

THE 2015 COLORADO

Health Report Card



The Colorado Health Foundation™

Slow But Steady

Colorado Getting Healthier,
But Report Reveals Disparities

.....
Legislative Launch

February 5, 2015

 #COHRC

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Rahn Porter

CFO and Interim President/CEO

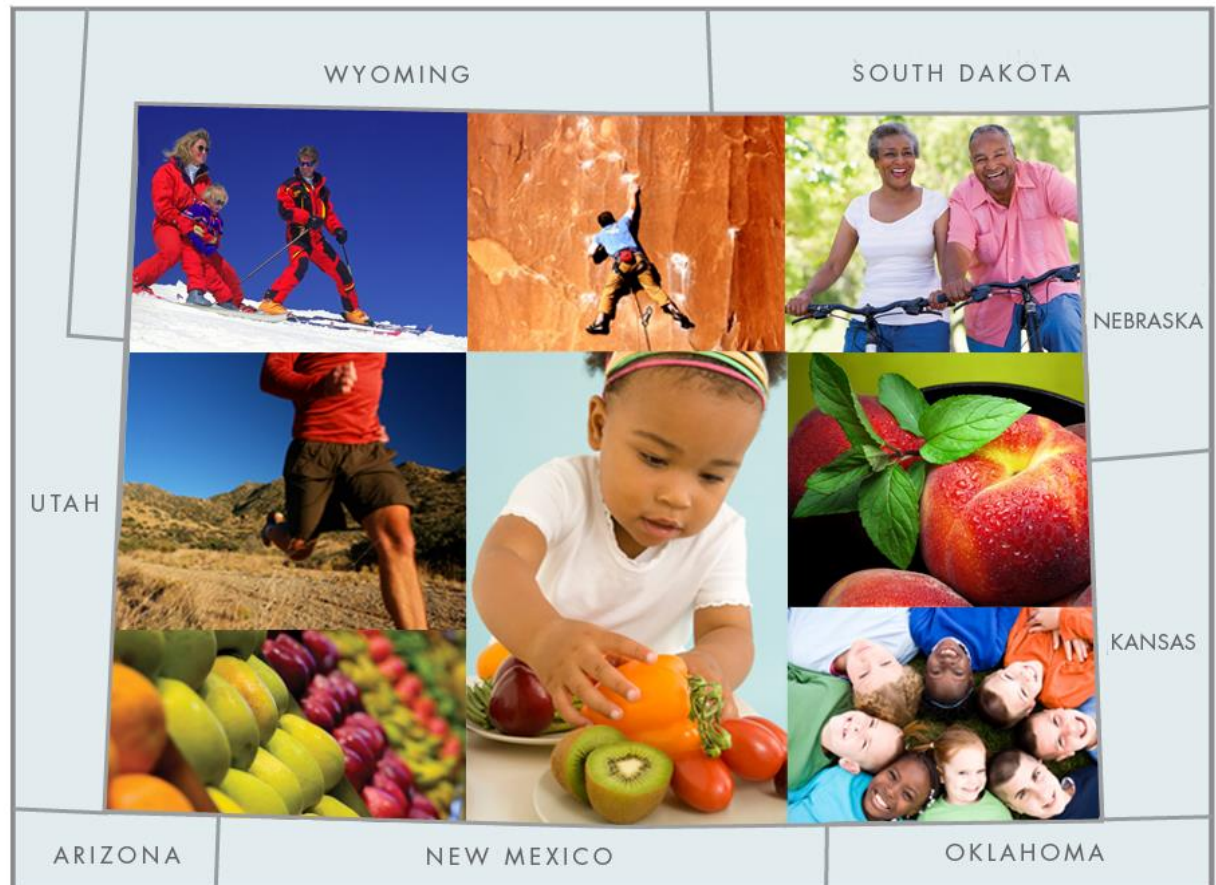
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*Together, we will make Colorado
the healthiest state in the nation*



