

# Headway on Health

## Achievements on the Road to Number One

*Ten indicators in which Colorado has shown improvement or increased its national ranking over the past decade.*

### Prenatal Care

Colorado's new moms are doing a much better job of getting timely prenatal care, which can make all the difference in a healthy start for their babies. Only 11 percent of pregnant women now wait until their third trimester to get care, or even skip it altogether. From a low of 41st place in 2008, Colorado now ranks sixth.

### Health Insurance

Health insurance coverage has increased dramatically. Today, just five percent of children are uninsured compared with 14.2 percent in 2008. Their ranking jumped from 45th in 2008 to 28th in 2016. Adults climbed from 33rd in 2008 to 21st in 2016. Their uninsured percentage dropped from 20.1 percent to 14.1 percent during that time.

### Active Kids

More Colorado children got moving in the past decade. Their rank for physical activity increased from 37th in 2008 to 24th in 2016. The percentage of kids participating in vigorous physical activity increased from 57.1 percent to 67.6 percent over that time.

### Dental Care for Children

Children are saying "ahhh" more often as a greater percentage receive preventive oral health care. Colorado's rank improved from 38th in the first years of the Health Report Card to 29th in 2016. The percentage of children seeing a dentist for preventive care increased from 70.5 percent in 2007 to 77.6 percent in 2016.

### Teen Binge Drinking

Colorado teens cut back on binge drinking. They went from 41st in 2007 to 17th in 2016 for the percentage who had five or more drinks in a row at least once in the

past month. In 2007, 30.6 percent of teens were binge drinking. By 2016, it was down to 16.6 percent.

### Teen Birth Rate

Colorado has nearly halved its teen birth rate in the past decade. The rate has fallen from a high of 43.9 births per 1,000 teen girls in 2007 to 23.4 in 2016. Colorado now ranks 18th in the nation, up from 36th.

### Teen Sexual Activity

Colorado's teens are less sexually active than in the past. The percentage who were sexually active reached a high of 31.8 percent in 2013, but fell to 23.3 percent in 2016, the lowest rate in the nation. The No. 1 ranking compared with sixth in 2009.

### Adult Obesity

Colorado adults have ranked No. 1 nationally throughout the first decade of the Colorado Health Report Card. Still, the percentage of obese adults in the state was 18.4 percent in 2007 but is now 21.5 percent.

### Seniors with a Regular Source of Medical Care

A greater percentage of older Coloradans now have a regular source of medical care, which can help to increase their chances of better health. Their ranking improved from 33rd in 2007 to 25th in 2016 while the percentage increased just a bit from 93.4 percent to 94.5 percent.

### Active Seniors

Colorado's seniors are staying physically active. Their ranking for physical activity improved from fifth in 2007 to first in 2016. The percentage reporting being physically active increased from 74.6 percent in 2007 to 77.3 percent in 2016.

