

# Hurdles to Health

## Setbacks on the Road to Number One

*Ten indicators in which Colorado has shown little or no improvement or has lost ground in national rankings over the past decade.*

### Smoking While Pregnant

Colorado women fell back in the pack for smoking during pregnancy. The percentage of pregnant women who didn't smoke actually increased from 89.4 percent in 2007 to 91.0 percent in 2016. But other states showed greater improvement, dropping Colorado's rank from 13th in 2007 to 21st in 2016.

### Children With a Medical Home

Colorado slipped behind for children with a medical home, which often helps to make their health care more efficient and effective. Even though the percentage increased from 45.8 percent in 2007 to 55.3 percent in 2016, the state's national rank declined. Colorado was 28th in 2007 but 35th in 2016.

### Obese Children

Colorado saw an increase in the percentage of children who are obese, from 9.9 percent in 2007 to 10.9 percent in 2016. Colorado ranked third in 2007 but dropped to fifth in 2016.

### Teens in Families Below the Poverty Level

A greater percentage of Colorado's teens live in families that are struggling financially, which can impact their health now and in the future. The percentage of adolescents in families with incomes below the poverty level increased from 10.3 percent in 2007 to 17.7 percent in 2016. Colorado ranked 14th in 2007 but was 21st in 2016.

### Teen Depression

The level of teen depression hasn't improved in the past decade. In 2007, 25 percent of teens said they felt sad or hopeless for two consecutive weeks during

the past year. By 2016, the percentage was nearly the same at 24.3 percent. The state was in ninth place in 2007 and was still in ninth place in 2016.

### Adult Binge Drinking

Adult binge drinking has worsened in Colorado. The percentage of adult binge drinkers increased from 18.6 percent in 2007 to 20.4 percent in 2016. This indicator remained in the bottom half of the nation, dropping from 30th in 2007 to 33rd in 2016.

### Adult Hypertension

The percentage of adults with hypertension has steadily increased since 2007, when it stood at 15.5 percent. By 2016, it was at 20.2 percent.

### Adults with Diabetes

A higher rate of Colorado adults now have diabetes. Colorado's ranking of second in 2007 had fallen to fourth in 2016. The percentage of adults diagnosed with diabetes increased from 3.8 percent to 5.3 percent.

### Seniors Getting Recommended Immunizations

Seniors were in first place in 2007, but ninth place in 2016. The percentage of older adults getting a flu shot and a pneumonia vaccination declined from 62.2 percent in 2007 to 52.8 percent in 2016.

### Seniors with Poor Mental Health

Older adults in Colorado are reporting worsening mental health. Colorado's rank was fifth in 2007 but 11th in 2016. The percentage reporting their mental health wasn't good at least eight days in the past month increased from 5.9 percent to 7.9 percent.