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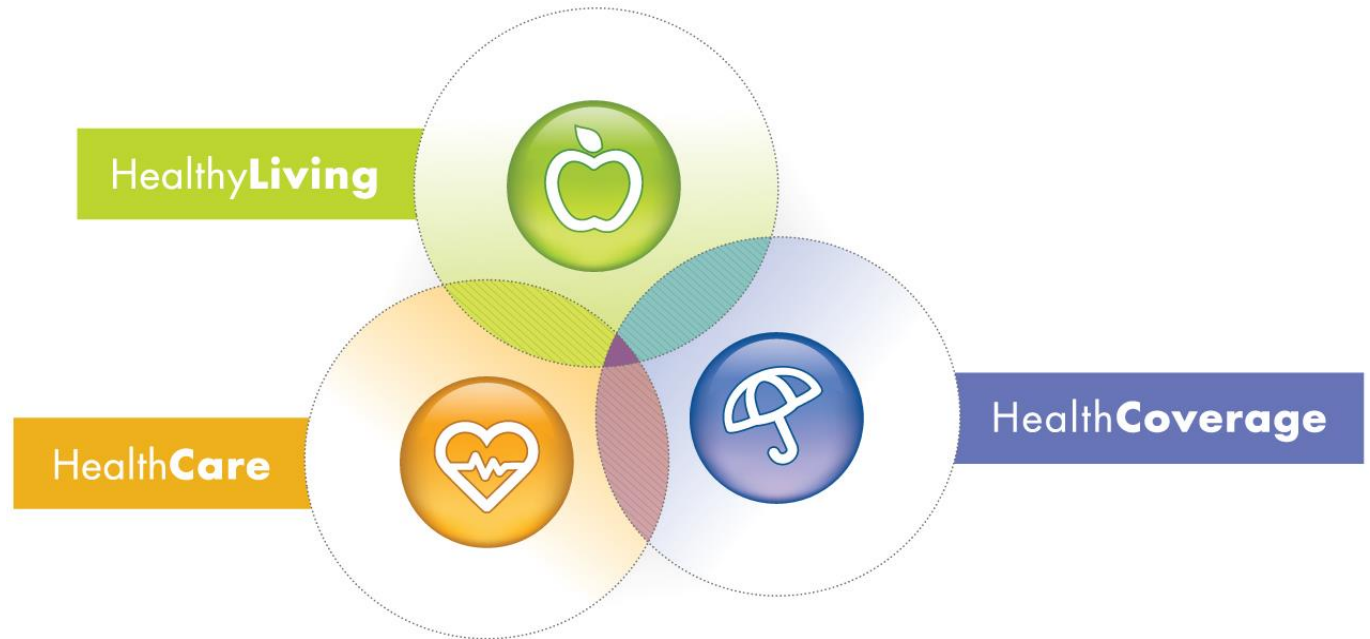
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Achieving our Vision



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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

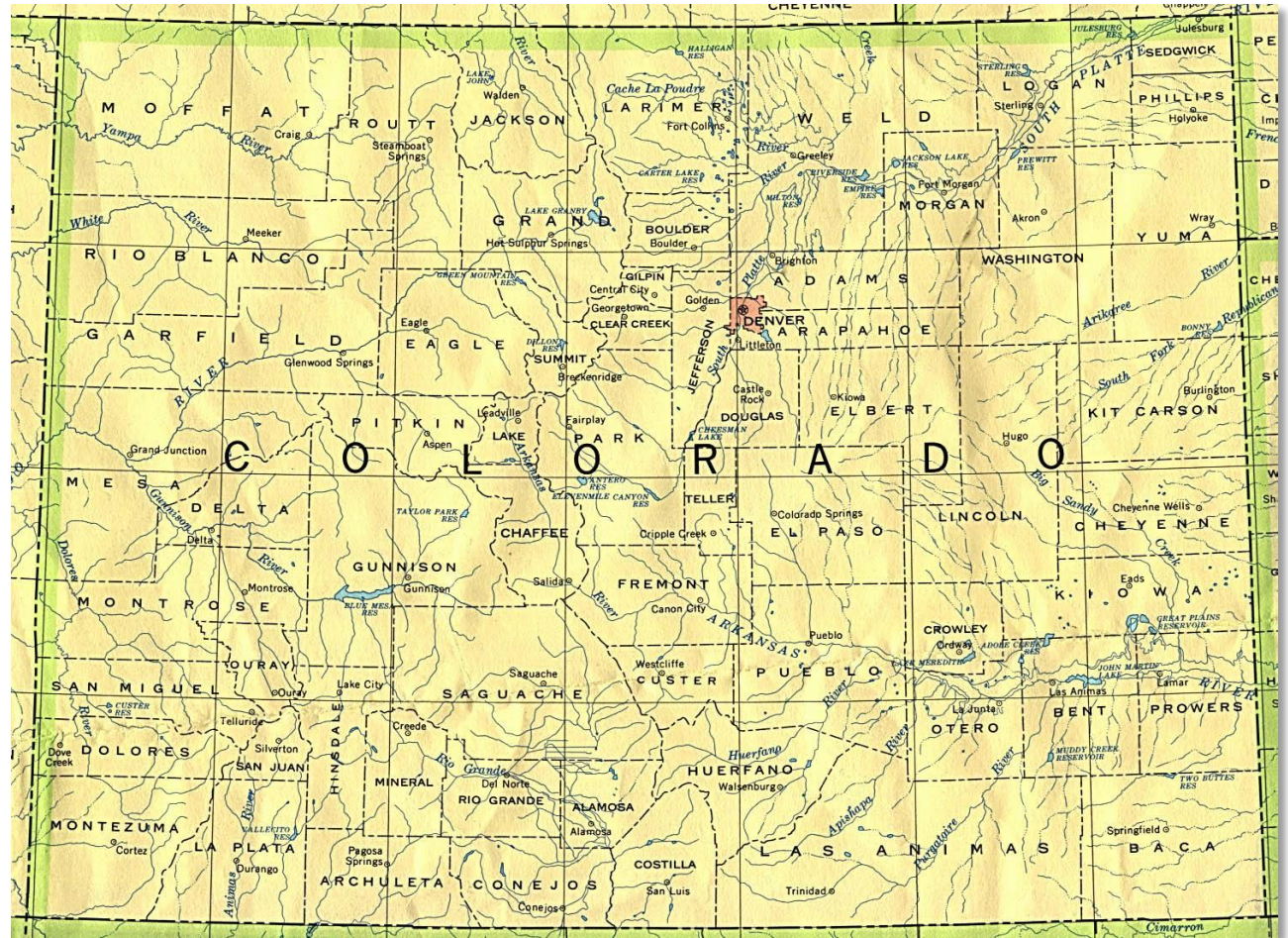
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Partners in Health



