PUEBLO COUNTY 2016 COMMUNITY HEALTH STATUS REPORT

December 2016



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Introduction

The Pueblo City-County Health Department (PCCHD) began a comprehensive community health assessment process in 2016. This process was designed to examine the health of Pueblo County from multiple angles in order to understand the true health status of the community. The process involved gathering data on a variety of health indicators and asking for input from community members and leaders. The following report summarizes the data gathered through the process. To see more information on other aspects of the process including the identified health priorities please visit the Health Department's website: pueblohealthdept.org.

It is the intention of PCCHD that in creating this report, the data will assist users with making decisions on resource allocation and progress and priorities based on data, assist with securing funding, be used to advocate for change through informing and empowering action, and be used to identify common and emerging issues that need action.

The report provides data for Pueblo County and Colorado when available on a variety of factors that impact health. "Health starts in our homes, schools, workplaces, neighborhoods, and communities. We know that taking care of ourselves by eating well and staying active, not smoking, getting the recommended immunizations and screening tests, and seeing a doctor when we are sick all influence our health. Our health is also determined in part by access to social and economic opportunities, the resources and supports available in our homes, neighborhoods, and communities, the quality of our schooling, the safety of our workplaces, the cleanliness of our water, food, and air, and the nature of our social interactions and relationships. The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be"1.

Description of Pueblo County

Pueblo County is a community entrenched with strong values and pride steeped in deep family roots planted for generations. It is a culturally and geographically diverse community stretching 2,386 square miles, with almost 67 people per square mile² and ranging from agricultural to factory and plains to mountains. According to the U.S. Census Bureau², the population in 2015 was 163,591: 2.8% increase from 2010 and is forecasted to increase at a rate of 1.7% annually. 13.1% of populations has a disability (2010-2014). The mean travel time to work is 20.5 minutes.² The following is a summary of other community characteristics in 2015.

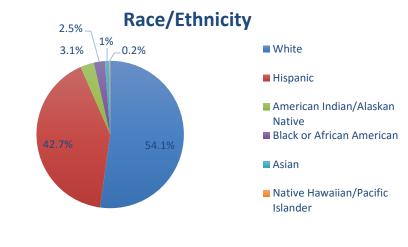


Figure 1: Race and Ethnicity²

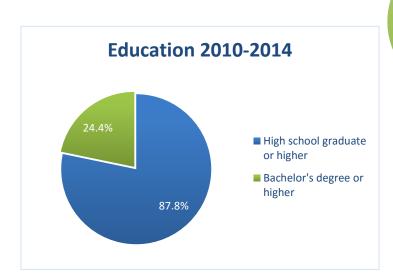
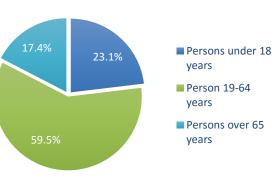


Figure 3: Education Levels²



Age

Figure 2: Age Groups²

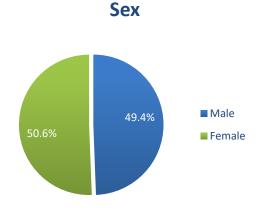


Figure 4: Gender Classification²

14.9% speaking a language other than English at home (2010-2014).4

85.1% speak only English at home, 3.8% speak Spanish, 0.1% speak Chinese and 0.1% speak Korean³

2.9% of the households in Pueblo County are linguistically isolated.4

Economic Opportunity

	Indicator	Pueblo County	Colorado
		•	
	Percent of public school students eligible for free and reduced lunch, 2015 ⁵	59.8%	41.8%
Poverty	Percent of adults living in poverty, 2014 ³	19%	12.1%
roverty	Percent of children living in poverty, 2014 ³	25.3%	15.6%
	Median Household Income, 2015 ²	\$41,974	\$53,482
	Percent of adults over 25 years o	f age that completed	4:
	A master, professional school or doctorate degree	8.1%	13.7%
	An associate or bachelor's degree	24.7%	24.6%
Education	Some college (less than 1 year or more)	26.2	22.7
	High school, GED or alternative	28.9%	28.9%
	Some K-12 education but no high school or equivalent completed	11.3%	8.8
	No schooling	.9%	.9%
		_	
School	School Dropout Rates, 2014-2015 ⁵	3%	2.5%
Completion	High School Completion, 2015 ⁵	76.8%	78.8%
Employment	Unemployment Rate, 2015 ⁶	5.7%	3.9%

