



Pueblo County Obesity 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 top health issues in the community.

After careful consideration and review of the data, CHA Steering Committee and Pueblo Department of Public Health and Environment staff members selected the focus areas of obesity, mental health, and substance use to be addressed during 2018-2022.

This report is the first annual update of the selected obesity measures for the 2018-2022 Pueblo County CHIP. The purpose is to provide CHIP partners, the CHA Steering Committee, and general community members the opportunity to become aware of progress made and allow for additional changes to be made to achieve desired outcomes of the plan. Targets were established by the CHA Steering Committee. In setting targets, several sources were considered including Healthy People 2020, Colorado Public Health Improvement Plan, and the previous Pueblo County CHIP. Ultimately, targets were selected primarily based on previous trends in Pueblo data.

Data Sources

To compile data to create this report, multiple sources were used for 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 obesity.

Notes on Analysis

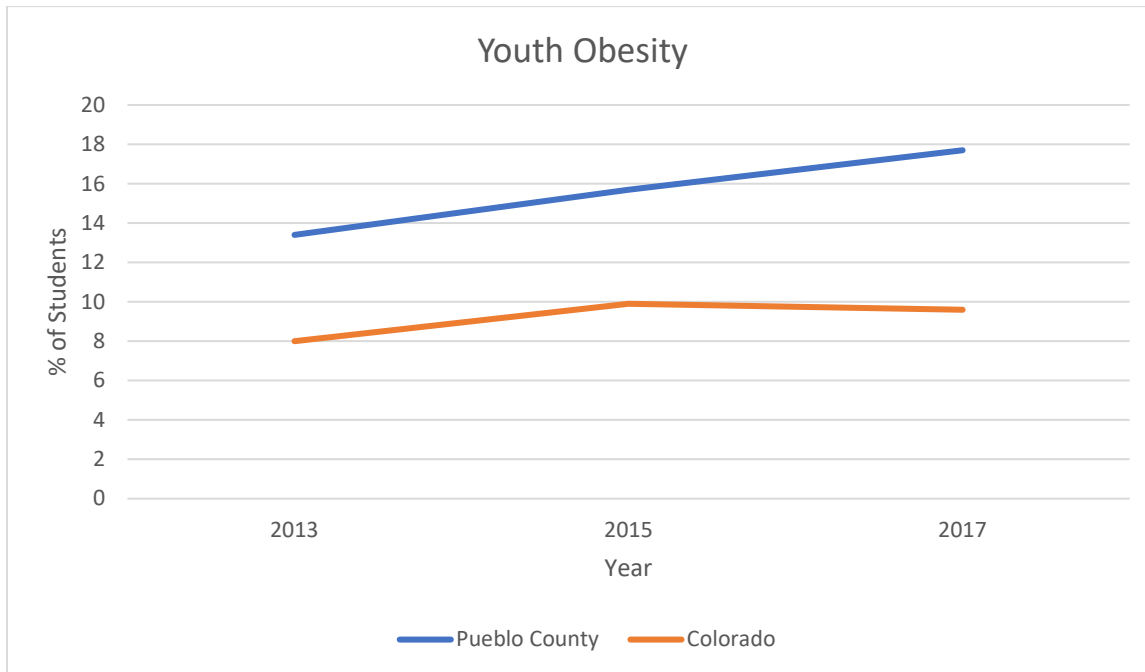
The data examined in this report provides information associated with obesity in adults and youth in Pueblo County. Data in Pueblo County was individually analyzed to determine if, and where, disparities and inequalities existed in the community. Additionally, obesity indicators were reviewed at the 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.

Obesity Measures

YOUTH

OBESITY

CHIP Target: By 2022, the percentage of high school students who are obese (i.e., at or above the 95th percentile for body mass index, by age and gender) will not surpass 18%.



Data source: Healthy Kids Colorado Survey.