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Michele Lueck

President and CEO
Colorado Health Institute



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.

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

Healthy Adolescents

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

Colorado are **#1** But sometimes #1 is not good enough

Adult obesity rates are on the rise, climbing 19 percent in seven years. In 2013, about **690,000 people** were obese.

And ...

- One of five adults had hypertension, up from last year.
- One of four adults didn't have a regular source of care.

Indicator	Rank Among States	Rank Last Year
Not covered by private insurance.	41 ↓	38
in families with incomes at poverty level.	12 ↑	22
vegetables one or more times per week in the past seven days.	41	N/A*
engaged in vigorous physical activity in the past seven days.	13 ↓	4
had five or more drinks of alcohol in the past 30 days.	17 ↑	30
adolescents smoked cigarettes in the past 30 days.	10 ↑	20
felt so sad or hopeless almost every day for two or more weeks during the past 12 months and doing some usual activities.	9 ↓	4
attempts suicide one or more times in the past 12 months.	7	7
were sexually active in the past three months.	1 ↑	14
sexual intercourse during the past three months, using a condom during last sexual intercourse.	3 ↓	1
births to teen mothers per 1,000 teenage females).	19 ↑	23

Colorado's Grade

Diabetes Prevention Plan

Colorado is expanding its Diabetes Prevention Program, a healthy lifestyle evidence-based program that encourages 150 minutes of physical activity per week. This program is covered by some private insurers, including United Healthcare, Kaiser Permanente and Anthem Blue Cross Blue Shield. Colorado Medicaid, however, does not cover this program, even though many clients are low-income adults at risk for diabetes. If Colorado's public insurance programs opted in, more people would have coverage for these preventive measures against diabetes.

Colorado's Grade

Colorado's overall grade is **B+**. The report card tracks 104 indicators of health and well-being across the state. The report card is a tool for transparency and accountability, and a resource for advocates and the public.

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2015 Results

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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.



Choices Legislators Make Impact Our Health

Insurance Coverage

- Who's in and who's out of Medicaid?
- Regulating private insurance markets

Healthy School

- What food and beverages are available
- Physical education and recess during the day

Health Workforce

- Scopes of practice
- Incentives to practice in underserved communities

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Today's Highlights: Where Policy Matters Most



Physical Activity

Mental Health



Insurance Coverage

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Coloradans: Not What You Think

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



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



A Changing Colorado

2015

2040

POPULATION

5.4 Million

7.8 Million

MINORITY

31.1%

44.8%

AGE

719,000
Seniors

1.5 Million
Seniors

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Physical Activity





How Did We Do?

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

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More than
10%



of children are obese.

And only
2 of 3

Colorado children



exercise at least 20 minutes four times a week, nowhere near the recommended hour-a-day of exercise for all kids.

