

Kids' Health Convening: How Healthy Are Colorado's Kids?

Kyle Legleiter
Senior Policy Officer
Colorado Health Foundation

May 11, 2015

THE 2015 COLORADO

Health Report Card



Trail Map

- About the Colorado Health Foundation
- About the Colorado Health Report Card
- The Health of Colorado's Kids
- How Can We Improve?



THE 2015 COLORADO
Health
Report
Card



The Colorado Health Foundation

Together, we will make Colorado
the healthiest state in the nation





What Do We Mean When We Say “Colorado’s Health?”

Health is a state of complete physical, mental, and social well-being and not merely the absence of infirmity.



A healthy community is one that creates and improves its physical and social environments, helping people develop to their fullest potential.

THE 2015 COLORADO

Health Report Card



The Colorado Health Foundation™

- What is the Report Card?
- Why a Report Card?



#COHRC

www.ColoradoHealth.org/ReportCard

THE 2015 COLORADO

Health Report Card



The Colorado
Health Foundation™



THE 2015 COLORADO

Health Report Card



The Colorado
Health Foundation™



Coloradans: Image and Reality

More than
one of five
adults are
obese

21.9%

in 2013

More than one of
five children live
below the
poverty level

21.6%

in 2013

Colorado ranks
37th for on-time
high school
graduation rate

76.9%

in 2012-13



www.ColoradoHealth.org/ReportCard

THE 2015 COLORADO

Health Report Card



Sources:
U.S. Census Bureau
and the Colorado
Demography Office



A Changing Colorado



POPULATION

5.4 Million

7.8 Million

MINORITY

31.1%

44.8%

AGE

719,000
Seniors

1.5 Million
Seniors

THE 2015 COLORADO

Health Report Card



The Colorado
Health Foundation™



2015 Results



THE 2015 COLORADO
Health
Report
Card



Colorado: Not a Straight-A State

The Grades

Healthy
Beginnings

Grade: **C** Rank: **24**
Last Report Card: C/24

Healthy
Children

Grade: **C** Rank: **24**
Last Report Card: C/25

Healthy
Adolescents

Grade: **B** Rank: **16**
Last Report Card: B/15

Healthy
Adults

Grade: **B+** Rank: **13**
Last Report Card: B/15

Healthy
Aging

Grade: **A-** Rank: **10**
Last Report Card: B+/12

Rank reflects Colorado's standing among all states. A rank of 1 is the best.

THE 2015 COLORADO

Health Report Card



*In order to align the Health Report Card with the year of its release, the dates skipped from 2013 to 2015.



Not Providing a Healthy Start for Youngest Coloradans



Babies:

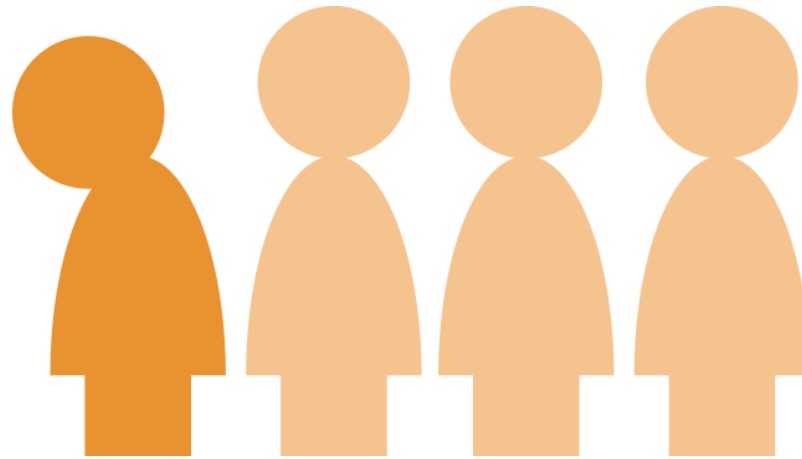
2007	2008	2009	2010	2011	2012	2013	2015
C-	C-	C	C	C	C	C	C

Children:

2007	2008	2009	2010	2011	2012	2013	2015
C-	C-	D+	D+	C-	D+	C	C

*Depression: teens who felt so sad or hopeless for two consecutive weeks in the past year that they stopped doing their usual activities.

