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.” 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

<table>
<thead>
<tr>
<th>Population*</th>
<th>Median Household Income**</th>
<th>White Non-Hispanic**</th>
</tr>
</thead>
<tbody>
<tr>
<td>643,257</td>
<td>$69,553</td>
<td>61.3%</td>
</tr>
<tr>
<td>Hispanic**</td>
<td></td>
<td>18.9%</td>
</tr>
<tr>
<td>African-American**</td>
<td></td>
<td>10.2%</td>
</tr>
<tr>
<td>Asian**</td>
<td></td>
<td>5.6%</td>
</tr>
<tr>
<td>Median Age**</td>
<td></td>
<td>36.4</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>Poor Mental Health</th>
<th>13.6%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Physical Activity</td>
<td>22.0%</td>
</tr>
<tr>
<td>Obesity</td>
<td>23.0%</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>15.4%</td>
</tr>
</tbody>
</table>

Current Marijuana Use | 14.4%
Current Smoking | 12.3%
Current Vaping | 6.5%

Source: Colorado BRFSS 2017

Prevalence of Youth Health Risk Issues

<table>
<thead>
<tr>
<th>Poor Mental Health</th>
<th>31.3%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Considered Suicide</td>
<td>18.2%</td>
</tr>
<tr>
<td>No Physical Activity</td>
<td>51.3%</td>
</tr>
<tr>
<td>Obesity</td>
<td>8.9%</td>
</tr>
<tr>
<td>Electronically Bullied</td>
<td>15.5%</td>
</tr>
</tbody>
</table>

Binge Drinking | 12.4%
Current Marijuana Use | 18.3%
Current Smoking | 5.7%
Current Vaping | 23.7%

Source: Healthy Kids Colorado Survey 2017

TCHD welcomes any additional data requests and interpretation for this and any other public health related topic. For more information contact: Alyson Shupe | ashupe@tchd.org | (720) 200-1532 or go to data.tchd.org
**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


**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.

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

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

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

**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.

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

Source: Colorado Health Institute

**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 45% of all drug overdose deaths in Arapahoe County.

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

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

Youth 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