Physical Environment

			Indicator	Pueblo County	Colorado
	Percent	with sid	ewalks or shoulders in their		
	neighbo	orhoods t	hat are sufficient to safely walk,	77.3%	82.7%
	run or b	oike, 201	1^{16}		
	Percent	that hav	ve access to public exercise facilities	75.2%	70 10/
	in their neighborhood, 2011 ¹⁶ Rate of healthy food outlets per 10,000 residents,			/5.2%	78.1%
Built				1	1.2
Environment	2012 ¹⁶	2012 ¹⁶			1.2
	Rate of	fast food	outlets per 10,000 residents,	7.3	7.4
	2012 ¹⁶			7.5	7.4
	Percent	who say	fresh fruits, vegetables, and other		
	healthf	ul foods a	are somewhat or very available in	82.6%	86.6%
	their ne	eighborho	ood, 2011 ¹⁶		
	Percent	of house	ehold radon tests that were above		
Healthy Housing		recomm	ended action limit (4/Ci/L), 2009-	66.7%	43.8%
nealtny nousing	2013 ⁷				
	Percent	of house	es built before 1960, 2010-2014 ⁴	36.5%	19.4%
Outdoor Air	Average	e annual	PM 2.5 centration, 2011 ⁸	5.7	N/A
Outdoor Air	Percent	of days	PM 2.5 above standard, 2011 ⁸	0	N/A
	_				
			ents reporting they use a private	1.7%	9.8%
	well, 2011 ¹⁶			1.770	J.670
Water			c water systems, 2013 ⁹	13	769
(see chart below			c water systems with average	1	22
for description)			vel above the EPA limit, 2013 ⁹	_	22
			c water systems with average	1	36
	annual TTHM ^{*†} level above the EPA limit, 2013 ⁹				
			es the contaminants in the public wa		
Contaminant	μg/L	Mg/L	Potential Health Effects from Long-	Sources of Contam	inant in
D' ' ('' D			Term Exposure Above MCL	Drinking Water	
Disinfection Byproc	1	0.00	In averaged viels of any any	Dunana duak af duiale	
[†] Haloacetic acids (HAA5)	60	0.06	Increased risk of cancer	Byproduct of drink disinfection	ing water
++Total	80	0.08	Liver, kidney or central nervous	Byproduct of drink	ing water
Trihalomethanes		0.00	system problems; increased risk of	disinfection	
(TTHMs)			cancer		
Inorganic Chemical	s				
Arsenic	10	0.01	Skin damage or problems with	Erosion of natural of	
			circulatory systems, and may have	runoff from orchar	
			increased risk of getting cancer	from glass & electr	onics
Nitrato (magazina d		10	Infants who drink water containing	production wastes	oruso
Nitrate (measured as nitrogen)		10	Infants who drink water containing nitrate in excess of the MCL could	Runoff from fertiliz leaking from septic	
as microgen)			sewage; erosion of		
			untreated, may die. Symptoms	deposits	
	include shortness of breath and				
			blue-baby syndrome.		

Social Factors

Indicator	Pueblo County	Colorado
Child Maltreatment rates per 1,000 children 17 years and younger, 2012 ¹⁰	3.6	8.4
Elder Abuse Rates per 100,000 aged 65+, 2014 ¹¹	646.8	452.9

Healthy Behaviors and Conditions

Treating bella	aviors and Conditions	Pueblo	
	Indicator	County	Colorado
	Percent of adults aged 18+ years who reported eating fast food one or more times per week, 2011 ¹⁶	69.7%	66.6%
Nutrition	Percent of children aged 1-14 years who ate fast food one or more times in the past week, 2010-2012 ¹⁷	67.2%	64.8%
	Percent of children aged 1-14 years who consumed sugar-sweetened beverages one or more times per day, 2012-2014 ¹⁷	23.1%	18%
	Percent of adults aged 18+ years who get 30+ minutes of moderate activity per day on 5+ days/week or 20+ minutes of vigorous activity per day on 3+ days/week, 2011, 2013 ¹⁶	58.8%	61.1%
Physical	Percent of adults aged 18+ years who are physically inactive, 2012-2014 ¹⁶	58.8%	61.1%
Activity	Percent of high school students who were physically active for a total of 60 minutes/day for the past 7 days, 2015 ¹²	48.9%	51.9%
	Percent of children aged 5-14 years who were physically active for at least 60 minutes/day for the past 7 days, 2012-2014 ¹⁷	58.6%	44.7%
			_
	Percent of adults aged 18+ years who currently smoke cigarettes, 2013-2014 ¹⁶ **	24.3%	16.8%
Tobacco	Percent of high school students who currently use cigarettes, 2015 ¹² **	5.8%	2.8%
Use/Exposure	Percent of children aged 1-14 years who rode in a car in the past 7 days with someone who was smoking, 2012-2014 ¹⁷	7.5%	4.0%
	Percent of women who smoked during the last 3 months of pregnancy, 2011-2013 ¹³	7.4%	8.1%
	Percent of sexually active women and men aged 18-44 years using an effective method of birth control to prevent pregnancy, 2011, 2012, 2014 ¹⁶	75%	65.2%
Sexual	Among students who had sexual intercourse during the past 3 months, the percentage who used no method of birth control to prevent pregnancy, 2015 ¹² **	15.9%	11.6%
Health	Percent of high school students who have ever had sexual intercourse, 2015 ¹² **	46.5%	35.4%
	Percent of pregnancies resulting in live births that were unintended, 2011-2013 ¹³ **	52.7%	39.3%
	Teen fertility rates (Ages 15-17 years old) per 1,000, 2014 ³ **	12.5	8.7

