

Pueblo County Behavioral Health Measures Report

2018-2022 Community Health
Improvement Plan

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Purpose of this Report

In Pueblo County, the Community Health Improvement Plan (CHIP) intends to improve health outcomes of community-chosen priorities using evidence-based practices. For this plan, a Community Health Assessment (CHA) process was applied in which data was gathered and analyzed to prioritize the top health issues in the community.

After careful consideration and review of the data, the CHA Steering Committee and Pueblo Department of Public Health and Environment (PDPHE) staff members selected the focus areas of obesity, mental health, and substance use to be addressed during 2018-2022. Further prioritization resulted in measures being selected related to academic performance and clear standards for behavior due to the proven association with youth behavioral health outcomes.

This report is the first annual update of the selected behavioral health measures for the 2018-2022 Pueblo County CHIP. The purpose is to provide CHIP partners, the CHA Steering Committee, and community members the opportunity to become aware of progress made and allow for additional changes to be made to achieve the desired outcomes of the plan.

Data Sources

To compile the data to create this report, multiple sources were used for the adult and youth populations, including the Healthy Kids Colorado Survey and the Colorado Behavioral Risk Factor Surveillance System, which were prepared into a readable format called the Visual Information System for Identifying Opportunities and Needs by the Colorado Department of Public Health and Environment. An important source to introduce is the Healthy Kids Colorado Survey (HKCS). This biennial, self-report survey randomly selects middle and high schools across the state of Colorado to understand various health behaviors and risk and protective factors among the youth population, including those related to substance use and mental health.

Notes on Analysis

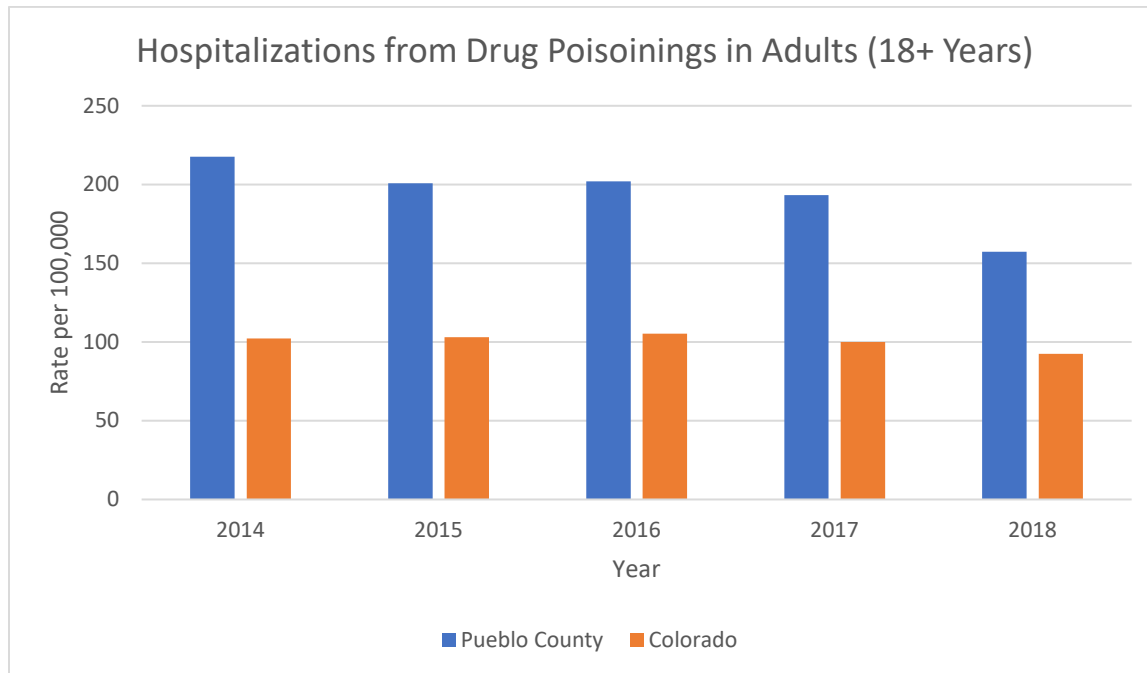
The data examined in this report provides information associated with substance use and mental health in adults and youth in Pueblo County. The data in Pueblo County was individually analyzed to determine if, and where, disparities and inequalities existed in the community. Additionally, the same substance use and mental health indicators were reviewed at the state level to show how Pueblo County compared to Colorado and to indicate possible statistically significant differences. While some patterns in the populations are clear in the illustrations of this report, other statistically significant variations not immediately noticeable will be called to attention.

This report will start by examining the data related to substance use of adults and youth before transitioning to information on mental health in adults and youth and will conclude with the academic performance and clear standards for behavior data.

Substance Use

ADULT

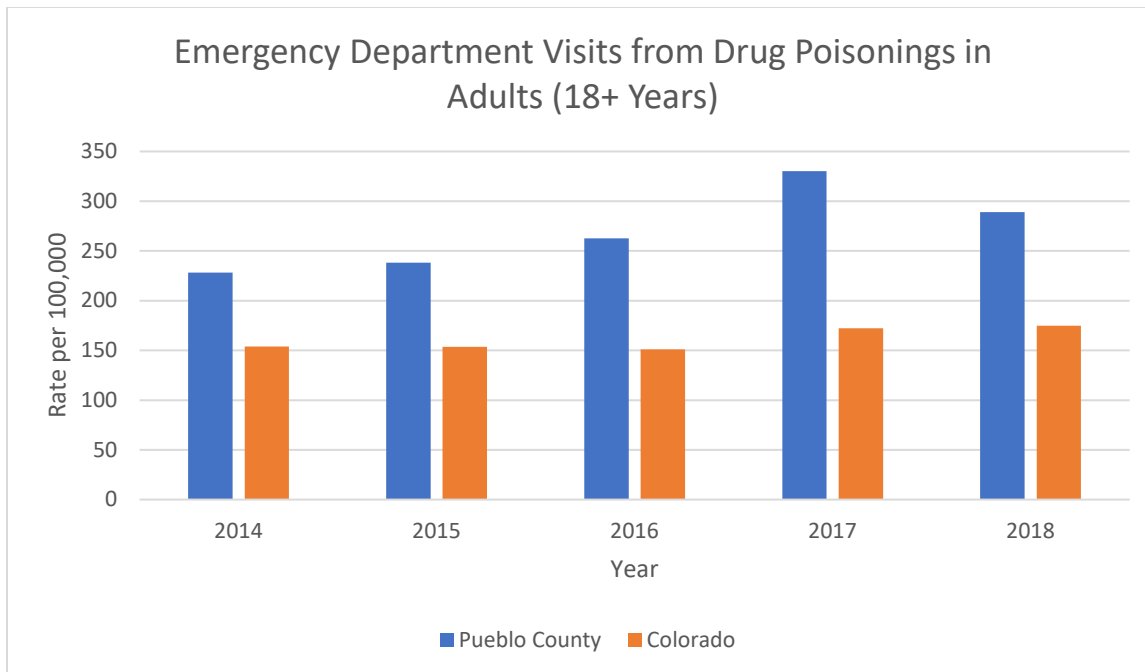
DRUG POISONINGS



Data source: Hospital Discharge Dataset, Colorado Hospital Association.
Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.
Figure 1. Hospital discharge rates from drug poisonings in adults over the age of 18 years from 2014-2018.

Notes on adult substance use hospitalization data:

- Hospitalization rates for drug poisonings were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Drug poisoning hospitalization rates were significantly higher in females when compared to males in Pueblo County in 2015 and 2017 and in Colorado from 2014-2018.



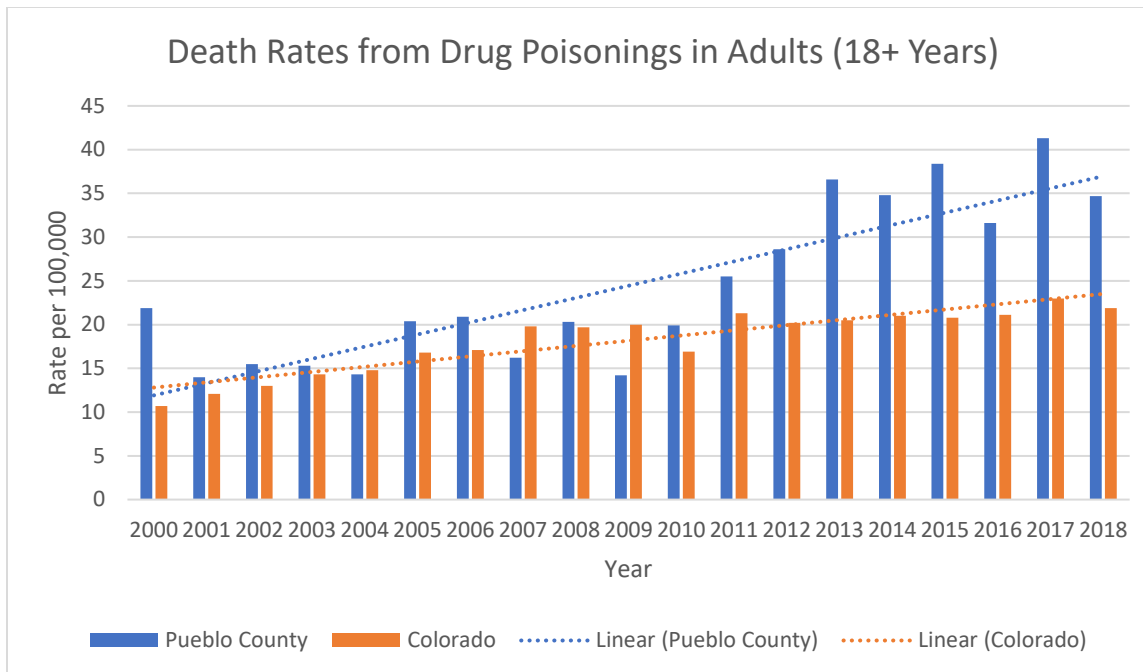
Data source: Emergency Department Visit Dataset, Colorado Hospital Association.

Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 2. Emergency department visit rates from drug poisonings in adults over the age of 18 years from 2014-2018.

Notes on adult substance use emergency department data:

- Emergency department (ED) drug poisoning rates were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- ED rates for drug poisonings significantly increased in both Pueblo County and Colorado from 2016-2017.



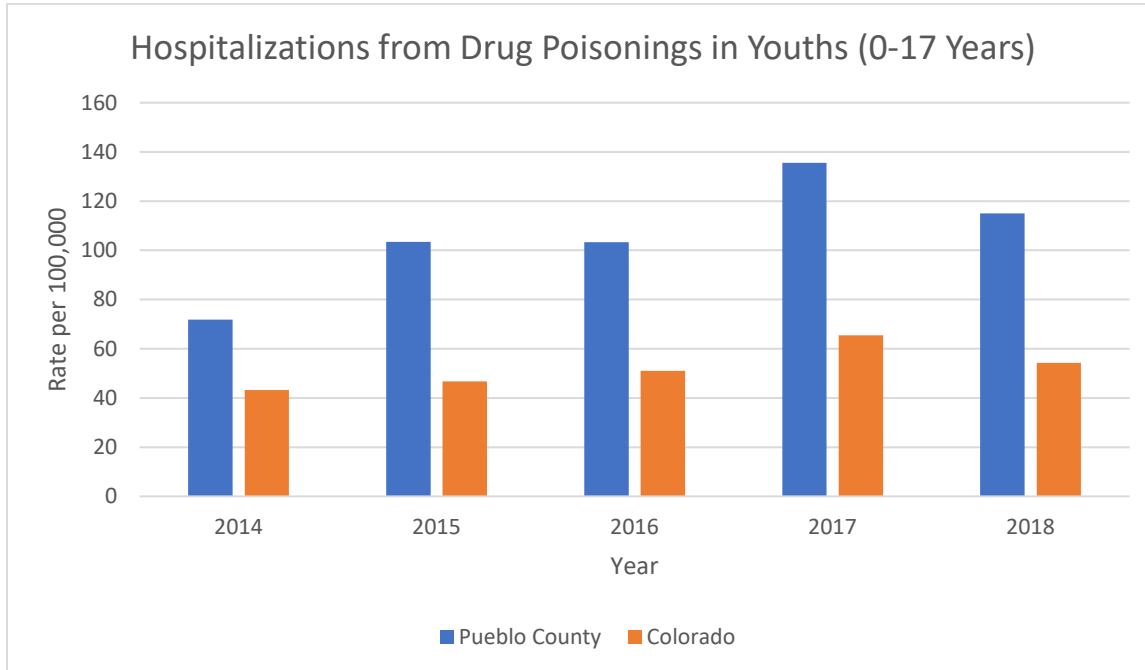
Data source: Vital Statistics Program, Colorado Department of Public Health and Environment.
 Figure 3. Death rates from drug poisonings in adults over the age of 18 years from 2000-2018.

