

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

Updated: January 2020

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.”<sup>1</sup> 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.



<sup>1</sup> <https://www.healthypeople.gov/sites/default/files/Public-Health-3.0-White-Paper.pdf>

## Arapahoe County Quick Facts

Population*	<b>651,345</b>	Median Household Income**	<b>\$76,768</b>
White Non-Hispanic**	<b>59.6%</b>	No High School Education**	<b>7.5%</b>
Hispanic**	<b>19.5%</b>	Families Below Poverty**	<b>5.6%</b>
African-American**	<b>10.5%</b>	Unemployment***	<b>3.2%</b>
Asian**	<b>5.9%</b>	Median Rent (monthly)**	<b>\$1,384</b>
Median Age**	<b>36.9</b>		

\*Source: Colorado Department of Local Affairs, July 2018 Estimates, released Aug 2019

\*\*Source: American Community Survey, 2018 Estimates  
\*\*\*Source: Bureau of Labor Statistics, Sept 2019

### Prevalence of Adult Health Risks

Poor Mental Health	<b>14.0%</b>	Current Marijuana Use	<b>18.9%</b>
No Physical Activity	<b>18.2%</b>	Current Smoking	<b>15.6%</b>
Obesity	<b>24.3%</b>	Current Vaping	<b>7.6%</b>
Binge Drinking	<b>16.3%</b>		

Source: Colorado BRFSS 2018

### Prevalence of Youth Health Risks

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

Source: Healthy Kids Colorado Survey 2017

## Leading Causes of Death (2018)

Cause of Death (all ages)	Rate per 100,000
1. Cancers	123.6
2. Heart Disease	115.5
3. Unintentional Injuries	44.8
4. Alzheimer's Disease	37.4
5. Cerebrovascular Disease	35.0
6. Chronic Lower Respiratory Diseases	33.5
7. Suicide	17.6
8. Diabetes Mellitus	15.2
9. Parkinsons Disease	10.8
10. Chronic Liver Disease and Cirrohsis	10.6

Cause of Death (Age 65+)	Rate per 100,000
1. Heart Disease	707.8
2. Cancers	699.5
3. Alzheimer's Disease	259.1
4. Cerebrovascular Disease	222.6
5. Chronic Lower Respiratory Diseases	216.7
6. Unintentional Injury (Falls)	140.1 (87.1)

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

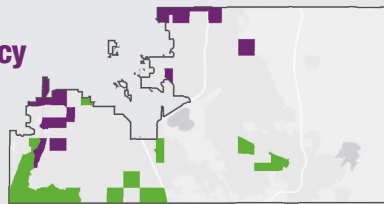


People living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood. Unfortunately, significant gaps in life expectancy at birth persist across Arapahoe County and its neighborhoods. The latest estimates of life expectancy at birth reveal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

Life Expectancy

**Lowest life expectancy neighborhoods <75.9 Years Old**

**Highest life expectancy 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 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



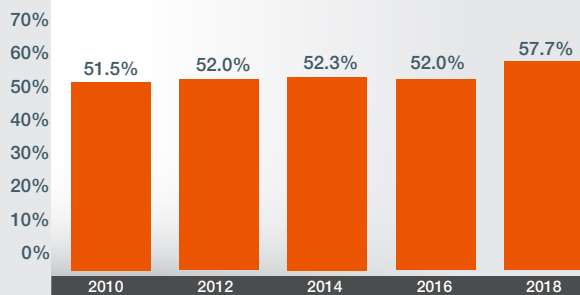
Source: Healthy Kids Colorado Survey, 2017

### 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)



Source: American Community Survey 1-year Estimate, 2000-2018

**Almost 60% of Arapahoe County renting households, consistently spend more than 30% of their income on rent**

**Between 2010 and 2018, median monthly rent increased 56.6% and median annual household income increased only 33.0%**

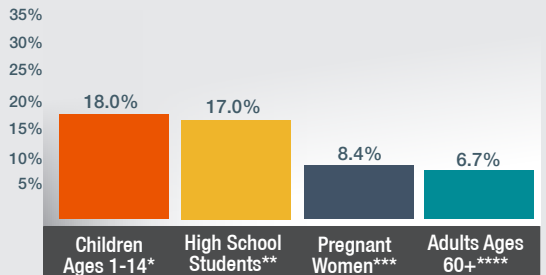
### FOOD INSECURITY



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

**Almost 20% of youth ages 1-14 in Arapahoe County experience food-insecure.**



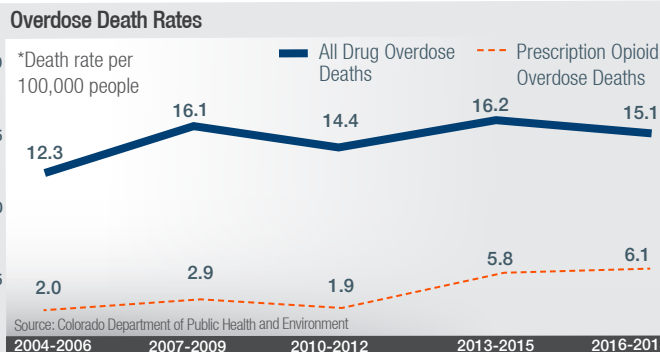
\*Child Health Survey, Colorado Department of Public Health and Environment, 2016-2017; \*\*Healthy Kids Colorado Survey, 2017; \*\*\*Pregnancy Risk Assessment Monitoring System, Colorado Department of Public Health and Environment, 2016-2018; \*\*\*\*Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment, 2018

### SUBSTANCE ABUSE: OVERDOSE DEATHS



Drug overdose deaths are rising in Colorado, including in Arapahoe County. Between 2004 and 2018, death rates from all drug overdoses increased 39.3%. Between 2004 and 2013, death rates associated with prescription opioid overdoses remained steady, but then but then increase over 400% through 2018. In 2018, prescription opioid deaths made up 39.5% of all drug overdose deaths in Arapahoe County.

**Between 2014 and 2018, Arapahoe County lost 500 people to drug overdose deaths**



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 2018**



**10.6%** did not fill a prescription



**62.7%** did not receive mental health care\*



**18.0%** had problems paying medical bills

Source: Colorado Health Institute, \*Estimate for combined Adams, Arapahoe, Douglas Counties