Sometimes you get
a good grade, but there's
more to the story.



Healthy Adolescents rank **9th** for
depression, but that still means nearly
one of four high school students
struggles with depression.

THE 2015 COLORADO

Health Report Card



*The Current Population Survey was used for the 2007 Report Card and the American Community Survey was used for 2015.



Improvements in Children's Uninsured Rates

2007 Report Card



2015 Report Card








Health Report Card



The Colorado
Health Foundation™

Healthy Beginnings







Health Indicator	Rank Among States	Rank Last Year
15.4 percent of women received initial prenatal care later than the first trimester or not at all.	18 	27
92.2 percent of women abstained from cigarette smoking during the last three months of pregnancy.	14 	12
8.8 percent of babies were born with a low birth weight (less than 5 pounds, 8 ounces).	40 	37
Colorado's infant mortality rate was 5.9 infant deaths per 1,000 live births.	20 	25
69.2 percent of preschool-age children received all recommended doses of six key vaccines.	30 	18

Health Report Card



The Colorado
Health Foundation™

Healthy Children

Health Indicator	Rank Among States	Rank Last Year
7.1 percent of children were not covered by private or public health insurance.	37 	37
21.6 percent of children lived in families with incomes below the federal poverty level.	14 	19
55.3 percent of children had a medical home that is accessible, continuous, comprehensive, family-centered, coordinated, and compassionate.	35 	35
77.6 percent of children saw a dentist for preventive dental care in the past 12 months.	29 	29
67.6 percent of school-age children participated in vigorous physical activity for four or more days per week.	24 	24
10.9 percent of children were obese.	5 	5

Health Report Card



The Colorado
Health Foundation™

Healthy Adolescents

Health Indicator	Rank Among States	Rank Last Year
11.6 percent of adolescents are not covered by private or public health insurance.	41 ↓	38
15.8 percent of adolescents live in families with incomes below the federal poverty level.	12 ↑	22
92.3 percent of adolescents ate vegetables one or more times during the past seven days.	41	N/A*
49.1 percent of adolescents participated in vigorous physical activity on five or more of the past seven days.	13 ↓	4
16.6 percent of adolescents had five or more drinks of alcohol in a row on one or more of the past 30 days.	17 ↑	30
10.7 percent of adolescents smoked cigarettes on one or more of the past 30 days.	10 ↑	20
24.3 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.	9 ↓	4
6.6 percent of adolescents attempted suicide one or more times during the past 12 months.	7 —	7
23.3 percent of adolescents were sexually active in the past three months.	1 ↑	14
Among students who had sexual intercourse during the past three months, 63.7 percent reported using a condom during last sexual intercourse.	3 ↓	1
Teen fertility rate (25.4 births to teen mothers per 1,000 teenage females).	19 ↑	23



Tracking Across the Lifespan: Physical Activity

67.6 percent of school-age children participated in vigorous physical activity for four or more days per week

24

49.1 percent of adolescents participated in vigorous physical activity on five or more of the past seven days

13

83.2 percent of adults participated in any physical activity within the past month

1

76.1 percent of older adults participated in any physical activity in the past 30 days