Notes on adult substance use death data:

- Death rates for drug poisonings were significantly higher in Pueblo County when compared to Colorado in 2000, 2013, 2014, 2015, 2017, and 2018.
- Generally, death rates from drug poisonings have steadily increased in Pueblo County and Colorado since 2000; however, rates are increasing quicker in Pueblo County when compared to Colorado.
- Total drug poisoning death rates in adults were higher in males when compared to females in Colorado from 2000-2018. This trend was also true in Pueblo County except for the years 2002, 2006, and 2009.

YOUTH

DRUG POISONINGS



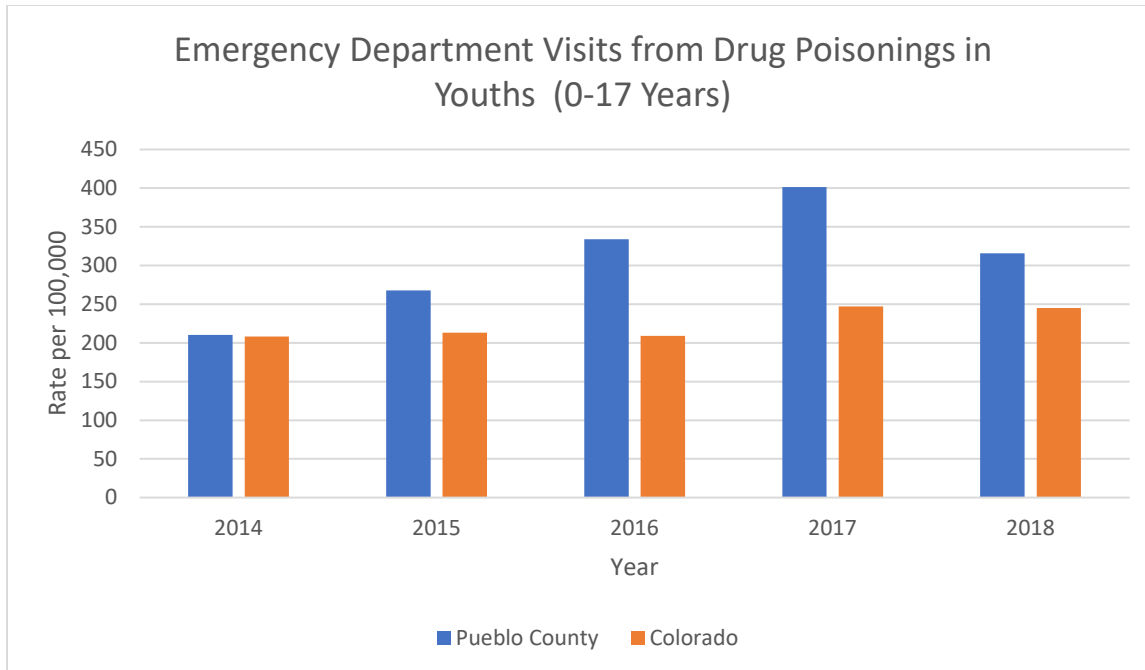
Data source: Hospital Discharge Dataset, Colorado Hospital Association.

Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 4. Hospital discharge rates from drug poisonings in youths between the ages of 0-17 years from 2014-2018.

Notes on youth substance use hospitalization data:

- Hospitalization rates for drug poisonings were significantly higher in Pueblo County when compared to Colorado from 2015-2018.
- Drug poisoning hospitalization rates were significantly higher in females when compared to males in Pueblo County in 2015 and 2017 and in Colorado from 2014-2018.



Data source: Emergency Department Visit Dataset, Colorado Hospital Association.

Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

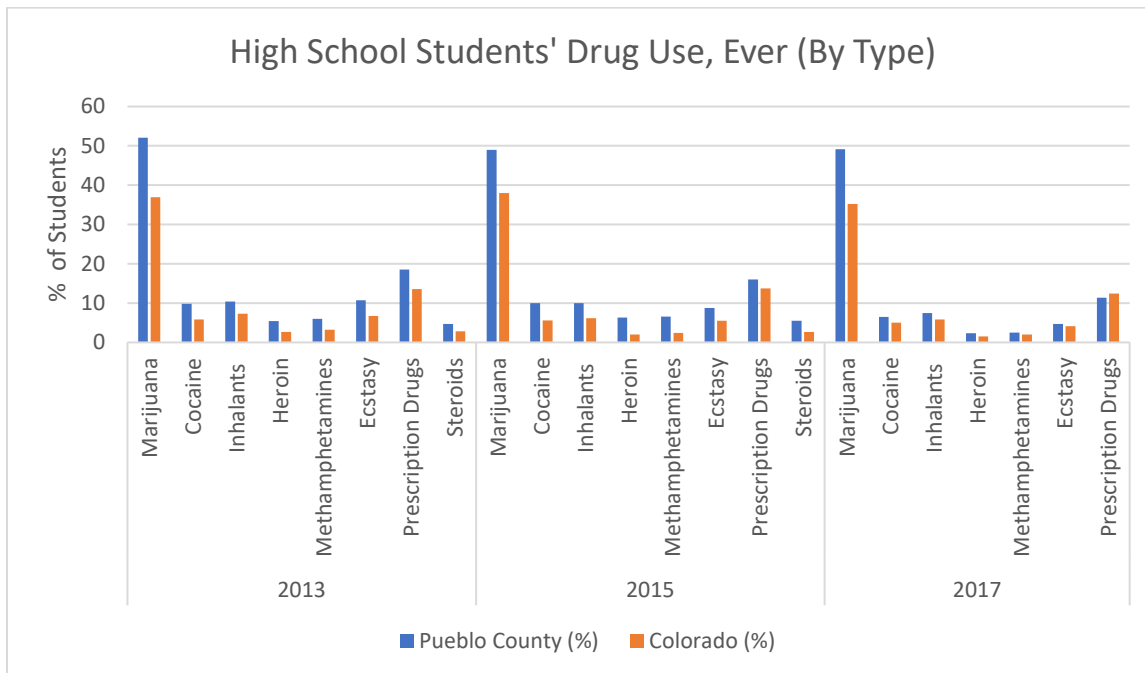
Figure 5. Emergency department visit rates from drug poisonings in youths between the ages of 0-17 years from 2014-2018.

Notes on youth substance use emergency department data:

- ED rates for drug poisonings were significantly higher in Pueblo County when compared to Colorado from 2016-2018.
- Drug poisoning ED rates were significantly higher in females when compared to males in Pueblo County from 2016-2018 and in Colorado from 2014-2018.

It is important to note that death rates from drug poisonings in youths – individuals 17 years or younger – were available for Pueblo County but were suppressed due to less than three events occurring each year from 2000-2018.

SUBSTANCE USE



Data source: Healthy Kids Colorado Survey.

Figure 6. Percentage of high school students who used drugs one or more times in their lives, by type.

Notes: Prescription drug use is use without a doctor's prescription. Inhalants include sniffing glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays. Steroid use was not surveyed in 2017.

Notes on high school students' drug use data:

- The percentage of high school students who used drugs one or more times in their lives was significantly higher in Pueblo County than Colorado from 2013-2017 for all types.
- Of all years, the percentage of high school students in Colorado who reported using drugs at least once in their lives was lowest in 2017 for all types. This trend was also seen in Pueblo County, except with marijuana, which increased slightly (0.1%) from 2015-2017.

Significant variations by drug type:

- High school drug users varied based on drug type, but generally across 2013-2017, high school drug users in Pueblo County were **less** likely to be 15 or younger, in the 9th grade, and heterosexual.

Data Indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of high school students who used marijuana one or more times during the past 30 days	2013	32.1	19.7
	2015	30.1	21.2
	2017	26.8	19.4
Percentage of high school students who binge drank (4+ drinks for females and 5+ drinks for males within a couple of hours) 1+ days in the past 30 days	2013	27.1	16.6
	2015	20.8	16.6
	2017	20.6	16.0

Data source: Healthy Kids Colorado Survey.

Notes on high school students' substance use data:

- The percentage of high school students who used marijuana and binge drank within 30 days of being surveyed in 2013-2017 was significantly higher in Pueblo County when compared to Colorado.
- Overall, reports of past 30-day marijuana use and binge drinking in high school students surveyed in Pueblo County has declined since 2013.

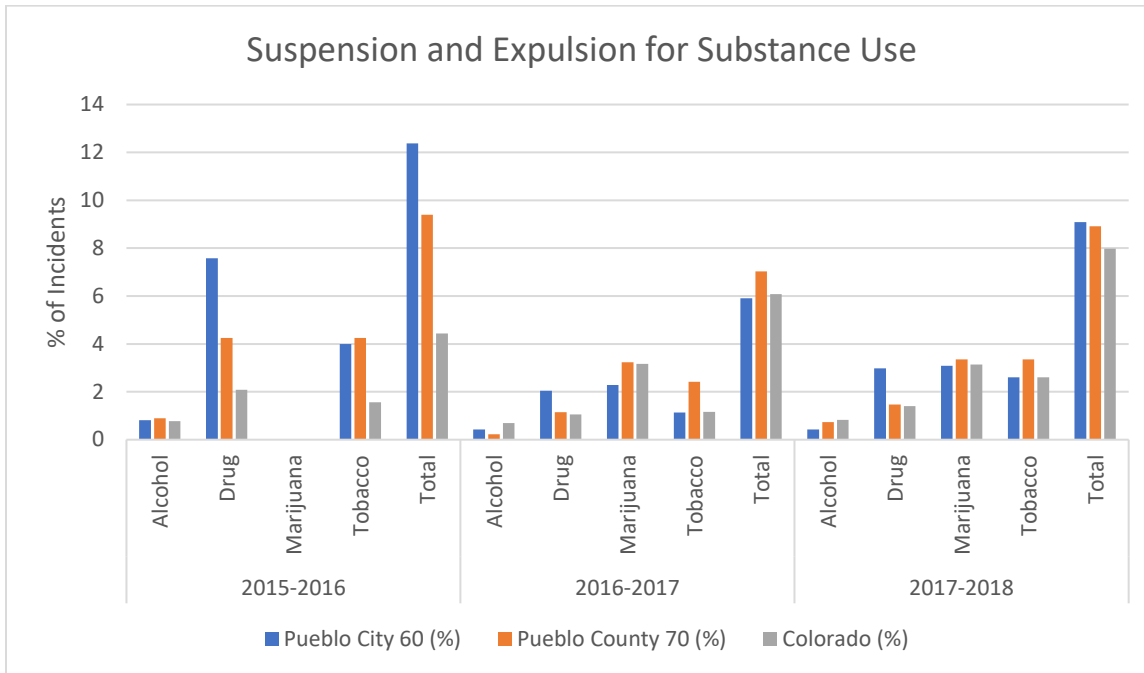
Marijuana use:

- From 2013-2017, high school students in Pueblo County reporting past 30-day marijuana use were significantly **less** likely to be heterosexual.
- From 2015-2017 high school students in Pueblo County reporting marijuana use were **less** likely to be non-Hispanic whites.
- In 2017, high school students in Pueblo County reporting marijuana use were also significantly **less** likely to be in the 9th grade.

Binge drinking:

- From 2013-2015, high school binge drinkers in Pueblo County were significantly **less** likely to be 15 years or younger.
- From 2015-2017, in Pueblo County, binge drinkers were significantly **less** likely to be 9th graders and significantly **more** likely to report multiple race or Hispanic other race.

SUBSTANCE USE INCIDENTS



Data source: Colorado Department of Education.

Figure 7. Percentage of all behavior incidents attributed to youth substance use, by type, from 2015-2018. Data is for all students in the district.

Note: During 2015-2016, the percentage of marijuana incidents was not counted for the full school year.

