



2010 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 to attain by the year 2010. The information provided in this report are key health indicators obtained through surveillance data from a variety of public health sources, including the U.S. Census Bureau, the Colorado Demography Office and the Colorado Department of Public Health and Environment (CDPHE).

	2010		Healthy People 2010 Target
	Douglas County	Colorado	
Demographics			
Estimated population	285,465	5,029,196	N/A
Age Group			
0-14 years	25.8%	20.4%	
15-24 years	10.1%	13.7%	
25-44 years	29.7%	28.4%	
45-64 years	27.3%	26.6%	
65 years and older	7.1%	10.9%	
Estimated race/ethnicity			
Non-Hispanic Origin			
White	85.2%	70.0%	
Black or African-American	1.1%	3.8%	
Asian American/Pacific Islander	3.8%	2.8%	
American Indian and Alaska Native	0.3%	0.6%	
Some other race	0.1%	0.2%	
Two or more races	2.0%	2.0%	
Hispanic Origin (of any race)	7.5%	20.6%	
Poverty rate (individuals)	3.3%	13.4%	
Births			
Adolescent fertility rate ¹ (ages 15-17)	1.2	17.4	N/A
General fertility rate ¹ (ages 15-44)	61.4	64.7	N/A
Infant mortality rate ²	3.9	5.9	4.5
Low birth weight (less than 2500 grams or 5 lb 9 oz)	10.1%	8.8%	5.0%
Premature (gestation less than 37 wks)	10.7%	9.1%	7.6%
Prenatal care in first trimester	90.7%	77.6%	90.0%
Death Rates³			
All causes	550.3	682.1	N/A
All cancers	128.7	149.4	158.6
Lung cancer	27.8	35.2	43.3
Breast cancer (females)	16.8	20.0	21.3
Prostate cancer (males)	20.7	22.1	28.2
Colorectal cancer	7.8	13.6	13.7
Heart disease	107.0	132.6	N/A
Chronic lower respiratory disease	30.3	49.7	N/A

	2010		Healthy People 2010 Target
	Douglas County	Colorado	
Death Rates (continued)³			
Unintentional injuries	22.0	43.4	17.1
Cerebrovascular disease / Stroke	38.6	36.0	50.0
Alzheimer's disease	34.1	31.1	N/A
Suicide	13.9	16.8	4.8
Diabetes mellitus	13.5	15.2	N/A
Influenza and pneumonia	10.8	12.3	N/A
Chronic liver disease and cirrhosis	2.9	11.2	3.2
Select Diseases, Rate of New Cases⁴			
Hepatitis C (acute and chronic)	18.2	62.0	N/A
HIV, non-AIDS	2.1	5.6	N/A
AIDS	1.8	5.4	1.0
Tuberculosis	*	1.4	1.0
Behavioral Risk Factors (ages 18 and older)			
Binge drinking of alcohol in last month ⁵	19.5%	15.4%	13.4%
Current cigarette smoking	10.8%	16.0%	12.0%
Have health care coverage	92.1%	83.6%	100.0%
No leisure time physical activity	8.7%	18.2%	20.0%
Obese (body mass index greater than or equal to 30) (ages 20 and older)	17.7%	22.2%	15.0%

Numbers highlighted in **BOLD** meet the Healthy People 2010 target.

1. Rate per 1,000 women in age group specified.
 2. Rate of infant deaths within the first year of age per 1,000 live births.
 3. Leading causes of death in Colorado, 2010. Rates are per 100,000 population and age-adjusted to 2000 US Census population.
 4. Rates are per 100,000 population.
 5. Binge drinking defined as five or more drinks on an occasion, one or more times in the past 30 days.
- * Rates based on fewer than three health events are not reported and are indicated with an asterisk (*).

Comments

Douglas County's population continues to grow and currently represents almost six percent of Colorado's population. Adolescent fertility and infant mortality remain low in Douglas County compared to Colorado overall. Douglas County met the Healthy People 2010 national targets for infant mortality and percent of women receiving prenatal care in the first trimester. However, Douglas County and Colorado overall did not meet the national targets for percent low birth weight or premature births. The three leading causes of death in Douglas County (based on age-adjusted rates) are: (1) cancer, (2) heart disease and (3) cerebrovascular disease (stroke). Douglas County met the Healthy People 2010 death rate targets for all cancers combined, lung cancer, breast cancer, prostate cancer, colorectal cancer, cerebrovascular disease and chronic liver disease and cirrhosis. Death rates due to unintentional injuries, chronic lower respiratory disease and suicide in Douglas County were higher than the Healthy People 2010 targets. Douglas County has achieved the national targets in two behavioral risk factors including cigarette smoking and percentage of residents who do not engage in leisure time physical activity but did not meet the national targets for binge drinking, health care coverage or obesity. The only behavioral risk factor Healthy People 2010 target that Colorado met from the list above was the leisure time physical activity national target.

Sources

Colorado Department of Public Health and Environment (CDPHE): www.cdphe.state.co.us
Colorado Demography Office: <http://www.colorado.gov/cs/Satellite/DOLA-Main/CBON/1251590805419>
U.S. Census Bureau: www.census.gov
Healthy People 2010: <http://www.healthypeople.gov/2010/?visit=1>

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