2

Health Report Card



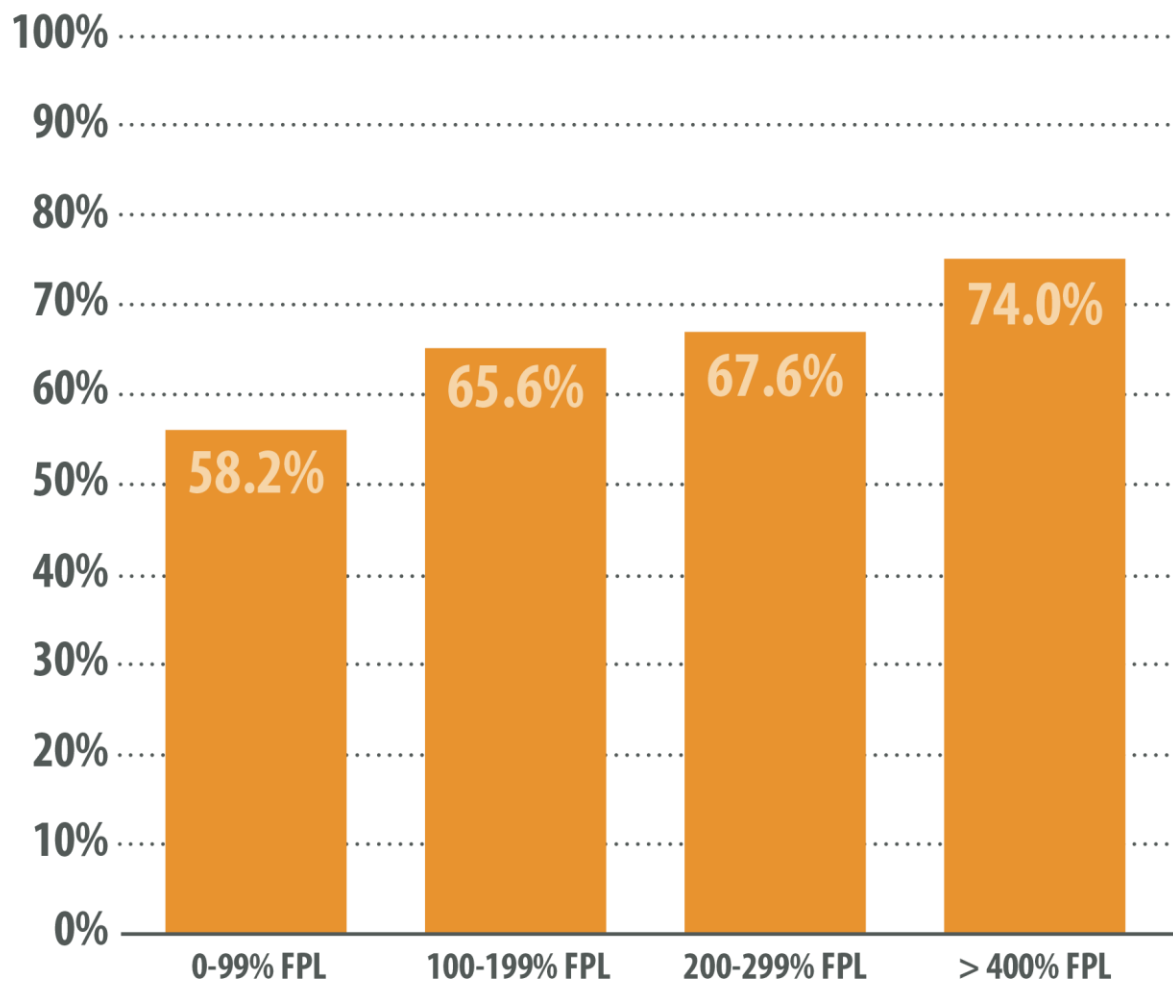
The Colorado
Health Foundation™

*Physical activity:
Children ages 6-17
who participate in
vigorous physical
activity 20+ minutes 4
or more days per
week.



