

Opportunities for Improving the Health of Colorado's Hispanics

Coloradans earned better grades than last year in a number of areas on the 2015 Colorado Health Report Card, turning in slow but steady progress on the road to becoming healthier. The Health Report Card, released annually, measures Colorado's health on 38 indicators.

This Data Spotlight, part of a series of reports tied to the Health Report Card, reveals significant health disparities among the state's Hispanic community. Colorado's Hispanics lag on indicators in each of the life stages measured by the Health Report Card, meaning it's tougher to make the grade when it comes to health.



Healthy Beginnings

- About one of five (21 percent) Hispanic mothers either aren't getting any prenatal care, or they aren't getting it until late in their pregnancies.



Healthy Children

- Poverty disproportionately affects Hispanic children. About 38 percent of Hispanic children live below the poverty level in Colorado, compared with 11 percent of white children.



Healthy Adolescents

- Birth rates are higher among Hispanic teens than white teens, but the number of births to Hispanic teens has declined from about 3,400 in 2009 to about 2,000 in 2013.



Healthy Adults

- Hispanic adults face high rates of obesity. About 31 percent are obese compared with 19 percent of white adults.



Healthy Aging

- Diabetes is twice as prevalent among Hispanic seniors compared with white seniors. One of three Hispanic seniors (32 percent) has diabetes compared with 14.5 percent of white seniors.

Socioeconomic differences – including lower incomes and lower levels of educational attainment – are among the many factors driving the health disparities experienced by Colorado's Hispanic community. Additional challenges include language barriers, unsafe neighborhoods, food insecurity, and concerns about immigration status. This paper, however, focuses on the indicators measured by the Health Report Card.

While the barriers to health are real, efforts aimed at addressing them are yielding early yet promising results. More Hispanics are gaining health insurance because of health reform. And teen fertility rates are trending strongly in the right direction for Colorado's Hispanics.

Meanwhile, the changing composition of Colorado's population underscores the need for improving the health of Colorado's Hispanics.

About 22 percent of Coloradans are Hispanic, up from 17 percent in 2000. By 2040, the Hispanic community will make up a third of the Colorado population, according to the State Demography Office.

Opportunities

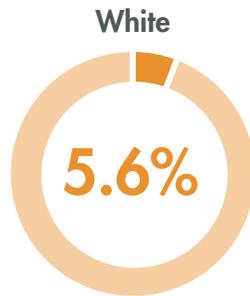
Colorado's ability to address health disparities will be crucial as it works to create an environment in which all residents have the opportunity to be as healthy as possible. Some steps designed to reduce health-related disparities could include:

- Educating health care and social service providers about health disparities and obstacles to good health.
- Training providers about cultural competency and increasing the bilingual health care workforce.
- Collect and report data on health disparities.

Hispanic Health in Colorado

Hispanic Children and Insurance

Hispanic children ages 0-12 are
2X MORE LIKELY
 to be uninsured than non-Hispanic white children.



But the Hispanic community has seen a decrease in the percentage of uninsured kids ages 0-17.



Hispanic Adults and Healthy Living



73.9%

of Hispanic adults in Colorado participated in some physical activity in the past month, compared with **68.5%** of Hispanic adults nationally.

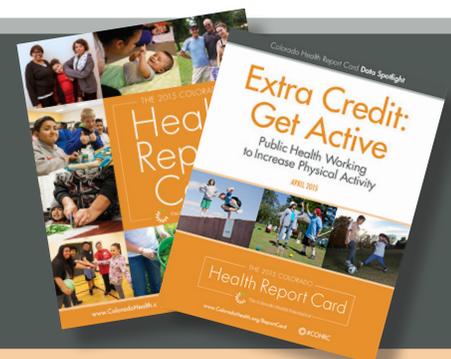
Still, obesity rates show room for improvement on the healthy living front ...



of Hispanic adults in Colorado are obese, compared with **19.0%** of white adults.

The 2015 Colorado Health Report Card Series

The 2015 Colorado Health Report Card – the ninth annual health report card presented by the Colorado Health Foundation and its partner, the Colorado Health Institute – was released in early February. The Health Report Card tracks detailed information on 38 health indicators that cover a life span, providing a benchmark for measuring progress on pressing health issues. The Data Spotlights delve more deeply into key indicators.



The Colorado Health Foundation™



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