Notes on youth substance use incidents:

- Substance use incidents can result in suspension, expulsion, referrals to law enforcement and other action.
- From 2015-2018, substance use incidents made up a small portion of all behavior incidents.
- Most behavior incidents from 2015-2018 were categorized as either disobedient, detrimental behavior, or other code of conduct violation.

Mental Health

ADULT

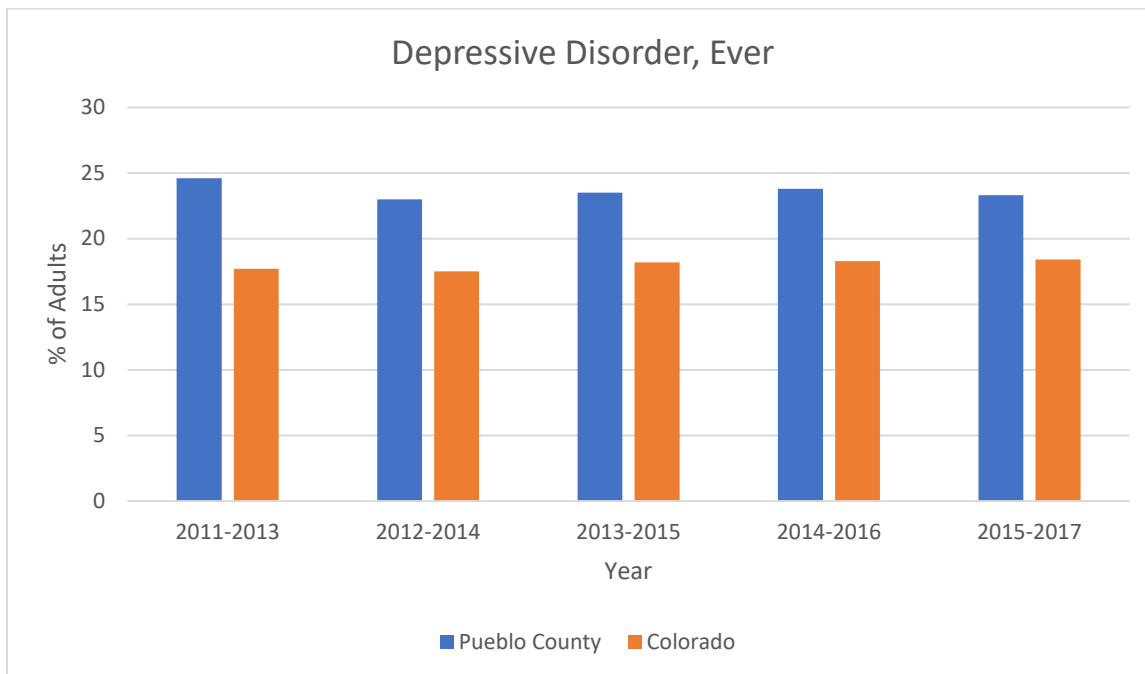
ANXIETY DISORDER

Data Indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of adults who had ever been diagnosed with an anxiety disorder	2012 & 2014	18.6	14.0
	2014 & 2016	24.2	16.4

Data source: Colorado Behavioral Risk Factor Surveillance System.

Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment.

DEPRESSIVE DISORDER



Data source: Colorado Behavioral Risk Factor Surveillance System

Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment.

Figure 8. Percentage of adults who had ever been diagnosed with a depressive disorder.

Data indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of adults who currently had depressive symptoms	2014 & 2016	10.0	7.4

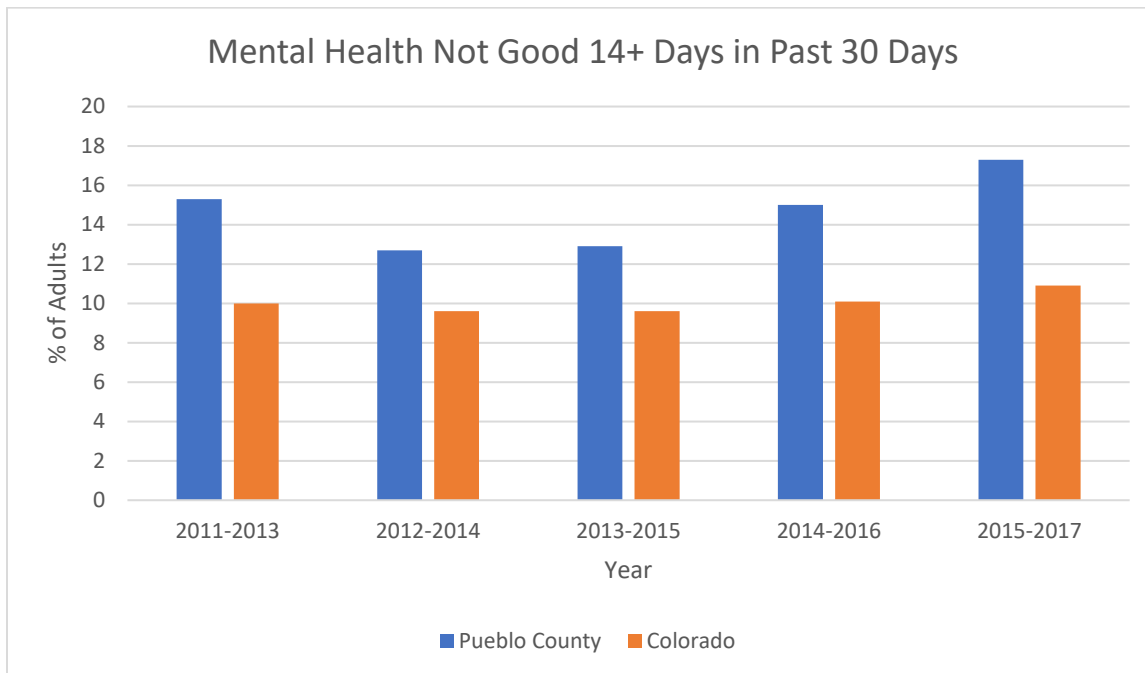
Data source: Colorado Behavioral Risk Factor Surveillance System.

Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment.

Notes on adult depressive disorder data:

- From 2011-2017, Pueblo County adults were significantly more likely than Colorado adults to report ever being diagnosed with a depressive disorder.

GENERAL MENTAL HEALTH



Data source: Colorado Behavioral Risk Factor Surveillance System.

Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment.

Figure 9. Percentage of adults who reported that their mental health was not good for 14+ days during the past 30 days.

Notes on adult mental health data:

- From 2011-2017, Pueblo County adults were significantly more likely than Colorado adults to report their mental health was not good for 14+ days during the past 30 days.

TREATMENT

Data Indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of adults who took medicine or received treatment from a health professional for any type of mental health condition or emotional problem	2013 & 2016	19.1	12.9
	2016-2017	14.7	13.3

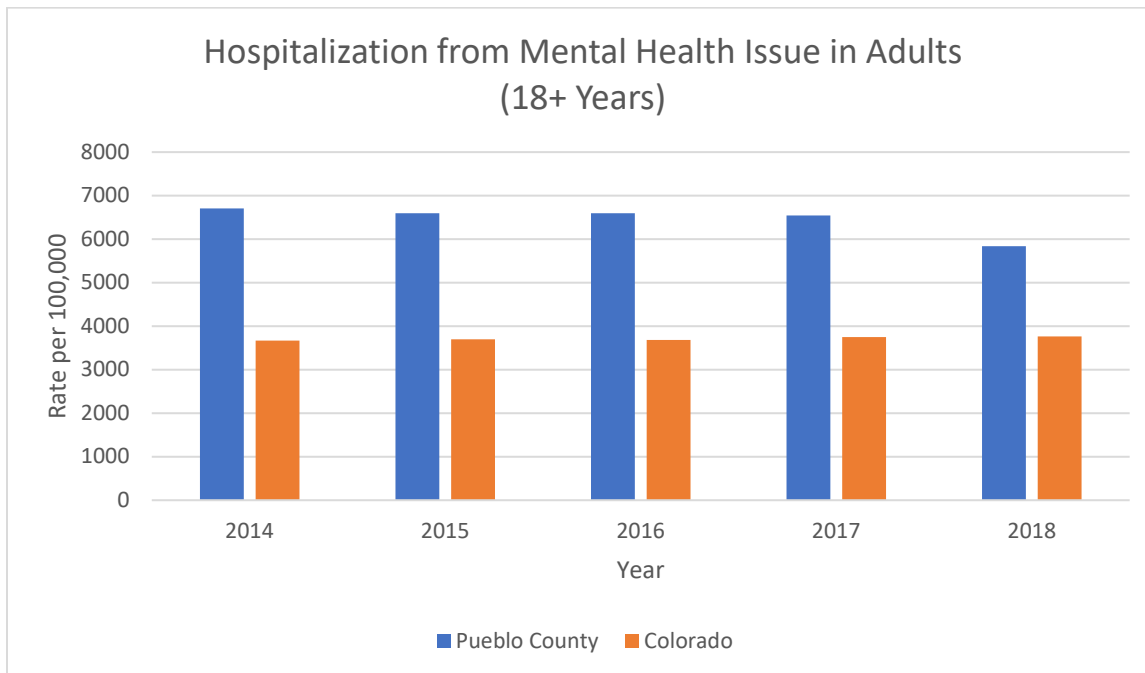
Data source: Colorado Behavioral Risk Factor Surveillance System.

Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment.

Notes on adult treatment data:

- From 2013 & 2016 to 2016-2017, the percent of Pueblo County adults that took medicine or received treatment decreased while rates in Colorado increased.

MENTAL HEALTH ISSUE



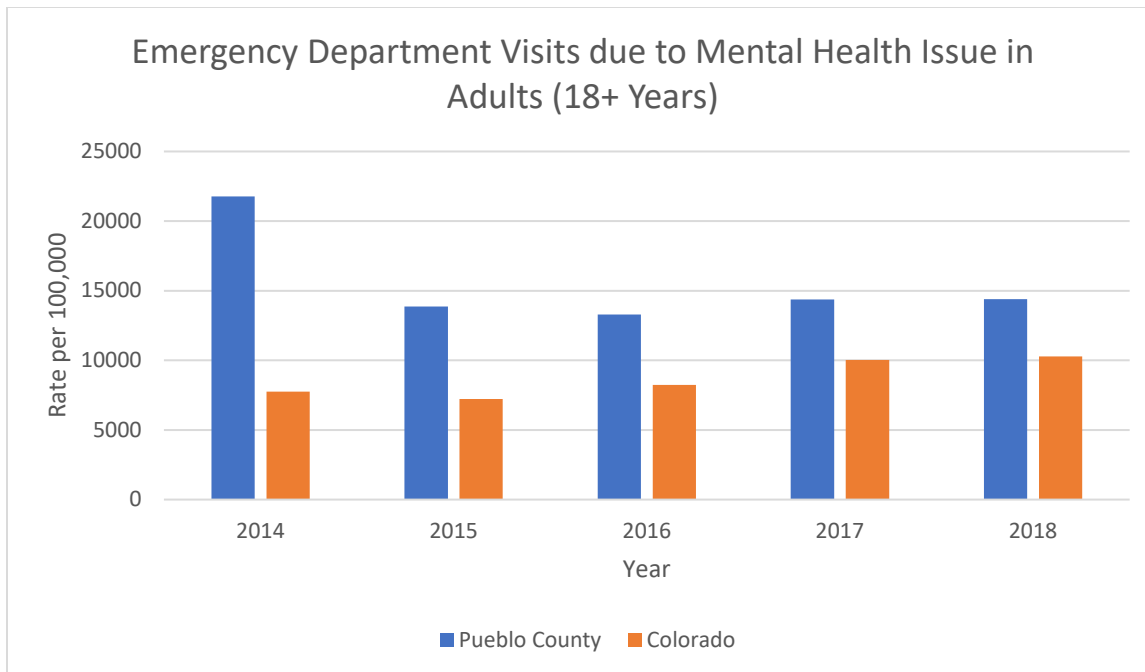
Data source: Hospital Discharge Dataset, Colorado Hospital Association.

Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 10. Hospital discharge rates from mental and behavioral disorders in adults over the age of 18 years from 2014-2018.