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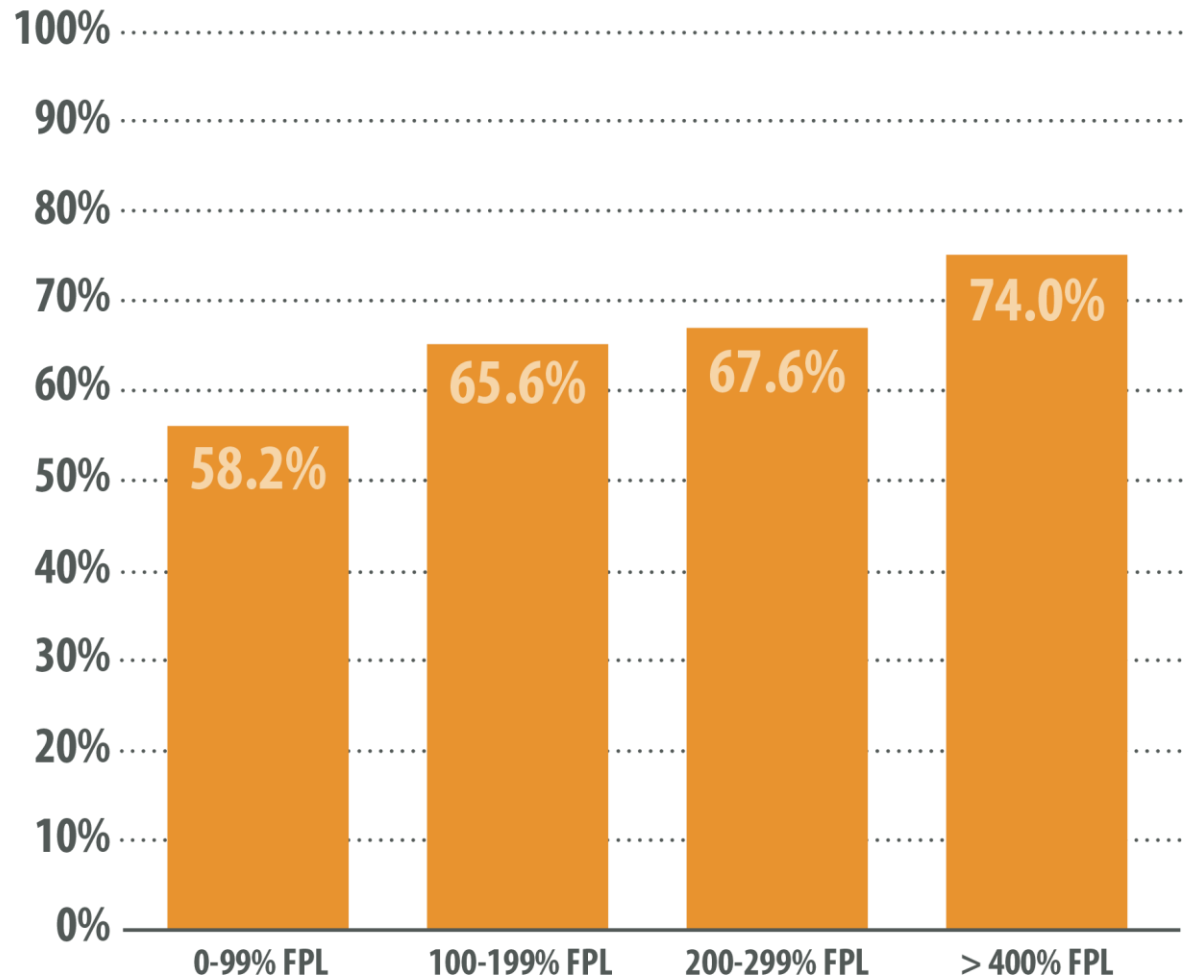


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*Physical activity:
Children ages 6-17 who participate in vigorous physical activity 20+ minutes 4 or more days per week.



Spotlight on Disparities: Children's Physical Activity by Income



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Mental Health For All



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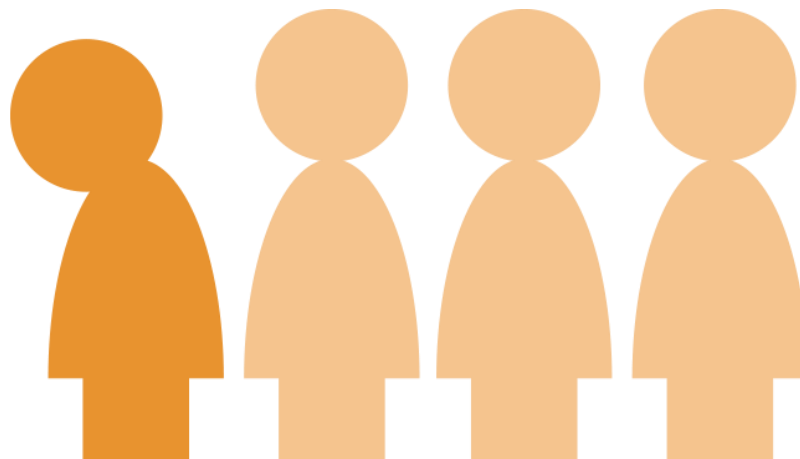


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*Depression: teens who felt so sad or hopeless for two consecutive weeks in the past year that they stopped doing their usual activities.



