



The Colorado

Health Report Card



The Colorado Health Foundation™

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How healthy is Colorado?

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Vision

Together, we can be the healthiest state

At the Colorado Health Foundation, our mission is to help make Colorado the healthiest state in the nation. The Colorado Health Report Card is a way to track and measure our progress toward this goal. The Report Card also gives an insight on factors that influence health. As with previous years' Report Cards, the 2013 Health Report Card shows that while doing well in some indicators, Colorado received average grades for most areas in health. Becoming the healthiest state will take effort — but it can be achieved.

Colorado's adults and older populations stack up relatively well as compared to their peers in other states. Colorado attracts outdoor enthusiasts with mountains and sunshine. Our healthy adult population helps Colorado maintain a competitive advantage for economic growth and businesses.

However, even in areas where we are doing "well" (compared to the rest of the country), some troubling trends loom on the horizon. Take the state's adult obesity rate; although currently top in the nation, our rate has doubled in fewer than 20 years. Also, low-income Coloradans and racial and ethnic minorities lag behind on most indicators.

Unfortunately, Colorado performs poorly compared to other states in a number of *Healthy Beginning* areas. From before a baby is born, Colorado falls in the middle of the pack for women receiving timely prenatal care (read more on the web "Behind the Numbers"). Too many Colorado children live in poverty, and too few have health insurance. Nearly one third of Colorado school-age children did not participate in vigorous physical activity for four or more days per week. All of these issues point to areas where our children may not be heading in the right direction as they grow to adolescents and adults. Our children's poor performance is not promising for the long-term health of our state.

The Report Card highlights our strengths and shows where we have room for improvement. Armed with this information, working together, we can make strides to improve our health and our grades. It will take a coordinated effort among individuals, parents, families, schools, business leaders, health providers and policymakers. But it can be done and examples can be found across the state, and nation, of innovation at work. What will you do to help make Colorado the healthiest state?

A Roadmap to Number One

Governor Hickenlooper has challenged all Coloradans to make our state the healthiest. The 2013 Health Report Card reveals that, while leading in some areas of health and health care, Colorado lags in others. Colorado's grades suggest that lessons can be learned from the successes of other states. "A Roadmap to Number One," a supplement to the 2013 Colorado Report Card, highlights indicators that greatly contribute to health — youth physical activity, mental health and health insurance coverage — and profiles innovative, effective policies and programs being implemented by states in these key areas. Providing more detail from last year's "What if we were No. 1?" feature, the supplement gives examples of states ranking higher in certain indicators and shares best practices.

Grading Colorado's health

The 2013 Colorado Health Report Card marks the eighth year of collaboration between the Colorado Health Foundation and the Colorado Health Institute. The Report Card tracks 38 indicators spanning five life stages: *Healthy Beginnings*, *Healthy Children*, *Healthy Adolescents*, *Healthy Adults* and *Healthy Aging* to provide a comprehensive picture of the health of Colorado residents — assigning a letter grade to each of the five life stages.

Want to learn more?

For the first time, you can view detailed data and information for each of the Report Card's 38 indicators in downloadable workbooks for each life stage. You can find these workbooks on the Colorado Health Institute's website, as well as on www.coloradohealth.org/report_card.aspx.

You can also go "Behind the Numbers" to explore one important indicator for each life stage. By going behind the numbers, you can read trends over time, disparities and economic impacts as well as summaries of grantees working in the area on www.coloradohealth.org/report_card.aspx:

For *Healthy Beginnings*, read about prenatal care. For *Healthy Children*, read about physical activity and obesity. For *Healthy Adolescents*, read about poverty level. For *Healthy Adults*, read about health insurance coverage. For *Healthy Aging*, read about integrated care and mental health.

Report Card Results

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Life Stage	Grade & Avg. Rank
Healthy Beginnings	C 23.8
Healthy Children	C 24.8
Healthy Adolescents	B 15.2
Healthy Adults	B 15.2
Healthy Aging	B+ 11.5

RANK		GRADING SCALE	
1 = Best	A (1-10)	Excellent	D (31-40) Poor
50 = Worst	B (11-20)	Good	F (41-50) Unacceptable
	C (21-30)	Average	

Healthy Beginnings

Every child deserves a healthy start. Delayed prenatal care and smoking while pregnant are among the factors that contribute to low birth weight and to babies who die in the first year of life. As children grow, the best way to protect them against disease is to provide them with all recommended childhood vaccinations. Colorado performs poorly compared to other states in a number of “healthy beginning” areas, receiving a grade of C in 2012. Policymakers, health care providers and families can all do better to ensure that our children have a healthy beginning that can contribute to a longer, more joyful life.

Health Indicator	Rank among states
17.8 percent of women receive initial prenatal care later than the first trimester or not at all	27 th
91.9 percent of women abstain from cigarette smoking during the last three months of pregnancy	12 th
8.7 percent of babies are born with a low birth weight (less than 5 pounds, 9 ounces)	37 th
Colorado’s infant mortality rate was 6.2 infant deaths per 1,000 live births	25 th
71.7 percent of preschool-age children received all recommended doses of six key vaccines	18 th

Average Rank **23.8**

Average Grade **C**

Healthy Children

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Too many Colorado children live in poverty, and too few have health insurance. Nearly 25 percent of children 12 years and younger lived at or below the federal poverty level in Colorado during 2012 (about \$23,050 for a family of four in 2012). Approximately 7.3 percent of children had no form of insurance during this time period as well. Children without insurance are more likely to lack a medical home and thus are less likely to get coordinated medical, mental and dental care. Too few Colorado children get enough exercise, and nearly 11 percent are obese. Unlike Colorado's adults who have one of the highest rates of physical activity in the nation, Colorado's children rank in the middle of the pack with respect to exercise. This poor ranking, along with lower rankings in other indicators, results in a low grade of C.