Notes on adult mental health hospitalization data:

- Mental health issue hospitalization rates were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Hospitalization rates for mental health issues decreased significantly in Pueblo County from 2017-2018, and the 2018 rate was significantly lower than rates in all previous years.
- Mental health issue hospitalization rates were significantly higher in females when compared to males in Pueblo County in 2014 and in Colorado from 2014-2018.



Data source: Emergency Department Visit Dataset, Colorado Hospital Association.

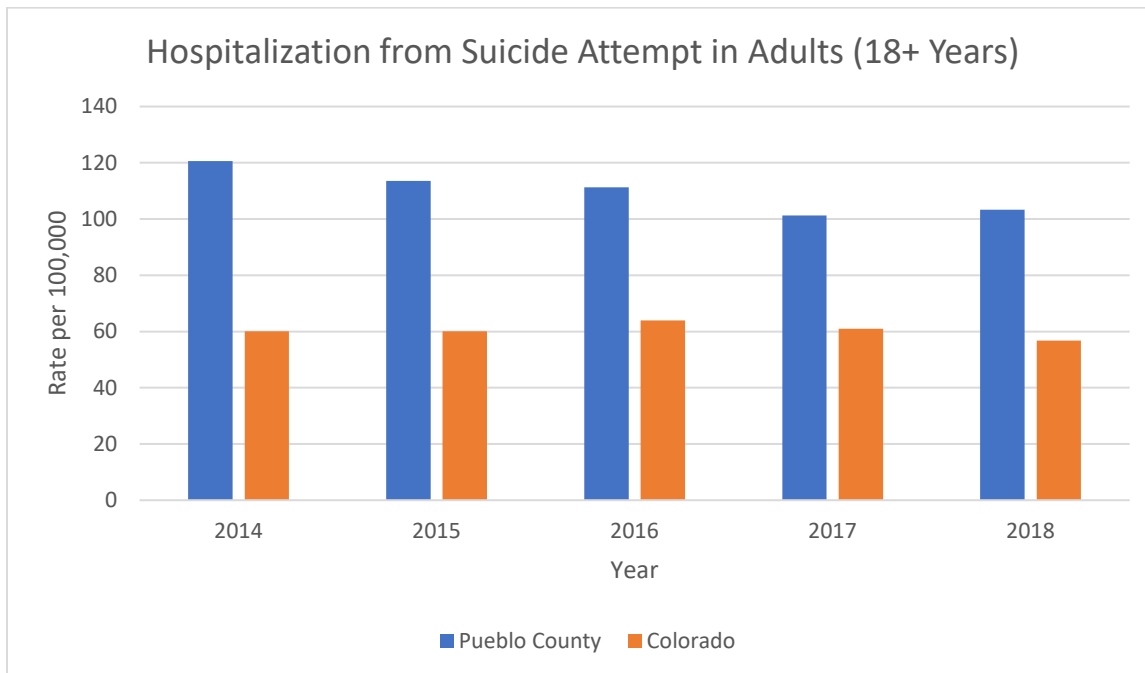
Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 11. Emergency department visit rates due to mental and behavioral disorders in adults over the age of 18 years from 2014-2018.

Notes on adult mental health emergency department data:

- ED rates due to mental health issues were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Mental health issue ED rates decreased significantly in Pueblo County from 2014-2015 and from 2015-2016 before increasing significantly from 2016-2017.
- ED rates due to mental health issues in Pueblo County adults were significantly higher in 2014 than rates in all years following.
- In Pueblo County, ED rates due to mental health issues were significantly higher in females when compared to males in 2014 but were significantly lower in females when compared to males in 2016.
- In Colorado, mental health issue ED rates were significantly higher in females when compared to males from 2014-2018.

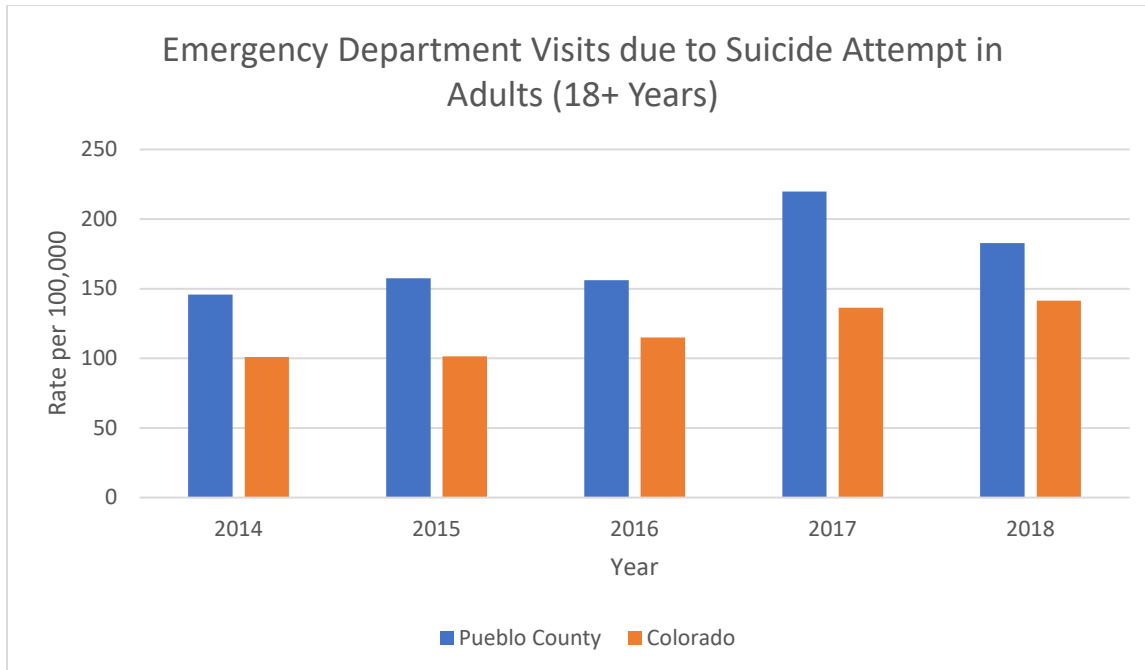
SUICIDE ATTEMPT



Data source: Hospital Discharge Dataset, Colorado Hospital Association.
Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.
Figure 12. Hospital discharge rates from suicide attempt in adults over the age of 18 years from 2014-2018.

Notes on adult suicide attempt hospitalization data:

- Hospitalization rates from suicide attempts were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Suicide attempt hospitalization rates were significantly higher in females when compared to males in Pueblo County in 2015 and in Colorado from 2014-2018.
- Suicide attempt hospitalizations were significantly higher due to drugs and other biological substances than any other method in both Pueblo County and Colorado from 2014-2018.



Data source: Emergency Department Visit Dataset, Colorado Hospital Association.

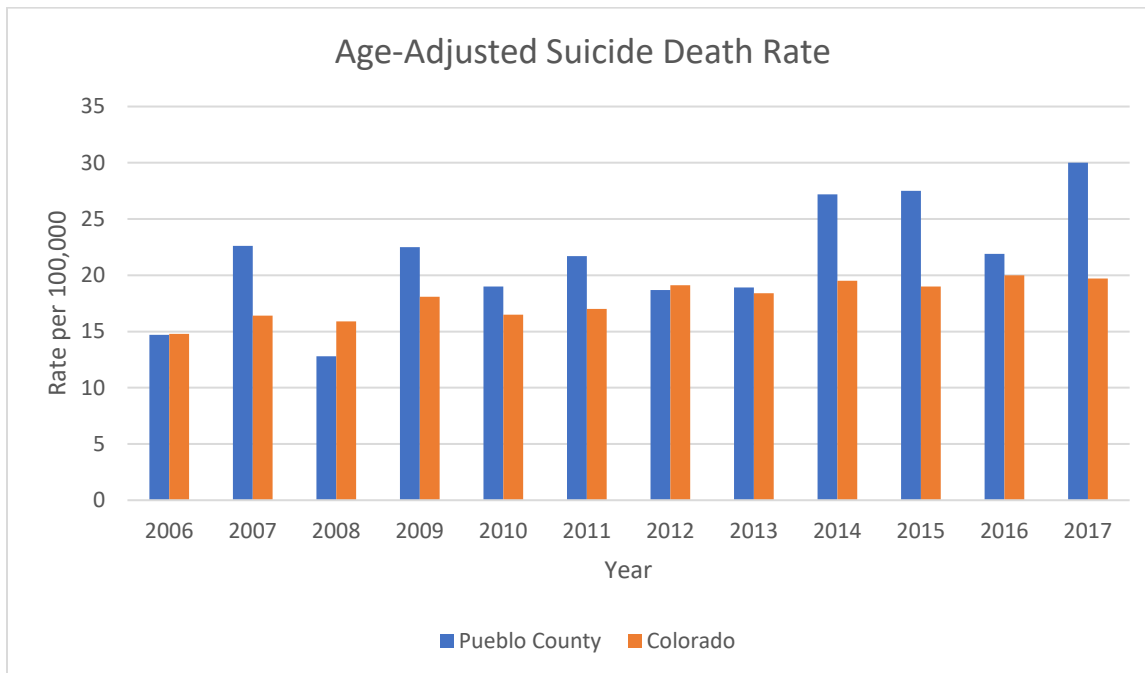
Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 13. Emergency department visit rates due to suicide attempt in adults over the age of 18 years from 2014-2018.

Notes on adult suicide attempt emergency department data:

- ED rates from suicide attempts were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Suicide attempt ED rates increased significantly in Pueblo County from 2016-2017.
- Suicide attempt ED rates increased significantly in Colorado from 2015-2016 and again from 2016-2017.

SUICIDE DEATHS

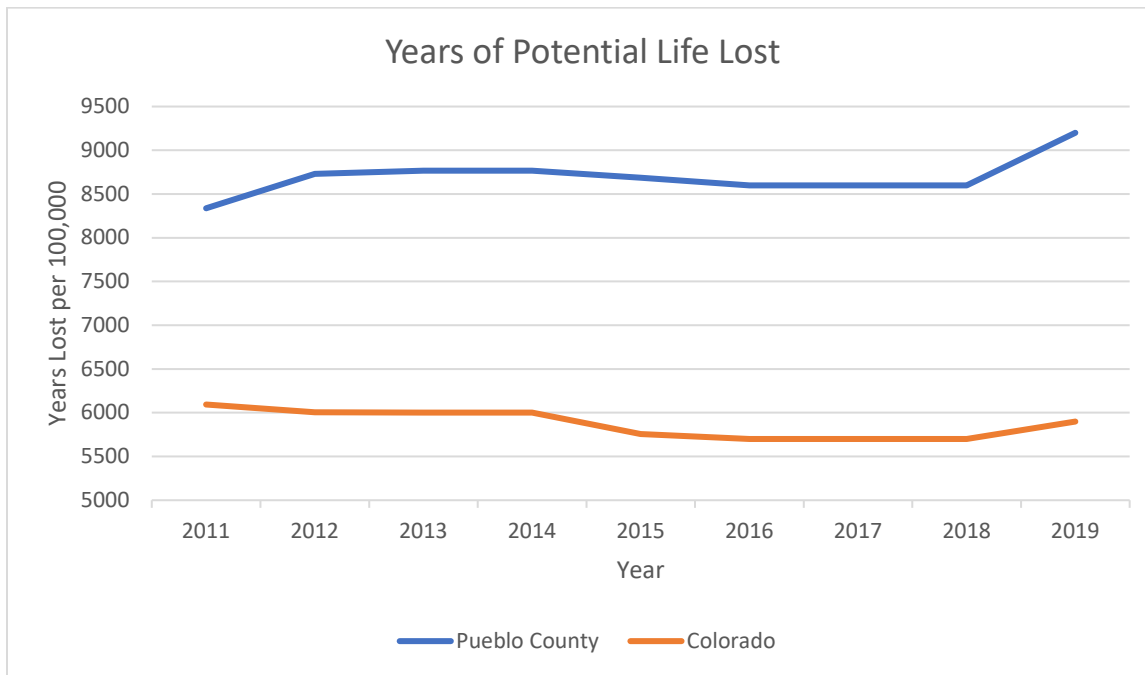


Data source: Colorado Violent Death Reporting System, Colorado Department of Public Health and Environment.
Figure 14. Age-adjusted suicide death rates from 2006-2017.