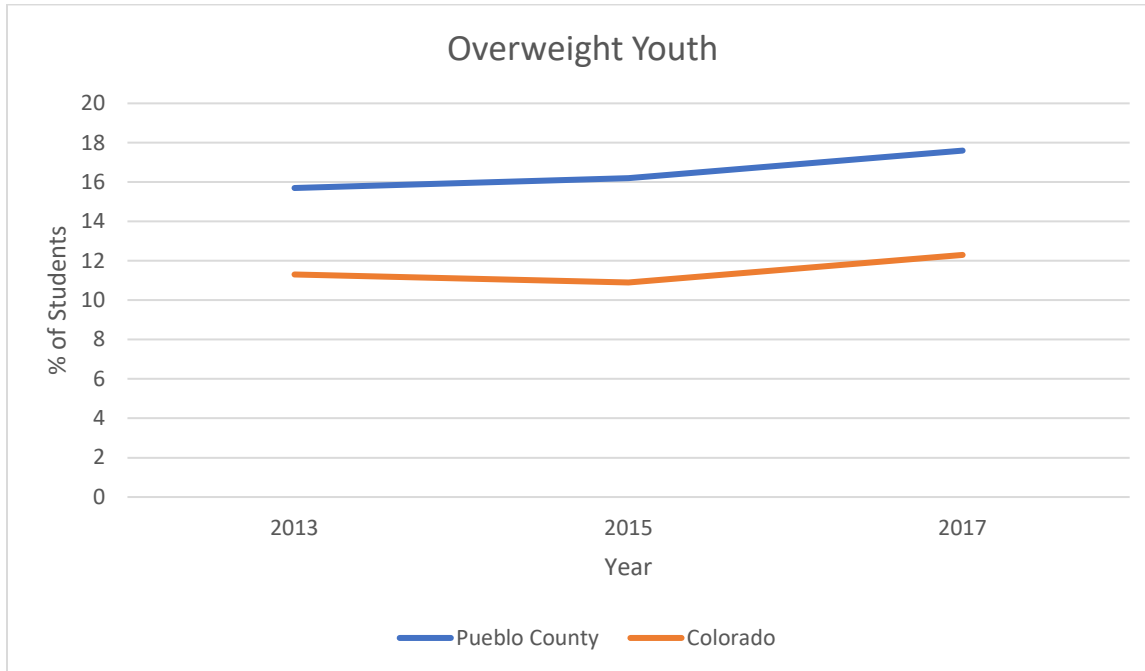
Figure 1. Percentage of high school students who were obese (i.e., at or above the 95th percentile for body mass index) from 2013-2017.

Notes on high school student obesity:

- Obesity levels were significantly higher among high school students in Pueblo County than Colorado high school students from 2013-2017.
- From 2013-2017, Pueblo County experienced a consistent increasing trend in obesity among high school students, whereas there was a slight decline in 2017 among Colorado high schoolers.
- Over all the years, high schoolers in Pueblo County who reported their race/ethnicity as white, non-Hispanic were significantly less likely to be obese.
- Over all the years, high schoolers in Pueblo County who reported being gay, lesbian, or bisexual were significantly more likely to be obese.

OVERWEIGHT

CHIP Target: By 2022, the percentage of high school students who are overweight (i.e., at or above the 85th percentile, but below the 95th percentile for body mass index, by age and gender) will not surpass 18%.



Data source: Healthy Kids Colorado Survey.

Figure 2. Percentages of high school students who were overweight (i.e., at or above the 85th percentile but below the 95th percentile for body mass index) from 2013-2017.

Notes on overweight high school students:

- The percentage of high school students who were overweight was significantly higher in Pueblo County than Colorado from 2013-2017.
- From 2013-2017, Pueblo County experienced an increasing trend in the percentage of high school students who were overweight.
- From 2013 to 2015, Colorado experienced a decline in the percentage of high school students who were overweight before increasing in 2017. This percentage reported in 2017 was higher than previous years.

ADULT

OBESITY

CHIP Target: By 2022, the percentage of adults (18+) who are obese will decrease from 30.6% to 30.0%

Data Indicator	Year	Pueblo County (%)				Colorado (%)			
Percentage of adults (18+ years) who were obese	2011								
	2012	29				20.8			
	2013		28.3				21		
	2014			30.9				20.9	
	2015				30.5				21.3
	2016					30.6			
	2017								21.7

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 obesity:

- The percentage of adults who were obese was significantly higher in Pueblo County than Colorado from 2011-2017.
- Both Pueblo County and Colorado have experienced a general increasing trend in obesity in adults.
- Pueblo County has consistently remained a region with one of the highest percentages of obese adults in Colorado.
 - From 2015-2017, Pueblo County had the second highest percentage of adults who were obese.