	Indicator	Pueblo County	Colorado
	Percent of live births where mothers gained an appropriate amount of weight during pregnancy according to pre-pregnancy BMI, 2012-2014 ³	34.2%	34%
	Percent of live births to mothers who were overweight or obese based on BMI before pregnancy, 2012-2014 ³ **	54.7%	44.9%
	Percent of adults aged 18+ years who are obese, 2013-2014 ¹⁶ **	29.6%	21.3%
	Percent of adults aged 18+ years who are overweight, 2013-2014 ¹⁶	32.2%	35.7%
	Percent of children aged 2-14 years who are obese, 2012-2014 ¹⁷	19.2%	14.8%
Health Conditions	Percent of children aged 2-14 years who are overweight or obese, 2012-2014 ¹⁷	41%	27.3%
	Percent of high school students who are obese, 2015 ¹²	15.7%	9.9%
	Percent of high school students who are overweight, 2015 ¹² **	16.2%	10.9%
	Percent of adults aged 18+ years who have ever had cholesterol screening and been told by a health care provider that they had high blood cholesterol, 2013-2014 ¹⁶ **	45.7%	34.9%
	Percent of adults aged 18+ years who have ever been told by a health care provider that they had high blood pressure, 2013-2014 ¹⁶ **	33.5%	35.9%

^{**} Notes when Pueblo County is statistically different from Colorado

Mental Health

	Indicator	Pueblo County	Colorado
	Percent of women who often or always felt down, depressed, sad or hopeless since the new baby was born, 2012-2013 ¹³	12.9%	9.9%
	Percent of high school students who felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities during the past 12 months, 2015 ¹²	34.5%	29.5%
Mental Health Status	Percent of high school students who seriously considered attempting suicide during the past 12 months, 2015 ¹² **	21%	17.4%
Status	Mental Health Hospitalizations (per 100,000), 2012-2014 ¹⁴ **	4083.8	2731.1
	Suicide Hospitalizations (per 100,000), 2012-2014 ¹⁴ **	92.3	48.9
	Age adjusted suicide death rate (per 100,000), 2015 ³	28.5	19.5
	Percent of parents who reported behavioral or mental health problems in children aged 1-14 years, 2012-2014 ¹⁷	20.8%	21.5%
		T	
	Percent of women who drank alcohol during the last 3 months of pregnancy, 2011-2013 ¹³ ** (significantly less than CO)	4.4%	11.5%
Culatanas	Percent of high school students who had 5 or more drinks of alcohol within a couple of hours, 2015 ¹² **	20.8%	16.6%
Substance Abuse	Percent of high school students who used marijuana one or more times during the past 30 days, 2015 ¹² **	30.1%	21.2%
	Percent of adults who currently use marijuana (used in past 30 days), 2014 ¹⁶	12.7%	13.6%
	Percent of adults who reported binge drinking in the past 30 days, 2012-2014 ¹⁶	15.6%	18.4%
	Percent of adults who reported that their general health was fair or poor, 2013-2014 ¹⁶ **	22.7%	12.8%
	Average of 8 or more days in the past 30 days when their physical health was not good, 2013-2014 ¹⁶	19.1%	12.9%
Functional Status and	Average of 8 or more days in the past 30 days when their mental health was not good, 2013-2014 ¹⁶	15.3%	13%
Quality of Life	Percent of parents of children aged 1-14 years who reported that their child's general health was fair or poor, 2012-2014 ¹⁷	.97%	2.47%
	Average number of days experienced by adults of poor physical or mental health that kept them from doing usual activities, such as self-care, work, or recreation, 2012-2014 ¹⁶ **	5.07%	3.9%

Access, Utilization and Quality Care

For more in-depth information and analysis on Pueblo County's access to care please reference the *Chronic Disease and Access to Care in Pueblo County* report at pueblohealthdept.org.