Notes on suicide death rate data:

- Age-adjusted suicide death rates were significantly higher in Pueblo County when compared to Colorado in 2017.
- Crude rates were available and broken down into adult age groups 25-44, 45-64, and 65+.
 - In the last five years in Pueblo County, these crude suicide death rates did not show any significant variations between age groups for each year or across the years for each age group.
 - Pueblo County also did not significantly differ from Colorado.

PREMATURE DEATH



Data source: County Health Rankings & Roadmaps.

Figure 15. Years of potential life lost before age 75 per 100,000 population (age-adjusted).

Notes on years of potential life lost data²:

- Overall, the years of potential life lost is much higher in Pueblo County compared to Colorado.
- The years of potential life lost decreased each year from 2011-2018, before increasing slightly in 2019 in Colorado.
- In Pueblo County, the years of potential life lost slightly increased and decreased multiple times from 2011-2018 before sharply increasing in 2019.

YOUTH

SADNESS / HOPELESSNESS

Data Indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of high school students who felt so sad or hopeless almost every day for two or more weeks in a row that they stopped doing some usual activities during the past 12 months	2013	27.3	24.3
	2015	34.5	29.5
	2017	38.2	31.4

Data source: Healthy Kids Colorado Survey.

Notes on youth high school mental health data:

- High school students in Pueblo County were significantly more likely than Colorado high school students to have felt sad or hopeless from 2015-2017.
- From 2013-2017, the percentage of high school students who felt sad or hopeless significantly increased in Pueblo County from year to year.
- From 2013-2017, high school students in Pueblo County who felt sad or hopeless were significantly **less** likely to be male and heterosexual.
- In 2013 and 2017, high school students in Pueblo County who felt sad or hopeless were significantly more likely to report multiple races or Hispanic other race.

SUICIDE

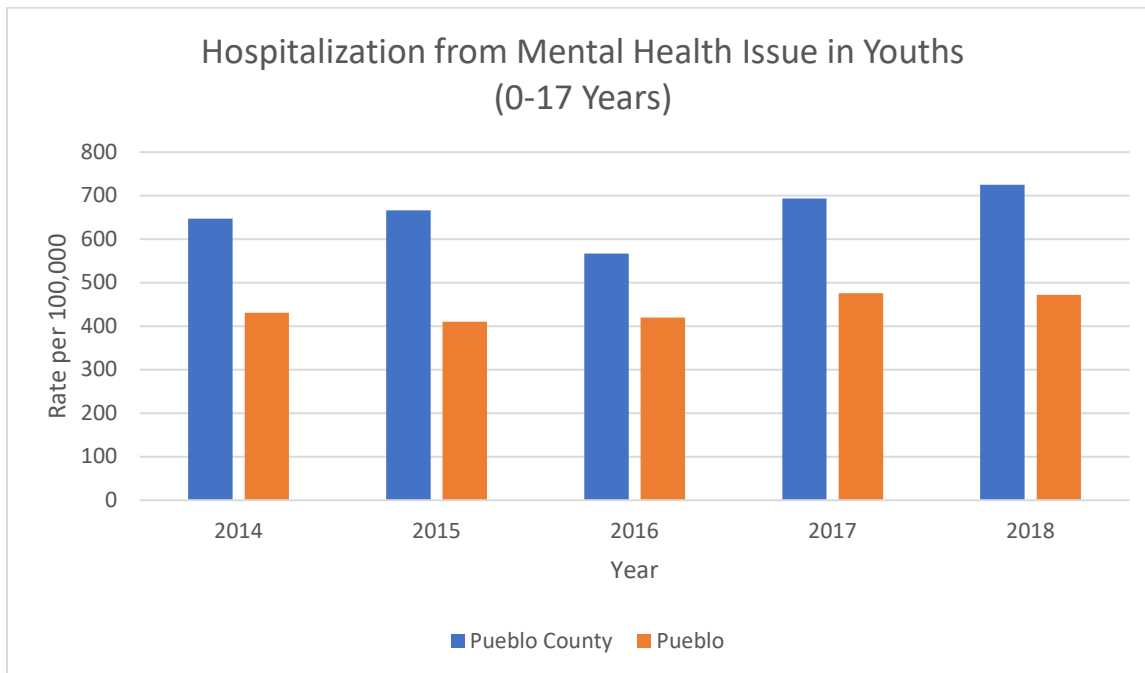
Data Indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of high school students who seriously considered attempting suicide during the past 12 months	2013	18.2	14.5
	2015	21.0	17.4
	2017	24.2	17.0
Percentage of high school students who actually attempted suicide one or more times during the past 12 months	2013	8.8	6.6
	2015	11.5	7.8
	2017	9.7	7.0

Data source: Healthy Kids Colorado Survey.

Notes on youth high school suicide data:

- High school students in Pueblo County were significantly more likely than Colorado high school students to have seriously considered suicide from 2013-2017.
- High school students who seriously considered suicide in Pueblo County were significantly **less** likely to be male and heterosexual from 2013-2017.
- High school students in Pueblo County were significantly more likely than Colorado high school students to have attempted suicide from 2013-2017.
- From 2013-2017, high school students in Pueblo County who attempted suicide were significantly **less** likely to be male and heterosexual.
- From 2015-2017, high school students in Pueblo County who attempted suicide were significantly more likely to report multiple races or Hispanic other race.

MENTAL HEALTH ISSUE



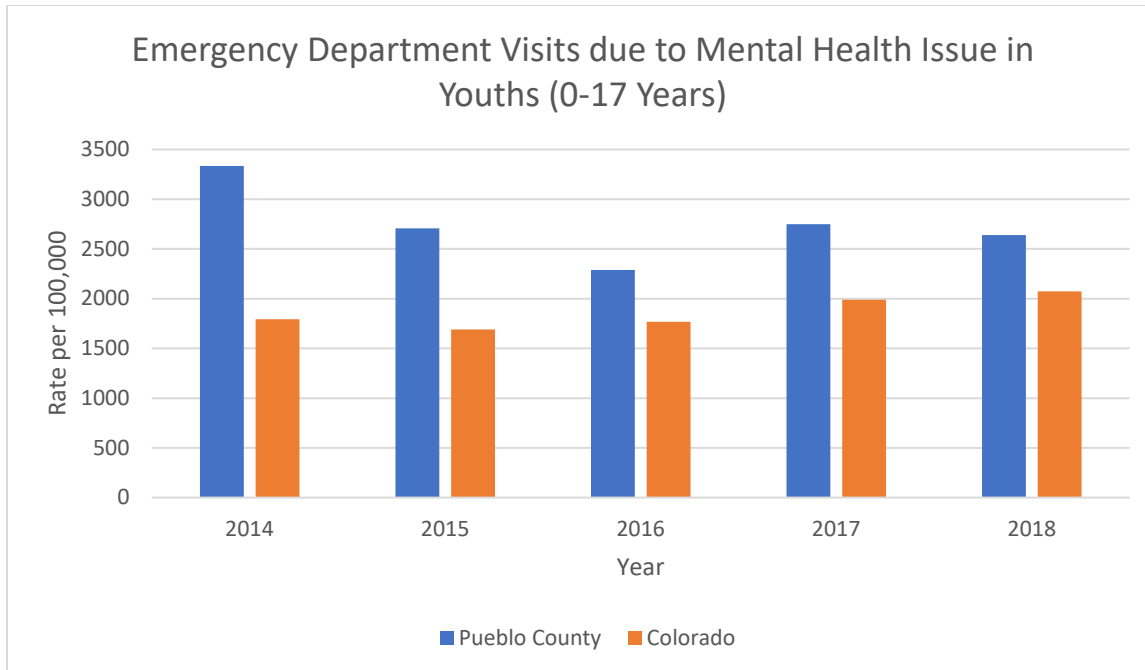
Data source: Hospital Discharge Dataset, Colorado Hospital Association.

Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 16. Hospital discharge rates from mental and behavioral disorders in youths between the ages of 0-17 years from 2014-2018.

Notes on youth mental health hospitalization data:

- Hospitalization rates were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Hospitalization rates decreased significantly in Pueblo County from 2015-2016.
- Hospitalization rates increased significantly in Colorado from 2016-2017.
- Mental health issue hospitalization rates were significantly higher in females when compared to males in Pueblo County from 2015-2018 and in Colorado from 2014-2018.



Data source: Emergency Department Visit Dataset, Colorado Hospital Association.

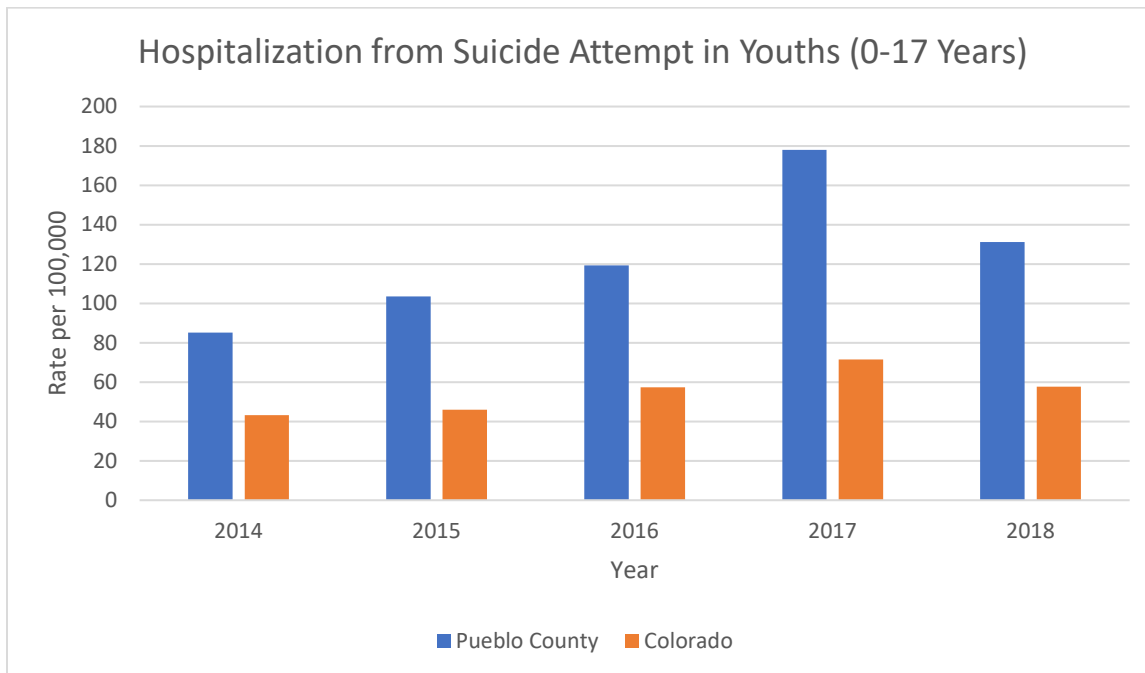
Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 17. Emergency department visit rates due to mental and behavioral disorders in youths between the ages of 0-17 years from 2014-2018.

Notes on youth mental health emergency department data:

- ED rates were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- ED rates were significantly higher in Pueblo County in 2014 compared to all later years.
- In 2014, mental health issue ED rates were significantly lower in females when compared to males in Pueblo County but significantly higher in Colorado.

