

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

Updated: February 2019

What is a

Healthy Community?

“Public Health is what we do together as a society to ensure the conditions in which everyone can be healthy.”¹ During our 2018 Community Health Assessment, our community members, partners, and staff said that social connections, 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.



Arapahoe County Quick Facts

Population*	643,257	Median Household Income**	\$69,553
White Non-Hispanic**	61.3%	No High School Education**	7.7%
Hispanic**	18.9%	Families Below Poverty**	7.0%
African-American**	10.2%	Unemployment***	3.1%
Asian**	5.6%	Median Rent (monthly)**	\$1,218
Median Age**	36.4		

*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	13.6%	Current Marijuana Use	14.4%
No Physical Activity	22.0%	Current Smoking	12.3%
Obesity	23.0%	Current Vaping	6.5%
Binge Drinking	15.4%		

Source: Colorado BRFSS 2017

Prevalence of Youth Health Risk Issues

Poor Mental Health	31.3%	Binge Drinking	12.4%
Considered Suicide	18.2%	Current Marijuana Use	18.3%
No Physical Activity	51.3%	Current Smoking	5.7%
Obesity	8.9%	Current Vaping	23.7%
Electronically Bullied	15.5%		

Source: Healthy Kids Colorado Survey 2017

Leading Causes of Death (2017)

Cause of Death	Rate
1. Cancers	127.6
2. Heart Diseases	109.2
3. Unintentional Injuries	45.3
4. Alzheimer's Disease	44.7
5. Chronic Lower Respiratory Diseases	42.8
6. Stroke	35.7
7. Diabetes Mellitus	21.1
8. Suicide	17.8
9. Influenza and Pneumonia	15.1
10. Nephritis, Nephrosis, Nephrotic Syndrome	10.4

Cause of Death (Age 65+)

Cause of Death (Age 65+)	Rate
1. Cancers	720.1
2. Heart Disease	684.6
3. Falls	89.6

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

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Arapahoe County, Colorado

Trends in Key Health Issues

LIFE EXPECTANCY

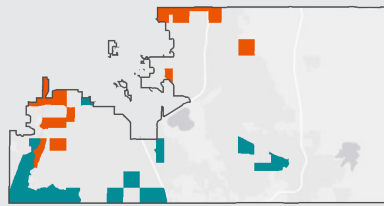


People living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood. Unfortunately, significant gaps in life expectancy at birth persist across Arapahoe County and its neighborhoods. The latest estimates of life expectancy at birth reveal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

Life Expectancy

Lowest 10% of neighborhoods <75.9 Years Old

Highest 10% of neighborhoods >83.9 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. Available from: <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>.

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 a an important issue and is the 8th leading cause of death in Arapahoe County.

Youth

14.3% of Arapahoe 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

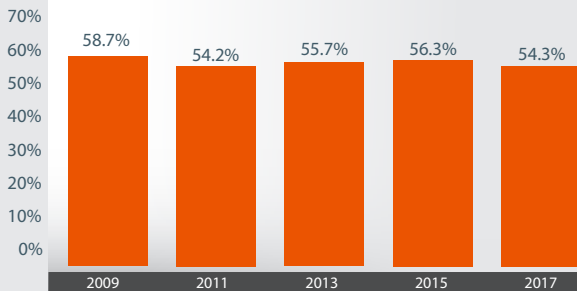
HOUSING: COST OF LIVING



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.

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

Over 50% of Arapahoe County renting households, consistently spend more than 30% of their income on rent



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

Between 2007 and 2017, median monthly rent increased 69.1% and median annual household income increased only 28.1%

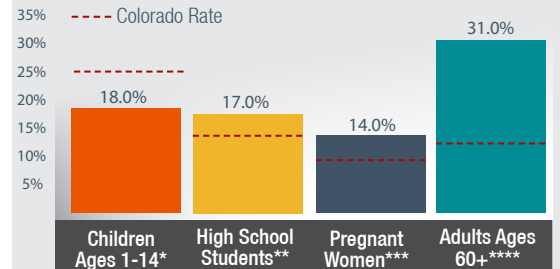
FOOD INSECURITY



In a healthy community, all residents can access safe, healthy, and culturally appropriate food and are able to practice good eating habits. In Arapahoe County, many people experience food insecurity, or the limited or uncertain availability of nutritionally adequate and safe foods.

Food Insecurity

Over 30% of adults aged 60 and over in Arapahoe County experience food-insecure.



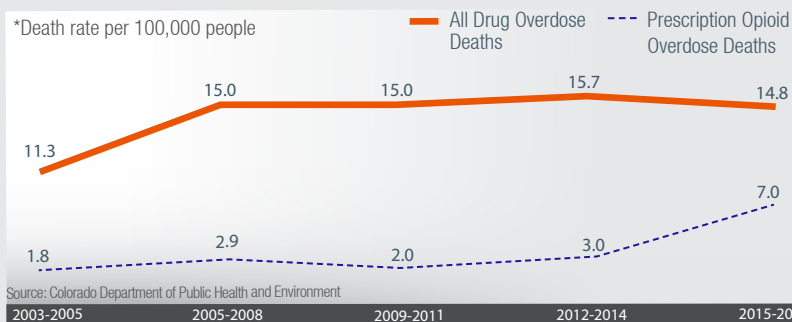
*Child Health Survey, Colorado Department of Public Health and Environment, 2016-2017; **Healthy Kids Colorado Survey, 2017; ***Pregnancy Risk Assessment Monitoring System, Colorado Department of Public Health and Environment, 2016; ****Behavioral Risk Factor Surveillance System, Colorado Department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

SUBSTANCE ABUSE: OVERDOSE DEATHS



Drug overdose deaths are rising in Colorado, including in Arapahoe County. Between 2003 and 2017, death rates from all drug overdoses increased 60.6%. Between 2003 and 2013, death rates associated with prescription opioid overdoses remained steady, but then but then increase over 300% through 2017. In 2017, prescription opioid deaths made up 43% of all drug overdose deaths in Arapahoe County.

Overdose Death Rates



Source: Colorado Department of Public Health and Environment

COST OF HEALTH CARE



All people in Arapahoe 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 Arapahoe County residents' ability to get the care they needed in 2017



9.8% did not fill a prescription



46.4% did not receive mental health care



12.3% had problems paying medical bills

Source: Colorado Health Institute