#COHRC

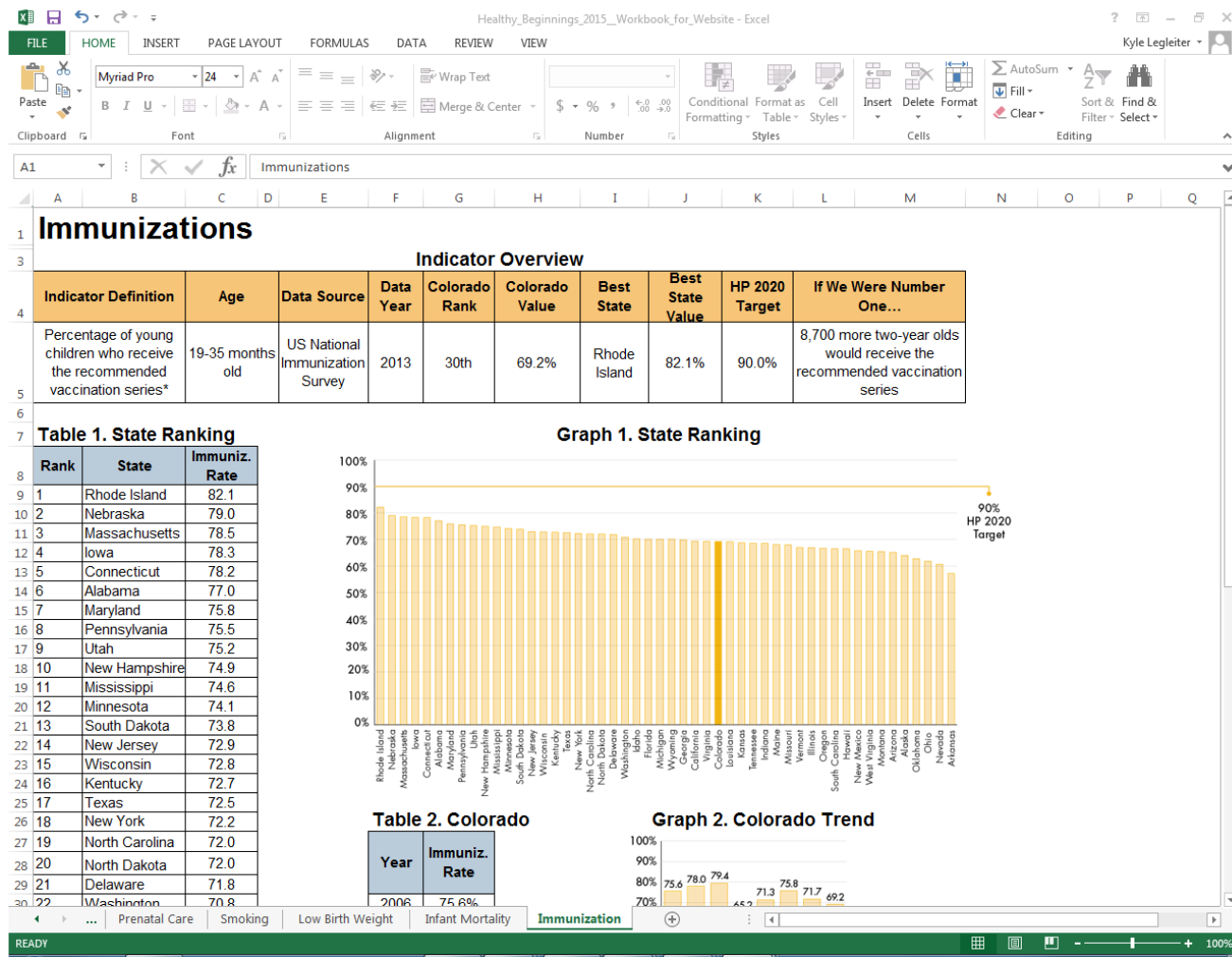
Tracking Disparities: Children's Physical Activity by Income



THE 2015 COLORADO Health Report Card



Dive In



THE 2015 COLORADO

Health Report Card



What Can We Do Together?