SUICIDE ATTEMPT



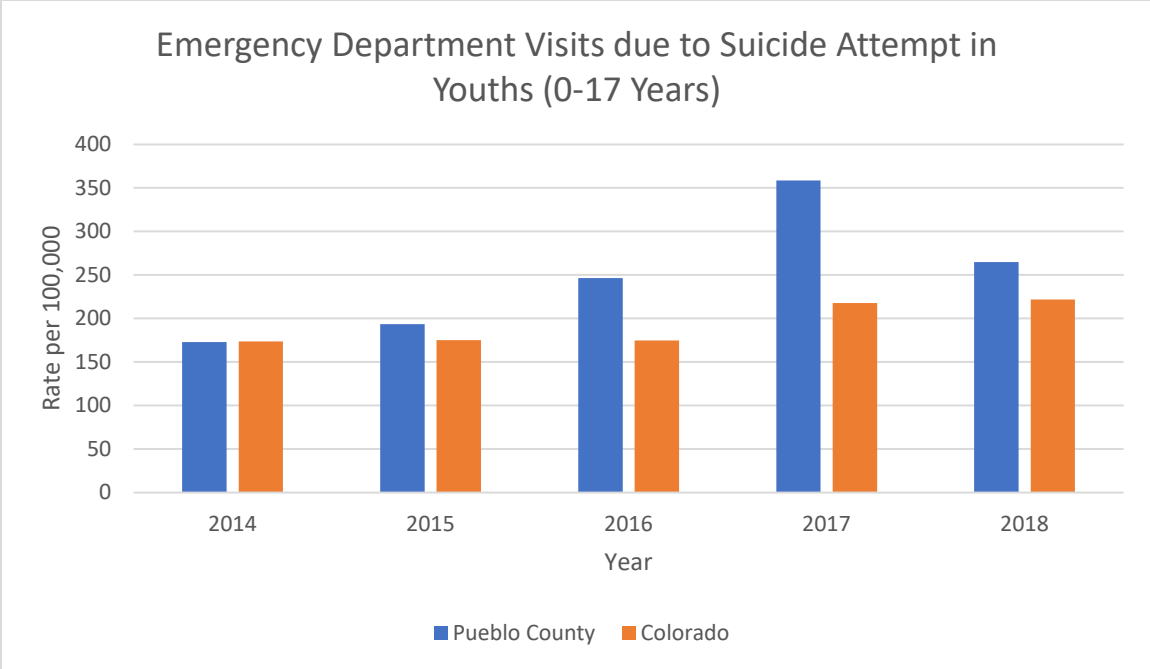
Data source: Hospital Discharge Dataset, Colorado Hospital Association.

Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.

Figure 18. Hospital discharge rates suicide attempt in youths between the ages of 0-17 years from 2014-2018.

Notes on youth suicide attempt hospitalization data:

- Hospitalization rates were significantly higher in Pueblo County when compared to Colorado from 2014-2018.
- Hospitalization rates were significantly higher in females when compared to males in Pueblo County in all years, except 2016, and in Colorado from 2014-2018.
- Suicide attempt hospitalizations were significantly higher due to drugs and other biological substances than any other method in both Pueblo County and Colorado from 2014-2018.

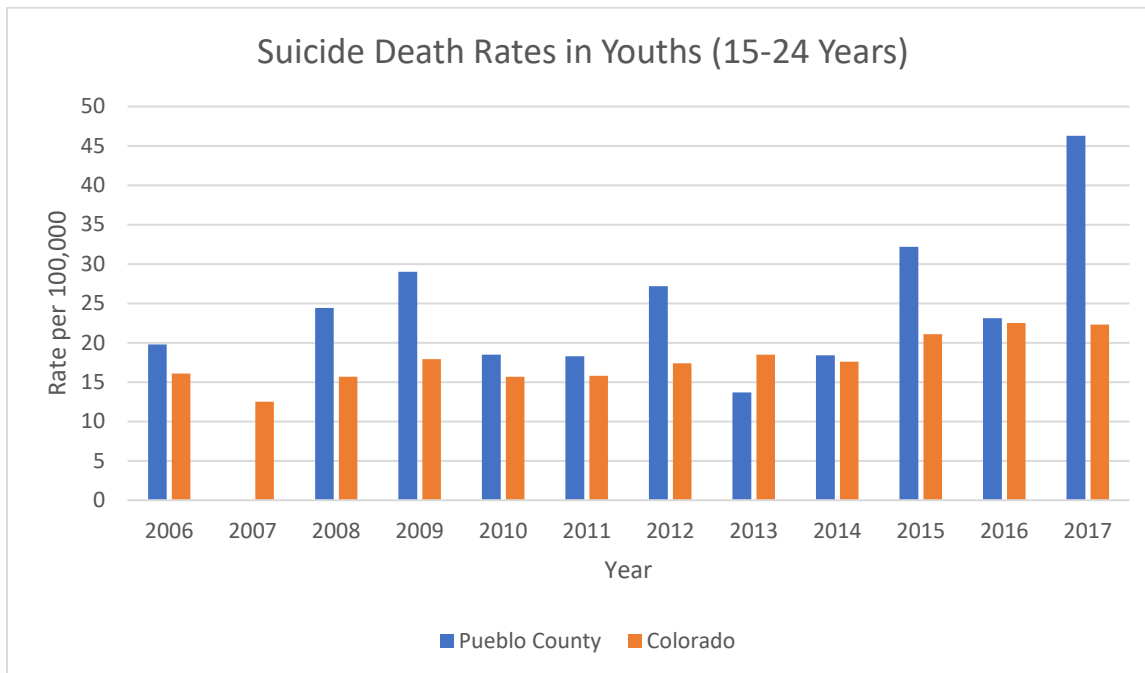


Data source: Emergency Department Visit Dataset, Colorado Hospital Association.
 Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.
 Figure 19. Emergency department visit rates due to suicide attempt in youths between the ages of 0-17 years from 2014-2018.

Notes on youth suicide attempt emergency department data:

- ED rates were significantly higher in Pueblo County when compared to Colorado from 2016-2017.
- Suicide attempt ED rates were significantly higher in females when compared to males in Pueblo County and Colorado from 2014-2018.

SUICIDE DEATHS



Data source: Colorado Violent Death Reporting System, Colorado Department of Public Health and Environment.

Figure 20. Crude suicide death rates in youths from 2006-2017.

Note: Since suicide death rates for the 10-14 age group in Pueblo County were suppressed for all years, the table shows suicide death rates for the 15-24 age group.

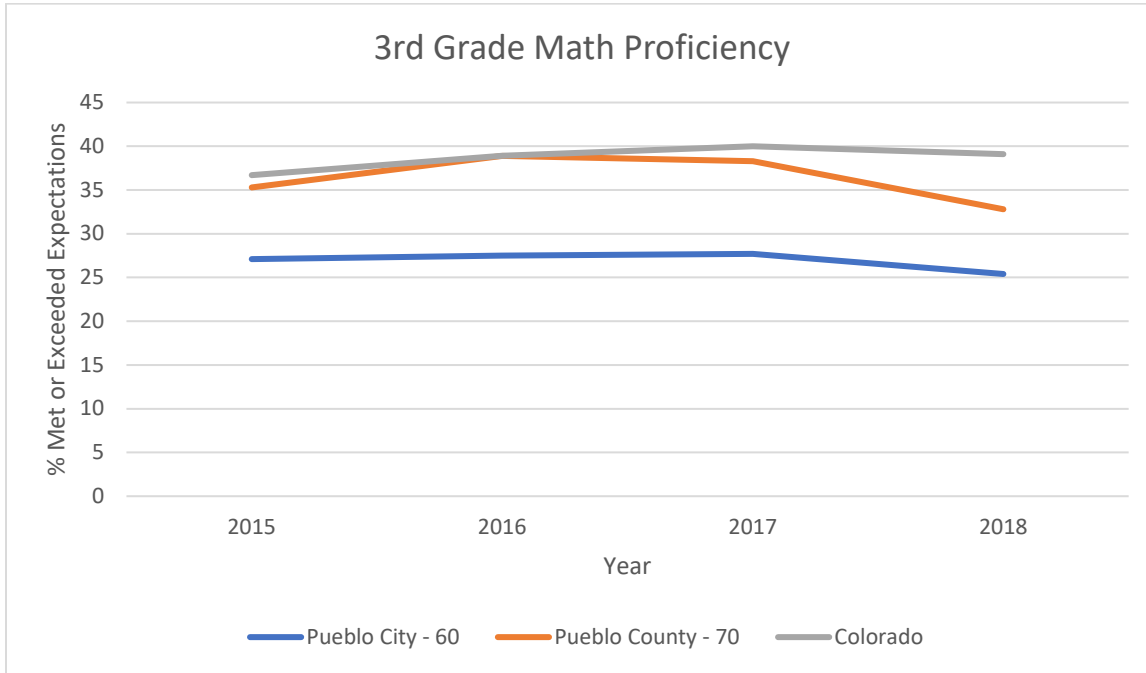
Notes on youth suicide death rate data:

- In 2007, the suicide death rate was suppressed in Pueblo County due to the low number.
- For all years, there were no significant differences in suicide death rates between Pueblo County and Colorado.

Academic Performance

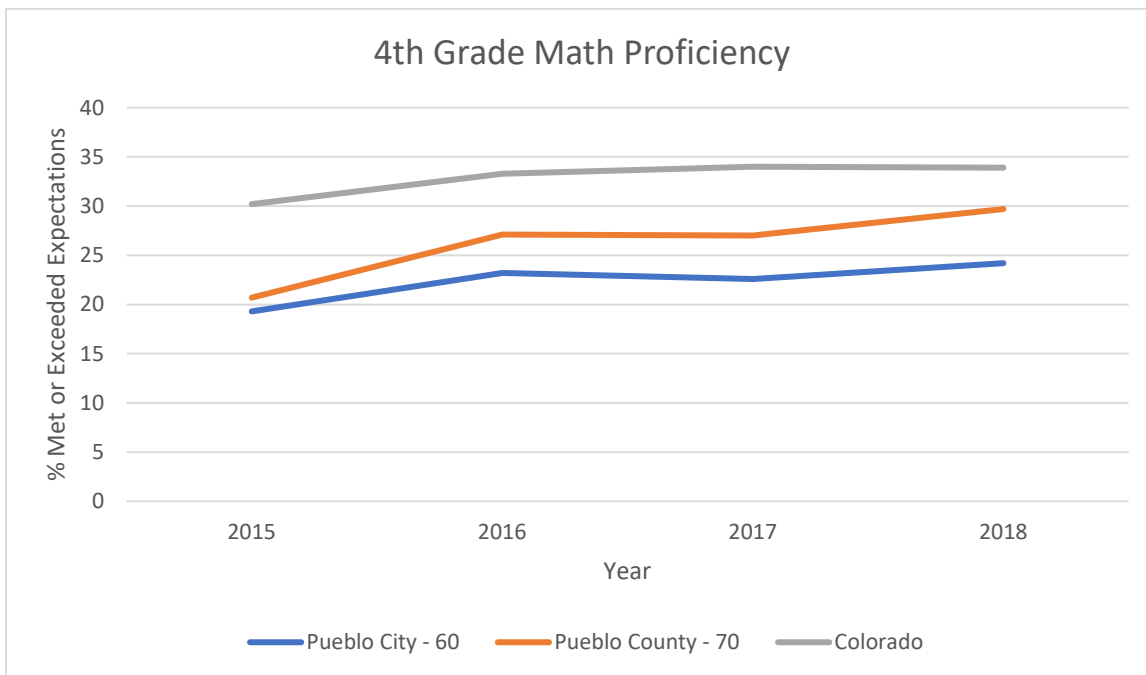
YOUTH

MATH PROFICIENCY



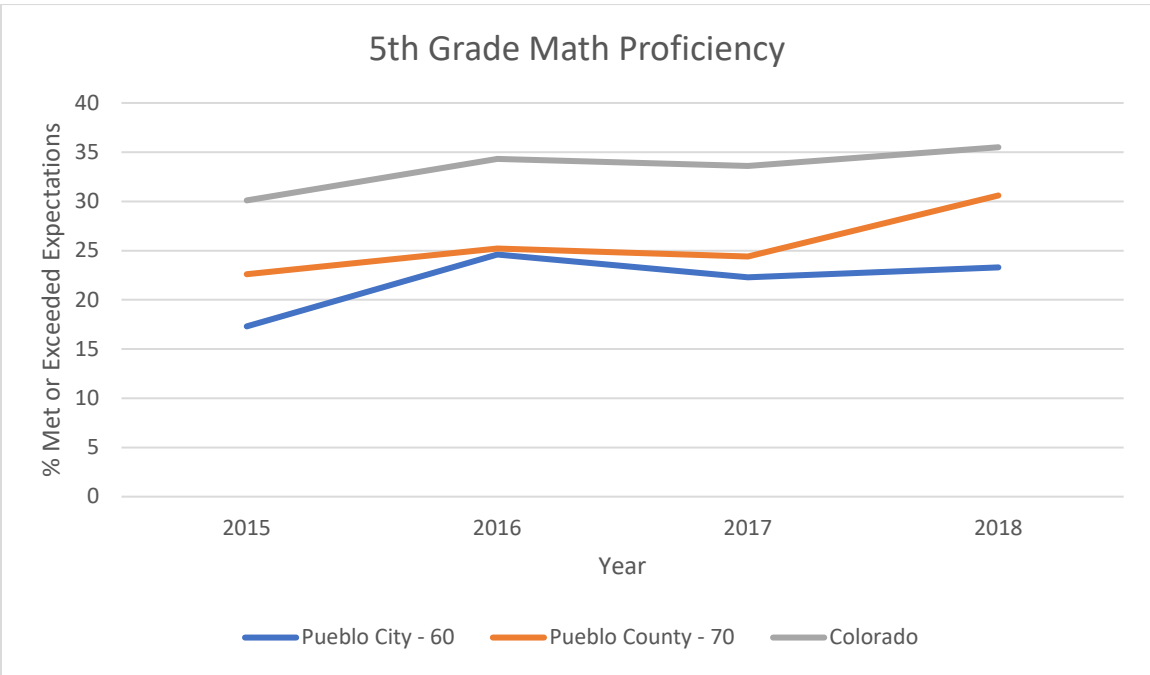
Data source: Colorado Department of Education.