OVERWEIGHT

CHIP Target: By 2022, the percentage of adults (18+) who are overweight will decrease from 33.4% to 32%.

Data Indicator	Year	Pueblo County (%)					Colorado (%)					
Percentage of adults (18+ years) who were overweight	2011											
	2012	34					35.2					
	2013		33.6					35.5				
	2014			32.3					35.9			
	2015				31.8					36.1		
	2016					33.4					36.1	
	2017											36.1

Data source: Colorado Behavioral Risk Factor Surveillance System.

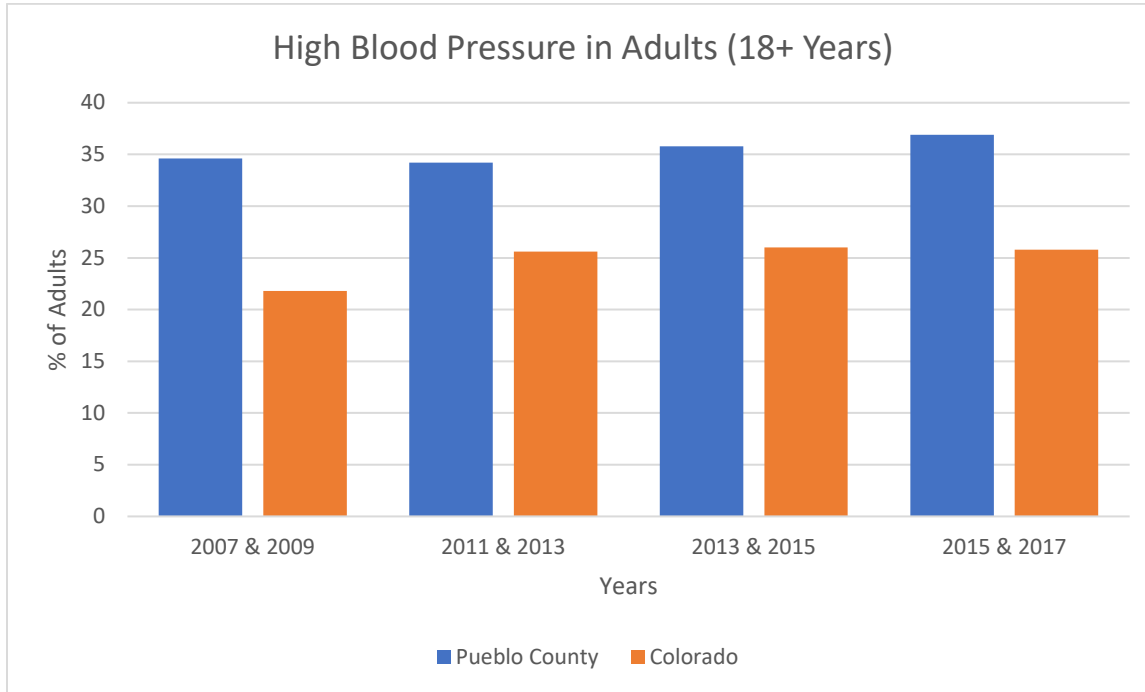
Prepared by: Visual Information System for Identifying Opportunities and Needs, Colorado Department of Public Health and Environment.

Notes on overweight adults:

- The percentage of adults who were overweight was lower in Pueblo County than Colorado from 2011-2017.
- Pueblo County experienced a decreasing trend in overweight adults from 2011-2016 before an increase from 2015-2017.

HIGH BLOOD PRESSURE

CHIP Target: By 2022, the percentage of adults (18+) who have ever been told by a health care provider that they had high blood pressure will decrease from 36.9% to 35%.



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.

