

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

Executive Director: John M. Douglas Jr., MD
March 2018



Tri-County Health Department (TCHD) is presenting this health update as a reference tool for legislators and policymakers to better understand their communities and some of the important health issues occurring in their county. This factsheet is to serve as an overview of issues. TCHD welcomes any additional data requests and interpretation for this and any other public health related topic. Contact: Alyson Shupe | ashupe@tchd.org | (720) 200-1532

Douglas County Quick Facts

Population*	328,330	Median Age**	37.2
White Non-Hispanic*	84.2%	Median Household Income**	\$105,759
Hispanic*	8.3%	No High School Education**	2.1%
African-American*	1.5%	Families Below Poverty**	2.9%
Asian*	4.8%	Unemployment***	2.2%

*Source: Colorado Department of Local Affairs, July 2016 Estimates

**Source: American Community Survey 2012 - 2016

***Source: Bureau of Labor Statistics, March 2018

Adult Health Risk Issues

Poor Adult Mental Health	10.9%	Adult Smoking	7.7%
Adult Obesity	23.5%	Adult Marijuana Use	7.1%

Source: Colorado BRFSS 2016

Youth Health Risk Issues

Youth Smoking	9.3%	Electronically Bullied	17.3%
Considered Suicide	14.1%	Poor Mental Health	21.5%
Binge Drinking	13.8%	No Physical Activity	12.7%
Smoke Marijuana	13.2%	Youth Obesity	4.1%

Source: Healthy Kids Colorado Survey 2013 (2015 data is not available for Douglas County, opt out)

Leading Causes of Death (2016)

1. Cancers
2. Heart Diseases
3. Unintentional Injuries
4. Alzheimer's Disease
5. Chronic Lower Respiratory Diseases
6. Stroke
7. Suicide
8. Diabetes Mellitus
9. Chronic Liver Disease and Cirrhosis
10. Nephritis, Nephrosis, Nephrotic Syndrome

Ranked on Age-Adjusted Mortality Rates

Source: Colorado Department of Public Health and Environment



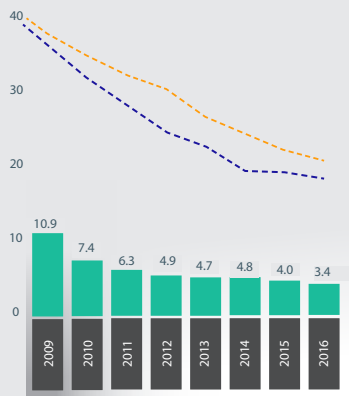
Douglas County, Colorado

Trends in Key Health Issues

TEEN BIRTH RATE



Colorado and Douglas County have experienced an unprecedented decline in teen pregnancies in recent years due to the Colorado Family Planning Initiative's effort to increase access to Long-Acting Reversible Contraception (LARC). Tri-County Health Department helps women of child-bearing age in Douglas County access the contraception they need to avoid unplanned pregnancies and abortions.



*Y-axis represents the birth rate per 1,000 (female population ages 15-19)

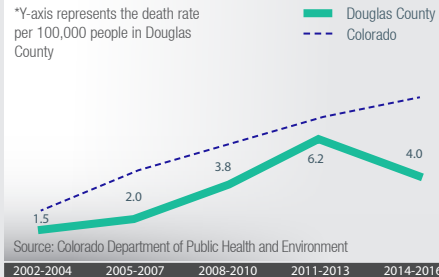
68.8%
reduction in
teen birth rate
in Douglas
County

Source: Tri-County Health Department

OPIOID OVERDOSES: DEATH RATE



Similar to other parts of the country, Colorado and Douglas County are experiencing an epidemic of drug overdose, particularly related to opioids (opioid pain relievers and heroin). Tri-County Health Department is working with partners to promote steps to reduce this problem including safer prescribing of prescription opioids, expanded access to naloxone (a safe and effective antidote for opioid-related overdoses), safe disposal of unused prescription drugs through drug-takeback programs, and increasing access to treatment. (Note: County rates are based on very small numbers of events so caution should be used in interpreting them.)

