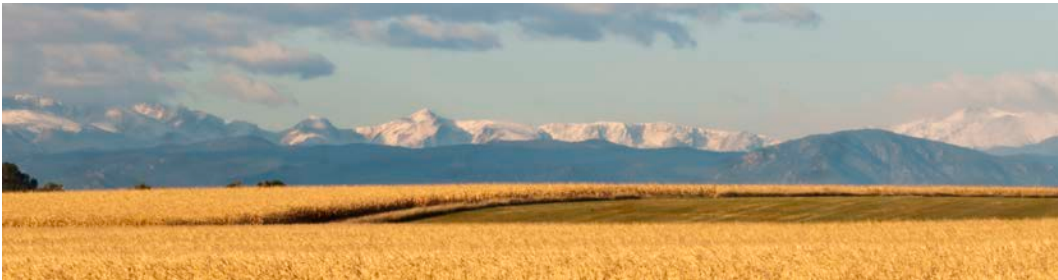


# Adams County, Colorado: A Health Update from Tri-County Health Department

Executive Director: John M. Douglas Jr., MD  
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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](mailto:ashupe@tchd.org) | (720) 200-1532**

## Adams County Quick Facts (2014)

Population	<b>478,925</b>	Median Age	<b>32.8</b>
White Non-Hispanic	<b>52.1%</b>	Median Household Income	<b>\$57,421</b>
Hispanic	<b>39.7%</b>	No High School Education	<b>23.4%</b>
African-American	<b>3.0%</b>	Families Below Poverty	<b>12.2%</b>
		Unemployment	<b>9.3%</b>

Source: Colorado Department of Local Affairs

Source: American Community Survey 2010 - 2014

### Adult Health Risk Issues

Poor Adult Mental Health	<b>11.1%</b>	Adult Smoker	<b>21.9%</b>
Adult Obesity	<b>26.0%</b>	Adult Marijuana Use	<b>11.2%</b>

Source: Colorado BRFSS 2012-2014

### Youth Health Risk Issues

Youth Smoker	<b>11.1%</b>	Electronically Bullied	<b>16.0%</b>
Considered Suicide	<b>16.6%</b>	Poor Mental Health	<b>28.0%</b>
Binge Drinking	<b>18.7%</b>	No Physical Activity	<b>15.8%</b>
Smoke Marijuana	<b>22.8%</b>	Youth Obesity	<b>10.1%</b>

Source: Healthy Kids Colorado Survey 2013

## Leading Causes of Death (2014)

1. Cancers
2. Heart Diseases
3. Unintentional Injuries
4. Chronic Lower Respiratory Diseases
5. Cerebrovascular Diseases
6. Alzheimer's Disease
7. Suicide
8. Chronic Liver Disease and Cirrhosis
9. Influenza and Pneumonia
10. Diabetes Mellitus

Source: Colorado Department of Public Health and Environment

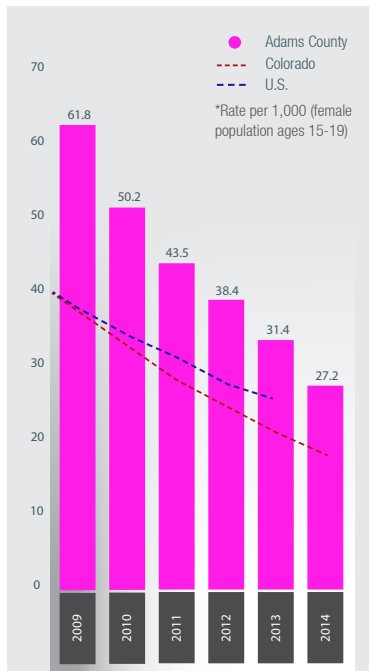


## Trends in Key Health Issues

### TEEN BIRTH RATE



Colorado and Adams 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 Adams County access the contraception they need to avoid unplanned pregnancies and abortions.



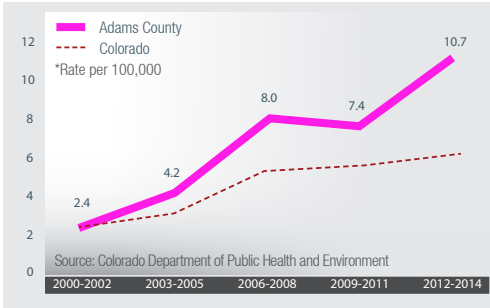
**56% reduction in teen birth rate in Adams County**

Source: Colorado Department of Public Health and Environment

### OPIOID OVERDOSES: DEATH RATE



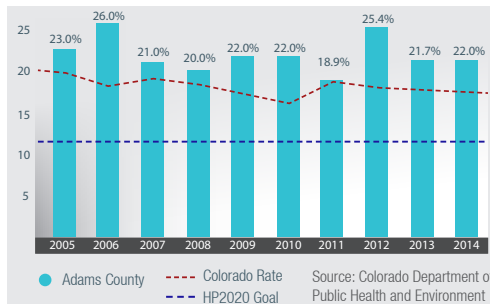
Similar to other parts of the country, Colorado and Adams County are experiencing an epidemic of drug overdose, particularly related to opioids (opioid pain relievers and heroin). Tri-County Health Department is working with partners to promote steps to reduce this problem including safer prescribing 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.)



### ADULT SMOKING: PERCENT SMOKING



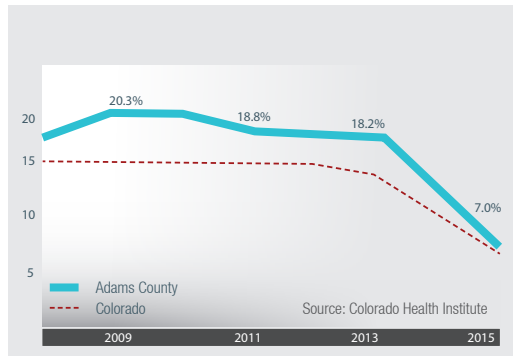
Tobacco use remains overwhelmingly the leading cause of preventable deaths despite recent concerns about marijuana and prescription drug use. The percentage of Adams County residents who smoke cigarettes has not changed significantly in recent years. Tri-County Health Department works with Adams County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



### HEALTH INSURANCE: PERCENT UNINSURED



Adams County has experienced a decrease in the number of uninsured residents in recent years. Increased access to health insurance will enable more Adams 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 Adams County residents get connected with the health insurance they need.



### MENTAL HEALTH



**11.1% of Adams 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 Adams 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 2015 County Health Rankings, Adams County is 34th in health outcomes and 49th in health factors of 60 counties ranked in Colorado.

Adams County residents are also more likely to be unemployed and experience higher rates of childhood poverty. More employment opportunities can increase access to health insurance and decrease childhood poverty. Over half of all deaths of Adams County residents are due to heart disease, cancer, or lung diseases. 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 leading healthier lifestyles through youth tobacco prevention programs, efforts to promote healthy beverages, and worksite wellness programs with small businesses.

Other Tri-County programs aimed at addressing health issues of importance in Adams County include nurse home visit programs for at-risk families, such as Nurse Family Partnership; the Women Infant Children (WIC) Supplemental Nutrition Program; childhood immunization clinics; testing for sexually transmitted infections and HIV; and activities to help persons newly enrolled in Medicaid more efficiently and effectively access care.

### Challenges for Adams County residents include:

**Poor Physical and Mental Health**

**High Obesity Rates**

**Lack of Health Insurance**

**Low Physical Activity Rates**

**Sexually Transmitted Infections**

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