Figure 21. 3rd grade math proficiency of students who met or exceeded expectation, by school district, from 2015-2018.

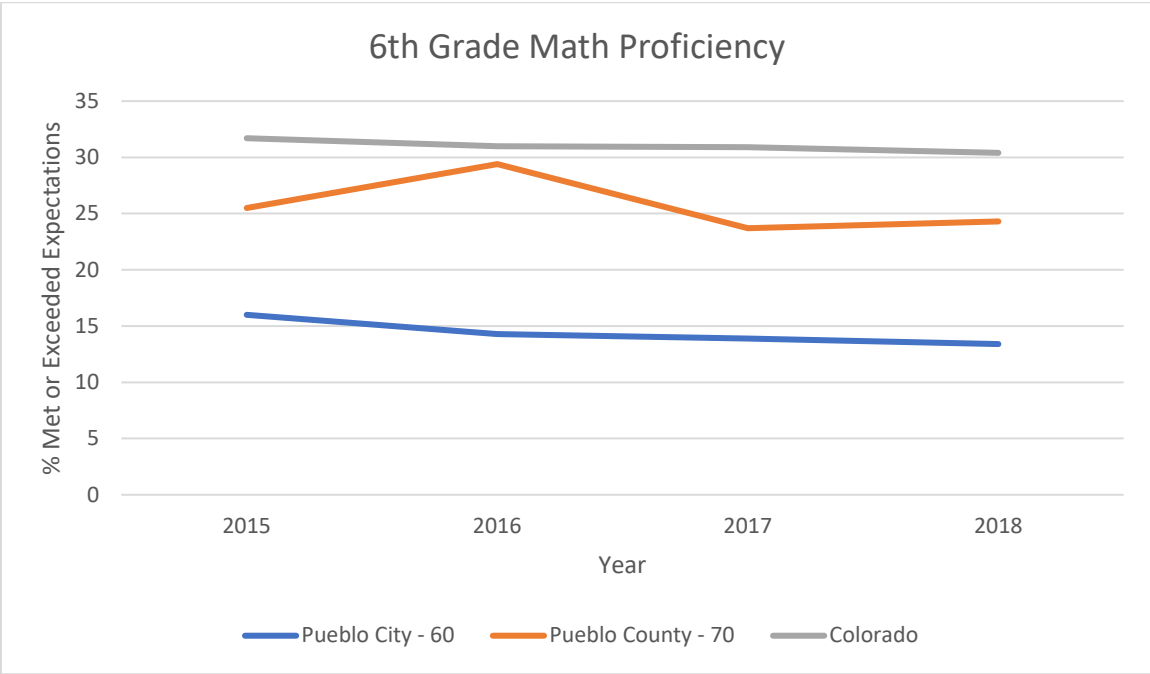


Data source: Colorado Department of Education.

Figure 22. 4th grade math proficiency of students who met or exceeded expectations, by school district, from 2015-2018.

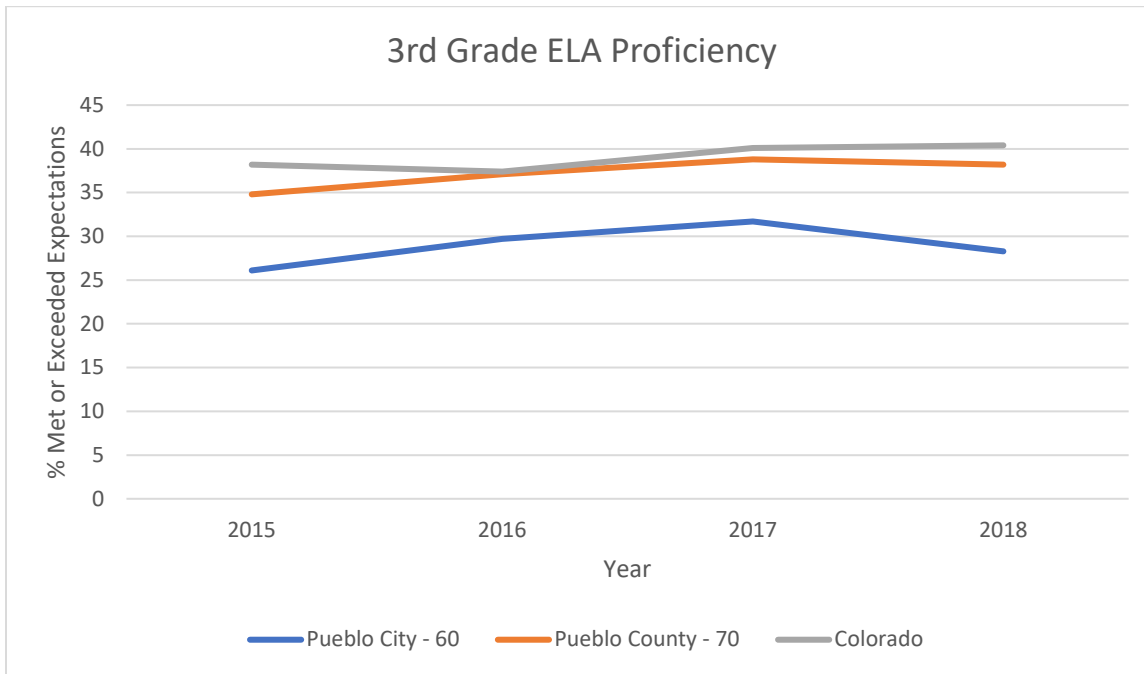


Data source: Colorado Department of Education.
 Figure 23. 5th grade math proficiency of students who met or exceeded expectations, by school district, from 2015-2018.



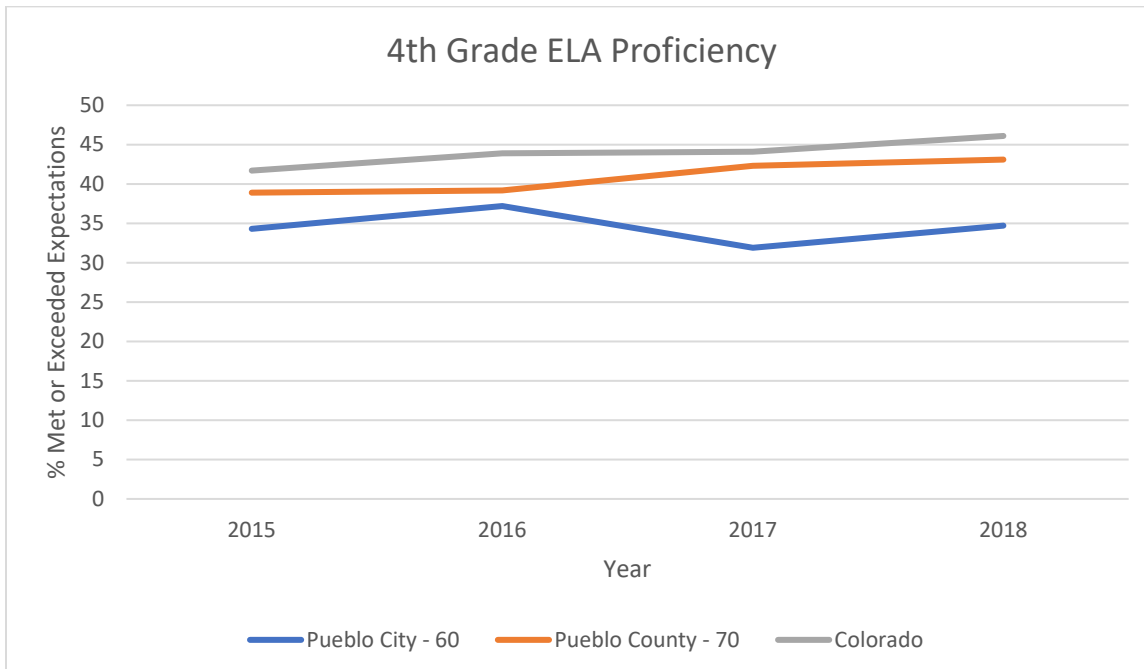
Data source: Colorado Department of Education.
 Figure 24. 6th grade math proficiency of students who met or exceeded expectations, by school district, from 2015-2018.

ENGLISH LANGUAGE ARTS (ELA) PROFICIENCY



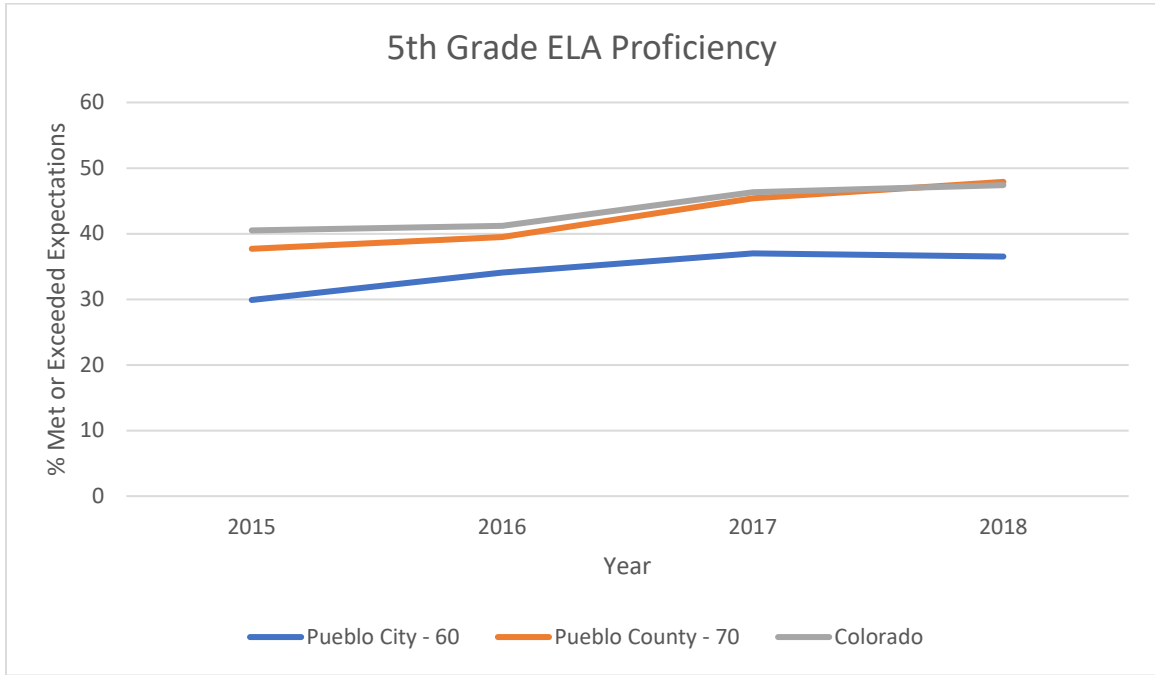
Data source: Colorado Department of Education.

Figure 25. 3rd grade English language arts proficiency of students who met or exceeded expectations, by school district, from 2015-2018.