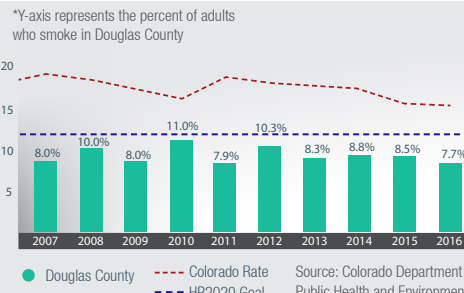


Source: Colorado Department of Public Health and Environment

ADULT SMOKING: PERCENT SMOKING



Tobacco use remains overwhelmingly the leading cause of preventable deaths despite recent concerns about marijuana and prescription drug use. The percentage of Douglas County residents who smoke cigarettes has not changed significantly in recent years. Tri-County Health Department works with Douglas County communities to strengthen smoke-free air policies and prevent youth initiation of tobacco use.

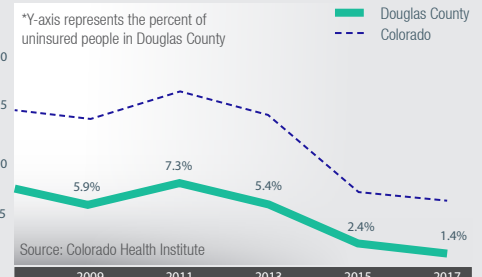


Source: Colorado Department of Public Health and Environment

HEALTH INSURANCE: PERCENT UNINSURED



Douglas County has experienced a substantial and continuing decrease (similar to that of the State as a whole) in the number of uninsured residents in recent years. Increased access to health insurance will enable more Douglas County residents to get the health care they need, which ultimately will lead to healthier lives and declines in many of the leading causes of death. Tri-County Health Department helps Douglas County residents get connected with the health insurance they need.



Source: Colorado Health Institute

MENTAL HEALTH



10.9 % of Douglas County adults have experienced 14 or more days of poor mental health in the past 30 days

Through an extensive stakeholder process, mental health was identified as a critical issue for our residents and selected as the focus of the Public Health Improvement Plan for our counties. Suicide is the 7th leading cause of death in Douglas County and is higher than the nation as a whole. Tri-County Health Department is working with key partners on a new State Innovation Model (SIM) grant to decrease stigma surrounding mental health and to increase access to integrated physical and behavioral health care.

According to 2018 County Health Rankings, Douglas County is 1st in health outcomes and 1st in health factors of 58 counties ranked in Colorado.

Although Douglas County residents maintain relatively good health, there are still some challenges. While rates of obesity and sexually transmitted infections remain low, there has been a consistent increase over the past ten years for both indicators. Residents of Douglas County also experience high rates of excessive drinking, a high alcohol-impaired driving rate, and on average, long work commute time. Over half of all deaths of Douglas County residents are due to heart diseases, cancer, and unintentional injury. Stopping smoking, being more physically active, and eating a healthy diet can help prevent early death from these causes.

Tri-County Health Department is working to assist residents in tackling these important health issues in Douglas County through efforts to promote healthy beverages to reduce obesity; worksite wellness programs with small businesses; and testing for sexually transmitted infections and HIV. Other Tri-County programs aimed at addressing health issues of importance in Douglas County are through the youth substance abuse coalitions; the Tri-County Overdose Prevention Partnership; youth tobacco prevention programs; Let's Talk campaign to reduce stigma around mental health; nurse home visit programs for at-risk families, such as Nurse Family Partnership; the Women Infant Children (WIC) Supplemental Nutrition Program; childhood immunization clinics; and activities to help persons newly enrolled in Medicaid more efficiently and effectively access care.

Challenges for Douglas County residents include:



High Obesity Rates



Sexually Transmitted Infections



Excessive Drinking



Alcohol Impaired Driving



Long Work Commutes

Source: County Health Rankings & Roadmaps University of Wisconsin Population Health Institute

Last Update March 2018