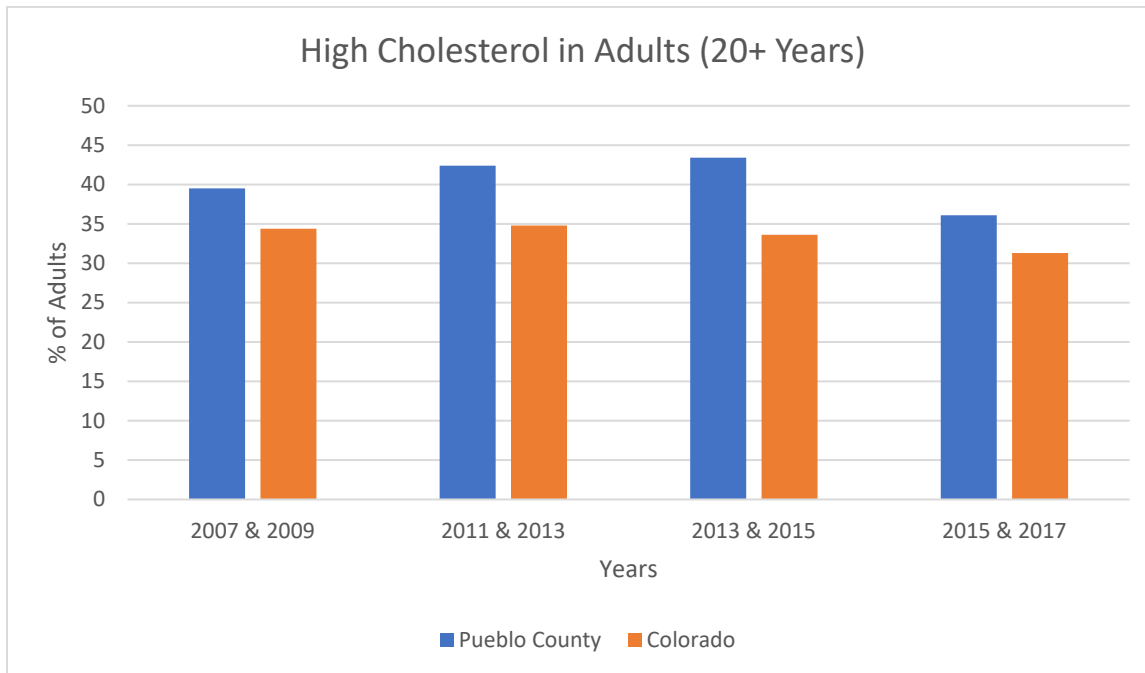
Figure 3. Percentage of adults (18+ years) who had ever been told by a health care provider they had high blood pressure.

Notes on high blood pressure in adults:

- For all years, the percentage of adults who had ever been told they had high blood pressure was significantly higher in Pueblo County than Colorado.

HIGH CHOLESTEROL

CHIP Target: By 2022, the percentage of adults aged 20+ who have ever had cholesterol screening and been told by a health care provider they had high blood cholesterol will decrease from 36.1% to 34%.



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 4. Percentage of adults (20+ years) who had ever had a cholesterol screening and been told by a health care provider they had high cholesterol.

Notes on high cholesterol in adults:

- Across all years, the percentage of adults who had high cholesterol was higher in Pueblo County than Colorado from 2007-2017.
- From 2007-2015, there was an increasing trend in the percentage of adults who were told they had high cholesterol in Pueblo.
 - In 2015 and 2017, adults with high cholesterol in Pueblo decreased over 7%.
- From 2013 and 2015 to 2015 and 2017, the percentage of adults with high cholesterol significantly decreased in Colorado.

DIABETES

CHIP Target: By 2022, the percentage of adults aged 18+ that have ever been told by a doctor that they had diabetes will decrease from 12.1% to 11%.

Data Indicator	Year	Pueblo County (%)				Colorado (%)			
Percentage of adults (18+ years) that have ever been told by a doctor that they had diabetes	2011					6.9			
	2012	13.5				6.9			
	2013		13.4			7			
	2014			13.6			6.8		
	2015				12.3			6.9	
	2016								6.9
	2017								

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 diabetes in adults:

- The percentage of adults with diabetes was significantly higher in Pueblo County than Colorado from 2011-2017.
- Pueblo County has experienced a decreasing trend in the percentage of adults with diabetes, whereas Colorado has remained relatively unchanged.

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