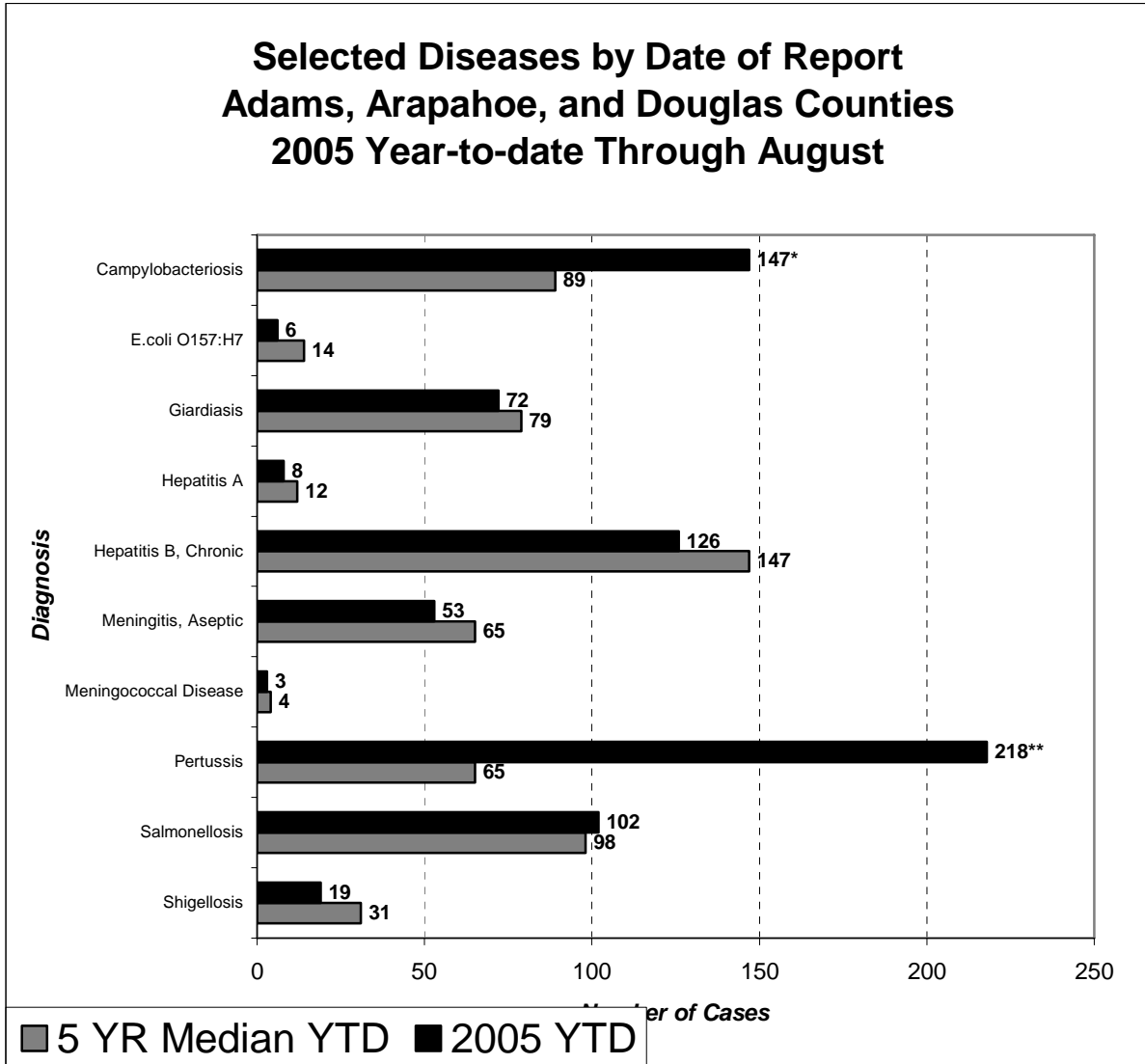
Behavioral Risk Factors

The Community Health Profile presents behavioral risk factors, such as tobacco use, obesity, physical inactivity, and heavy alcohol use, many of which have been linked to the leading causes of death in the United States. These risk factors can be prevented through changes in individual behavior or by changing environmental factors such as improving walkability in neighborhoods or increasing smoke-free environments.

For more information, please visit our website and view the Community Health Profile at www.tchd.org/communityhealth.htm

Community Health Profile Data Sources

- ❖ Vital Statistics data (birth and death statistics), behavioral risk factor statistics, and injury statistics can be accessed on the Colorado Department of Public Health and Environment website at <http://www.cdphe.state.co.us/cohid/>
- ❖ Population data can be found in the Demography Section of the Colorado Department of Local Affairs Website at <http://dola.colorado.gov/demog/demog.cfm>
- ❖ The health facts presented are from the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov



* The entire state of Colorado has seen increased reports of campylobacteriosis. Although the reason is currently unknown, investigation is ongoing.

** There has been an excessive number of pertussis cases in the state of Colorado in the past year, which has recently been returning to normal levels.