	Indicator	Pueblo County	Colorado
Received Needed Care	Percent of adults aged 18+ years who visited the dentist for any reason within the past 12 months, 2012, 2014 ¹⁶	40.7%	50%
Needed Care	Percent of women who received adequate prenatal care, 2012-2014 ³ **	47.1%	63%
	Percent of adults 18+ report having had a flu shot in the past 12 months, 2012-2014 ¹⁶	70%	67%
	Percent of adults 65+ who report having ever had a pneumonia shot, 2012-2014 ¹⁶	73.5%	73.7%
Preventive	Percent of adults aged 18+ years who have had cholesterol screening in the past 5 years, 2011, 2013 ¹⁶	76.7%	75.5%
Care	Percent of females aged 40+ years who report having had mammogram within las 2 years, 2012, 2014 ¹⁶	72.8%	68.3%
	Percent of females aged 18+ who report having had Papanicolaou smear within last 3 years, 2012, 2014 ¹⁶	75.6%	77.9%
	Percent of adults aged 50+ years who had colonoscopy within 10 years or sigmoidoscopy within 5 years or FOBT within the last 1 year ¹⁶	62.5%	66.4%
	Percent of children eligible but not enrolled in Medicaid, 2012 ¹⁵	5.8%	11.5%
Health	Percent of children eligible but not enrolled in CHP+, 2012 ¹⁵	21%	30.6%
Insurance Coverage	Percent of working-age adults (19-64 years) eligible but not enrolled in Medicaid, 2012 ¹⁵	80.6%	87%
	Number of uninsured 18-64 year olds, 2012 ¹⁵	16,727	615,578
	Number of uninsured under 19 year olds, 2012 ¹⁵	2,186	114,727
Provider Availability	Percent of adults who report having one or more regular health care providers (medical home), 2012-2014 ¹⁶ ** (Significantly higher than CO)	80.7%	76.5%

Population Health Outcomes

	Indicator	Pueblo County	Colorado
B.	2		
Morbidity- Arthritis	Percent of adults aged 18+ years with arthritis, 2012-2014 ¹⁶ **	31.8%	22.7%
	Percent of adults aged 18+ years that currently have asthma, 2012-2014 ¹⁶ **	12.1%	8.7%
Morbidity- Asthma	Percent of high school students with asthma, 2015 ¹²	24.7%	23%
Astillia	Percent of children aged 1-14 years with asthma, 2012-2012 ¹⁷	9%	8.1%
	Incidence rate of invasive cancer (all sites combined) among persons of all ages per 100,000 people, 2013 ¹⁸	400	395.7
	Incidence rate of invasive cancer of the female breast among females of all ages per 100,000 people, 2013 ¹⁸	123.7	123.3
	Incidence rate of invasive cancer of the cervix among females of all ages per 100,000 people, 2013 ¹⁸	3.6	5.7
Morbidity- Cancer	Incidence rate of invasive cancer of the colon and rectum among persons of all ages per 100,000 people, 2013 ¹⁸	37.8	33.4
	Incidence rate of invasive cancer of the lung and bronchus among persons of all ages per 100,000 people, 2013 ¹⁸	46.5	42
	Incidence rate of invasive melanoma among persons of all ages per 100,000 people, 2013 ¹⁸	11.3	20.8
	Incidence rate of invasive cancer of the prostate among males of all ages per 100,000 people, 2013 ¹⁸	103.1	101.4
Morbidity-	Percent of adults aged 18+ years with diabetes, 2013-2014 ¹⁶ **	14%	6.9%
Diabetes	Percent of women who had diabetes that started during pregnancy, 2011-2013 ¹³	4.9%	6.6%
	Stroke Hospitalizations per 100,000, 2012-2014 ¹⁴ **	291.19	237.85
Morbidity-	Heart Disease Hospitalizations per 100,000, 2012- 2014 ¹⁴ **	2493.53	2170.13
Heart Disease and Stroke	Acute Myocordial Infarction Hospitalizations per 100,000, 2012-2014 ¹⁴	167.08	156.57
	Heart Failure Hospitalizations per 100,000, 2012-2014 ¹⁴ **	725.47	647.72
Morbidity- Oral Health	Percent of adults aged 18+ years who ever lost any teeth due to decay or periodontal disease, 2012-2014 ¹⁶ **	47%	37%
Oral Health	Percent of children aged 1-14 years with fair or poor condition of teeth, 2012-2014 ¹⁷	3.6%	6.7%