THE 2015 COLORADO

Health Report Card



The Colorado
Health Foundation™



Aligning Resources for Health



www.ColoradoHealth.org/ReportCard

THE 2015 COLORADO

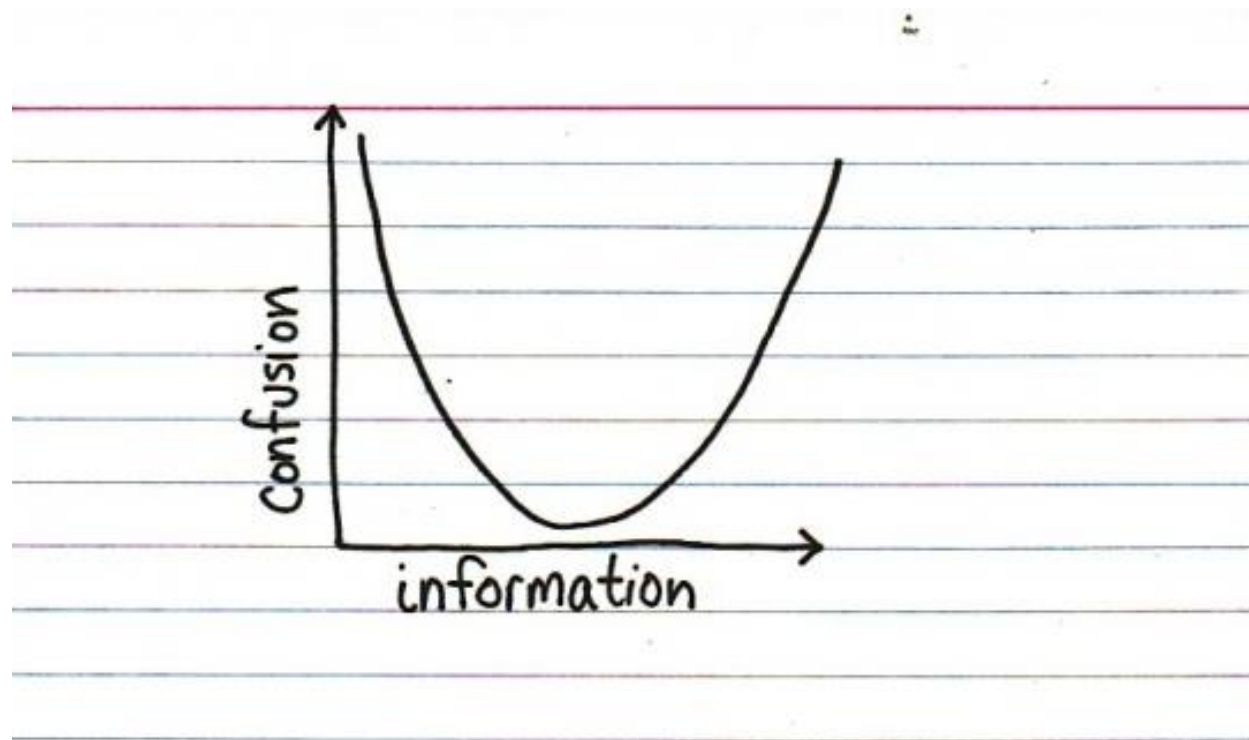
Health Report Card



The Colorado
Health Foundation™



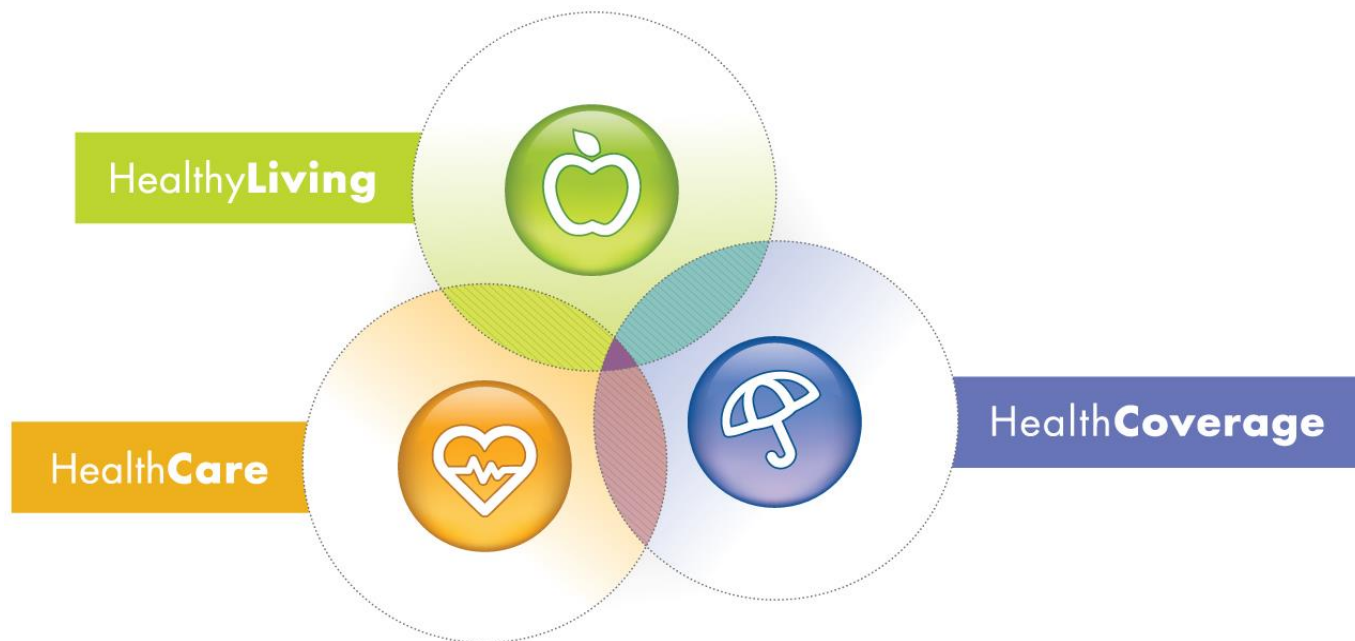
Striking a Balance



THE 2015 COLORADO
Health
Report
Card



Achieving TCHF's Vision



THE 2015 COLORADO Health Report Card



2023 OUTCOME GOALS & MEASURES

STRATEGIES



ALL COLORADO KIDS ARE
FIT AND HEALTHY

Childhood obesity rate will
decrease to 10%

Children's fitness levels will
meet appropriate standards

PREVENT CHILDHOOD OBESITY

CREATE HEALTHY EARLY
CHILDHOOD SETTINGS
AND SCHOOLS

CREATE HEALTHY
COMMUNITIES



ALL COLORADANS ACHIEVE
STABLE, AFFORDABLE AND
ADEQUATE HEALTH
COVERAGE

95% of Coloradans will have
health coverage

Underinsured Coloradans
reduced to 4%

CONTINUUM OF COVERAGE

CHOOSE, USE AND
MAINTAIN ADEQUATE
COVERAGE

ADDRESS COST AND
AFFORDABILITY



ALL COLORADANS ACHIEVE
HEALTH WITH SUPPORT
FROM A NETWORK OF
PRIMARY HEALTH CARE
AND COMMUNITY SERVICES

Reduce the number of days
Coloradans are kept from doing
usual activities due to poor
physical or mental health to 2
days per month

COMMUNITIES/CLINICS/
INDIVIDUALS

SUPPORT COMMUNITY
HEALTH

STRENGTHEN PRIMARY
CARE DELIVERY

EMPOWER INDIVIDUAL
HEALTH ENGAGEMENT

THE 2015 COLORADO

Health Report Card



The Colorado
Health Foundation™



Thank You!

Kyle Legleiter

klegleiter@coloradohealth.org