Insuring our children, seeing that they have a medical home and making sure they get enough exercise will better prepare them for the challenges of adolescence and adulthood.

Health Indicator	Rank among states
7.3 percent of children are not covered by private or public health insurance	37 th
23.5 percent of children live in families with incomes below the federal poverty level	19 th
55.3 percent of children have a medical home that is accessible, continuous, comprehensive, family-centered, coordinated and compassionate	35 th
77.6 percent of children received all the routine dental preventive care needed in the past 12 months	29 th
67.6 percent of school-age children participated in vigorous physical activity for four or more days per week	24 th
10.9 percent of children are obese	5 th
Average Rank	24.8
Average Grade	C

Healthy Adolescents

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The transitional years of adolescence pose special challenges for establishing good health habits. Compared to their peers in other states, Colorado’s adolescents score well on indicators of mental health and avoiding risky sexual behaviors.

Too many, however, binge drink and smoke, and the number of births to teenage mothers, while lower than in the past, is still higher than in many other states. Underlying all this is the same lack of health insurance found among younger children: 10.1 percent of adolescents are uninsured. Addressing these issues will enable Colorado’s adolescents to enter adulthood in good health and with good health habits.

Health Indicator	Rank among states
10.1 percent of adolescents are not covered by private or public health insurance	38 th
18.3 percent of adolescents live in families with incomes below the federal poverty level	22 nd
91.7 percent of adolescents ate fruit one or more times during the past 7 days	4 th
53.1 percent of adolescents participated in vigorous physical activity on five or more of the past seven days	4 th
22.3 percent of adolescents had five or more drinks of alcohol in a row on one or more of the past 30 days	30 th
15.7 percent of adolescents smoked cigarettes on one or more of the past 30 days	20 th
21.9 percent of adolescents felt so sad or hopeless almost every day for two consecutive weeks during the past 12 months that they stopped doing some usual activities	4 th
6.1 percent of adolescents attempted suicide one or more times during the past 12 months	7 th
31.8 percent of adolescents were sexually active in the past three months	14 th
Among students who had sexual intercourse during the past three months, 70.8 percent reported using a condom during last sexual intercourse	1 st
Teen fertility rate (28.9 births to teen mothers per 1,000 teenage women)	23 rd

Average Rank **15.2**

Average Grade **B**

Healthy Adults

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Colorado's working-age adults are healthier than their counterparts in most other states, according to measures in this Report Card. The state has the second-lowest prevalence of hypertension and only seven states have lower rates of diabetes. Colorado's adults are more likely than adults in many other states to exercise, and Colorado has the lowest rate of adult obesity in the country. But the state does poorly in terms of insurance coverage: Nearly one in five working-age adults lacked health insurance in 2012. In addition, Colorado ranks in the bottom half of all states with respect to adults having a regular source of medical care and binge drinking, suggesting room for improvement.

The grade of B masks some troubling trends and disparities. The state's obesity rate has doubled in fewer than 20 years, and low-income Coloradans and racial and ethnic minorities lag behind on most indicators. Most ominously, Colorado's poor performance for child health indicators threatens future grades for healthy adults and Colorado's ability to maintain its reputation as a healthy and prosperous state.

Health Indicator	Rank among states
19.4 percent of working-age adults are not covered by private or public health insurance	25 th
73.1 percent of adults have one (or more) person(s) they think of as their personal doctor or health care provider	30 th
19.0 percent of adults consumed five or more fruits and/or vegetables per day within the past month	12 th
84.2 percent of adults participated in any physical activity within the past month	5 th
20.7 percent of adults are obese	1 st
19.4 percent of adults currently smoke cigarettes	13 th
22.0 percent of adults binge drank (males having five or more drinks on one occasion, females having four or more drinks on one occasion) in the past month	38 th
15.7 percent of adults reported that their mental health was not good eight or more days in the past month	18 th
5.7 percent of adults reported they were diagnosed with diabetes	8 th
19.3 percent of adults reported they were diagnosed with high blood pressure	2 nd
Average Rank	15.2
Average Grade	B

Healthy Aging

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Colorado's older adults perform relatively well according to the measures used in this Report Card and compared to their peers in other states. Following national trends, Colorado's older adults are living longer and healthier lives. They have the highest rate of physical activity compared to older adults in other states, and are less likely to report poor physical health than seniors in most other states. Even though Colorado ranks eighth for flu and pneumonia vaccinations, just over half of older adults have been adequately vaccinated.

Health Indicator	Rank among states
94.6 percent of older adults have one (or more) person(s) they think of as their personal doctor or health care provider	28 th
53.1 percent of older adults have had a flu shot during the past 12 months and have had a pneumonia vaccination	8 th
76.4 percent of older adults participated in any physical activity in the past 30 days	1 st
18.2 percent of older adults report that their physical health was not good eight or more days in the past month	7 th
7.4 percent of older adults report that their mental health was not good eight or more days in the past month	8 th
21.8 percent of older adults reported eight or more days of limited activity in the past month due to poor physical or mental health	17 th

Average Rank 11.5

Average Grade **B+**



The Colorado Health Foundation™

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Acknowledgments

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