	Indicator	Pueblo County	Colorado
	Rate of new tuberculosis cases per 100,000, 2012-2014 ¹⁹	1	1.3
	Rate of new AIDS cases per 100,000, 2012-2014 ¹⁹ **	1.7	3.7
	Rate of new AIDS cases per 100,000, 2012-2014 ¹⁹	3.9	5
	Rate of new Chlamydia cases for 15-29 year olds per 100,000, 2012-2014 ¹⁹ **	2166	1649.2
	Rate of new Gonorrhea cases 15-29 year olds per 100,000, 2012-2014 ¹⁹ **	341.3	198
	Rate of new Pertussis cases per 100,000, 2012-2014 ¹⁹ **	13.8	26.1
	Rate of new Hepatitis A cases per 100,000, 2012-2014 ¹⁹	0.6	0.6
Morbidity- Communicable	Rate of new, acute Hepatitis B cases per 100,000, 2012-2014 ¹⁹	0.4	0.5
Disease	Rate of new, chronic Hepatitis B cases per 100,000, 2012-2014 ¹⁹ **	3.3	9.5
	Rate of new Campylobacter cases per 100,000, 2012-2014 ¹⁹	13.8	13.4
	Rate of new E. Coli cases per 100,000, 2012-2014 ¹⁹	1.7	1.0
	Rate of new Salmonella cases per 100,000, 2012- 2014 ¹⁹	18.6	11
	Rate of new Shigella cases per 100,000, 2012-2014 ¹⁹	1	2
	Rate of new West Nile Virus cases per 100,000, 2012-2014 ¹⁹	2.7	3.6
	Number of reported outbreaks of foodborne illness, 2012-2014 ¹⁹	4	102
	Rate of influenza hospitalizations for 65 = year olds per 100,000, 2012-2014 ¹⁹ **	135.9	117.1
Morbidity- Birth Defects	Percent of live births with low birth weight (<2500 grams), 2012-2014 ³	8.8%	8.8%
Morbidity-	Age-adjusted rate of motor vehicle injuries per 100,000, 2012-2014 ¹⁴ **	80.9	63
Injury	Age-adjusted rate of unintentional poisoning hospitalizations per 100,000, 2012-2014 ¹⁴ **	70.1	29.7
Mortality	Infant (under 1 year) Mortality Rate per 1,000 live births, 2012-2014 ³	5.6	4.8
	Years of Potential Life Lost by age 65, 2012-2014 ³	21,769	494,856

Age Adjusted 10 Leading Causes of Death per 100,000, $2012-2014^3$

Ranking	Pueblo County	Colorado
1st	Malignant Neoplasms: 158.94	Malignant neoplasms: 137.82
2nd	Heart Disease: 134.28	Heart Disease: 125.70
3rd	Chronic Lower Respiratory Disease: 63.14	Unintentional Injuries: 46.05
4th	Unintentional Injuries: 59.94	Chronic Lower Respiratory Disease: 46
5th	Cerebrovascular Disease: 40.11	Cerebrovascular Disease: 32.03
6th	Diabetes Mellitus: 26.15	Alzheimer's Disease: 27.15
7th	Chronic Liver Disease and Cirrhosis: 24.20	Suicide: 19.20
8th	Alzheimer's Disease: 15.43	Diabetes Mellitus: 15.29
9th	Suicide: 21.68	Chronic Liver Disease and Cirrhosis: 12.21
10th	Septicemia: 15.91	Influenza and Pneumonia: 11.9

Age Adjusted Rate of 10 Leading Causes of Years of Potential Life Lost per 100,000, $2012-2014^3$

Ranking	Pueblo County	Colorado
1st	Unintentional Injuries: 1450.37	Unintentional Injuries: 494,856
2nd	Malignant Neoplasms: 570.57	Malignant Neoplasms: 68,342
3rd	Heart Disease: 591.17	Suicide: 64,109
4th	Suicide: 549.79	Heart Disease: 44,607
5th	Chronic Liver Disease and Cirrhosis: 320.03	Perinatal Period Conditions: 30,351
6th	Homicide/legal Intervention: 300.89	Chronic Liver Disease and Cirrhosis: 20,653
7th	Perinatal Period Conditions: 235.69	Congenital Malformations: 18,477
8th	Congenital Malformations: 197.75	Homicide/legal Interventions: 17,199
9th	Diabetes Mellitus: 122.90	Diabetes Mellitus: 8,432
10th	Cerebrovascular Disease: 114.03	Cerebrovascular Disease: 8036

Citations

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