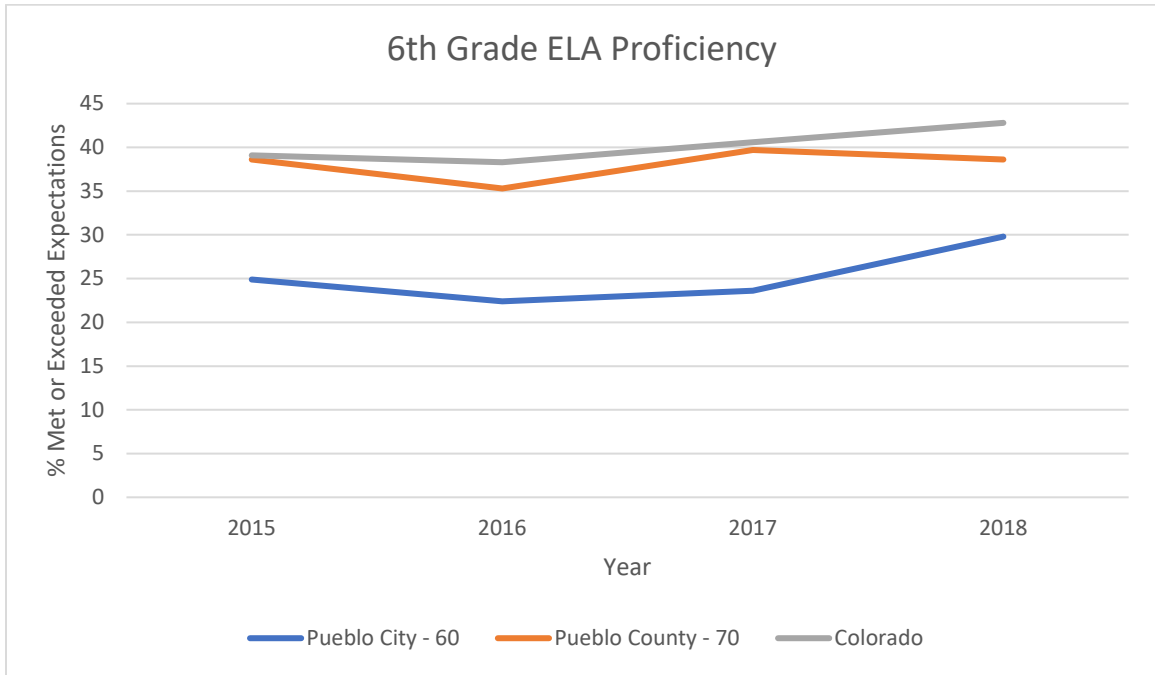
Data source: Colorado Department of Education.

Figure 26. 4th grade English language arts proficiency of students who met or exceeded expectations, by school district, from 2015-2018.



Data source: Colorado Department of Education.

Figure 27. 5th grade English language arts proficiency of students who met or exceeded expectations, by school district, from 2015-2018.

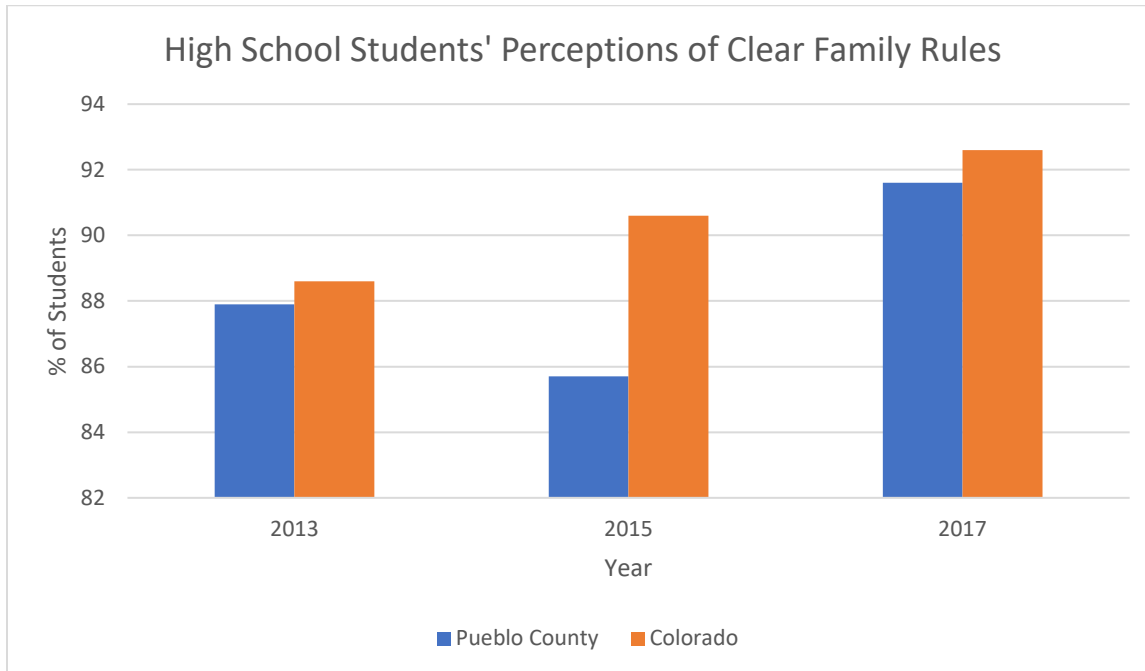


Data source: Colorado Department of Education.

Figure 28. 6th grade English language arts proficiency of students who met or exceeded expectations, by school district, from 2015-2018.

Clear Standards for Behavior

HIGH SCHOOL



Data source: Healthy Kids Colorado Survey.

Figure 29. Percentage of high school students who feel the rules in their family are clear.

Notes on family rules:

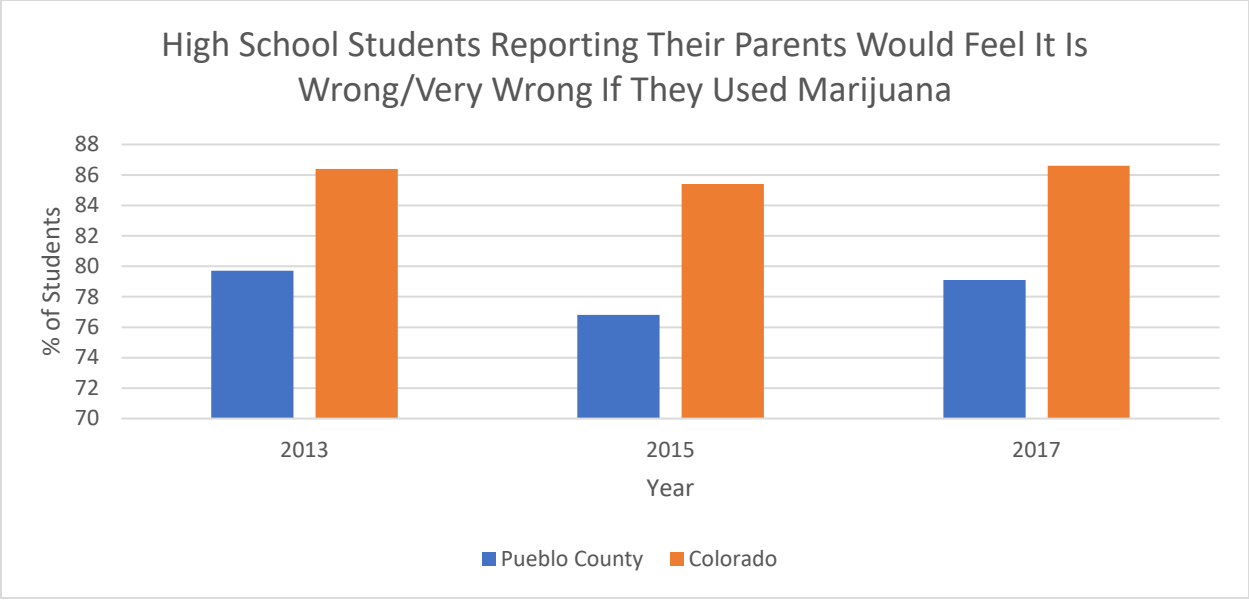
- Of all years, 2017 was the only one in which there was no significant difference between Pueblo County and Colorado high school students who reported having clear family rules.
- From 2013-2017, students who were gay, lesbian, or bisexual, and multiple race or other Hispanic race were significantly less likely to report having clear family rules.

Data Indicator	Year	Pueblo County (%)	Colorado (%)
Percentage of high school students who think their family has clear rules about alcohol and drug use**	2017	88.6	90.6
Percentage of students who have parents/guardians who know where they are and who they are with when not home**	2017	88.4	91.3
Percentage of high school students who have parents/guardians that ask if homework is done**	2017	76.7	80.5

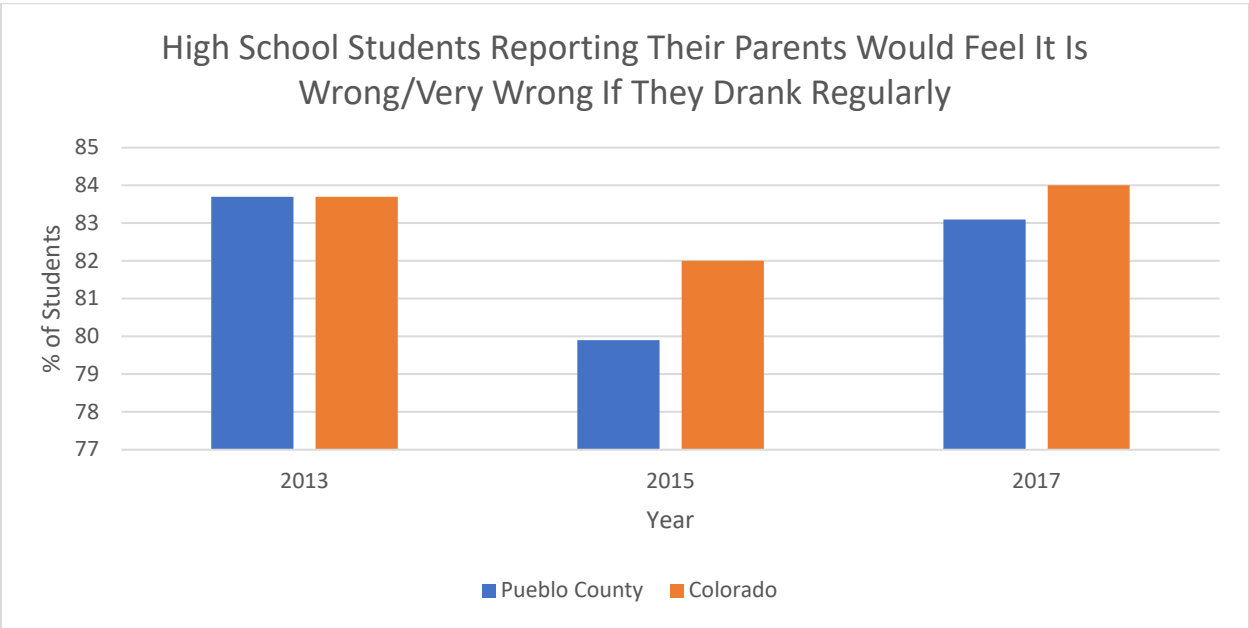
Data source: Healthy Kids Colorado Survey.

Note: Indicators listed were not included on the 2013 and 2015 HKCS surveys.

** indicates there is a significant difference between Pueblo County and Colorado



Data source: Healthy Kids Colorado Survey.
 Figure 30. Percentage of high school students who think their parents feel it is wrong or very wrong if they used marijuana.



Data Source: Health Kids Colorado Survey.
 Figure 31. Percentage of high school students who think their parents would feel it is wrong or very wrong if they drank alcohol regularly.
 Note: Regularly drinking alcohol is defined as at least once or twice per month.

Notes on parental feeling on students’ drug/alcohol use:

- From 2013-2017, high school students in Pueblo County were significantly less likely than Colorado high school students to report their parents would feel their marijuana use was wrong. This significant variation is not seen for regular alcohol use.

References:

- 1 Colorado Health Institute. (2018). *Healthy Kids Colorado Survey Series*. Available from: coloradohealthinstitute.org/research/healthy-kids-colorado-survey-series
- 2 Colorado Behavioral Risk Factor Surveillance System. Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment. Available from: colorado.gov/pacific/cdphe/vision-data-tool
- 3 Colorado Hospital Association Datasets. Prepared by: Vital Statistics Program, Colorado Department of Public Health and Environment.
- 4 Vital Statistics Program, Colorado Department of Public Health and Environment.
- 5 Colorado Violent Death Reporting System, Colorado Department of Public Health and Environment.
- 6 County Health Rankings & Roadmaps. Available from: countyhealthrankings.org/app/colorado/2019/rankings/pueblo/county/outcomes/overall/snaps-hot
- 7 Colorado Department of Education. School View. Data Center. Available from: cde.state.co.us/schoolview