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.

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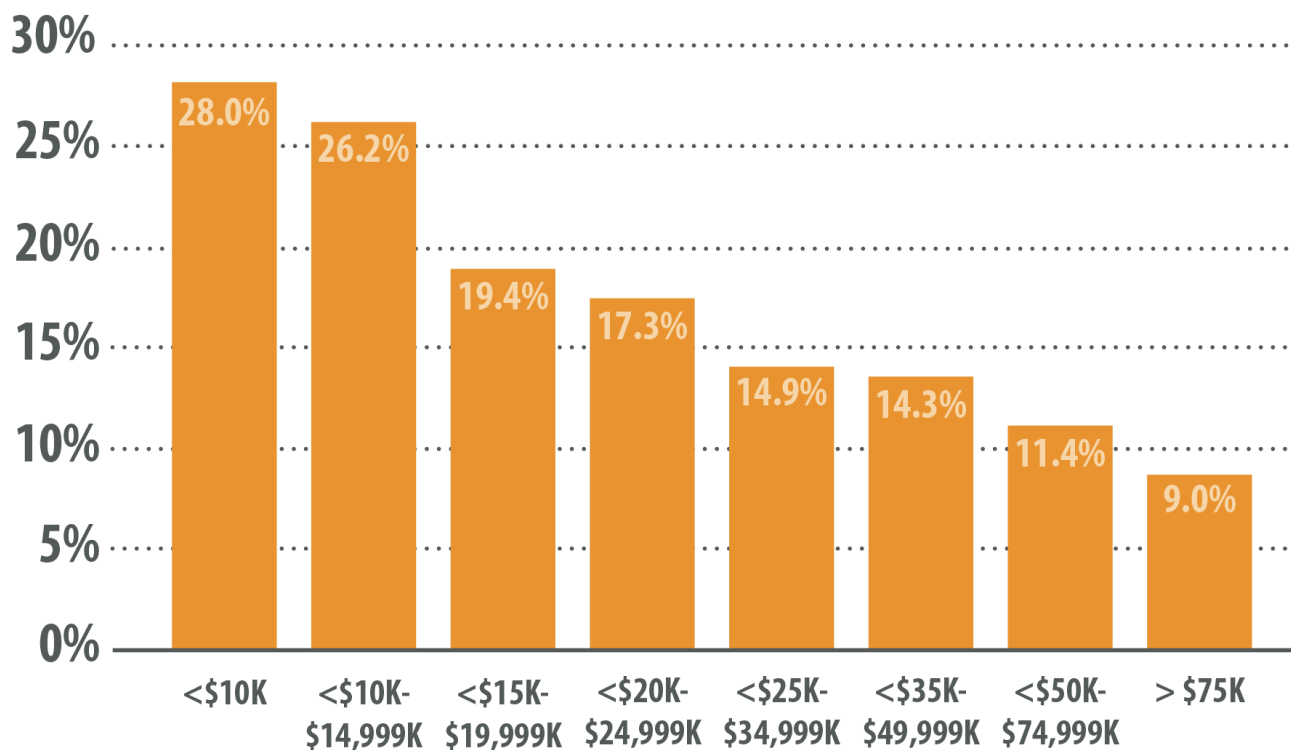


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*Poor mental health: the percentage of adults who report that their mental health was not good 8+ days in the past month



Spotlight on Disparities: Adult Poor Mental Health by Income



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Insurance Coverage



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*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



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*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

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Moving the Needle



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Dr. Don Murphy

Board Chair

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Increasing Physical Activity: Safe Routes to School



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Tackling Mental Health: Where Teens Are

C-PACK

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Updates
Updates for C-PACK.

PROGRAM OVERVIEW

The estimated number of Colorado children with a diagnosable mental health condition ranges from 177,000 (13%) to 273,000 (20%). Of these, over 80,000 have a serious emotional disturbance. With a statewide shortage of child psychiatrists, Colorado faces challenges...

PROGRAM COMPONENTS

C-PACK is modeled after research-based programs in the National Network of Child Psychiatry Access Programs (NNCPAP), combining the best components available for Colorado participants. Training C-PACK contracted with The REACH

UPDATES

- Colorado's 1st-ever Statewide Mental Health Crisis Hotline
- Input to Webmaster

Learn More

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Colorado's Good News About Coverage

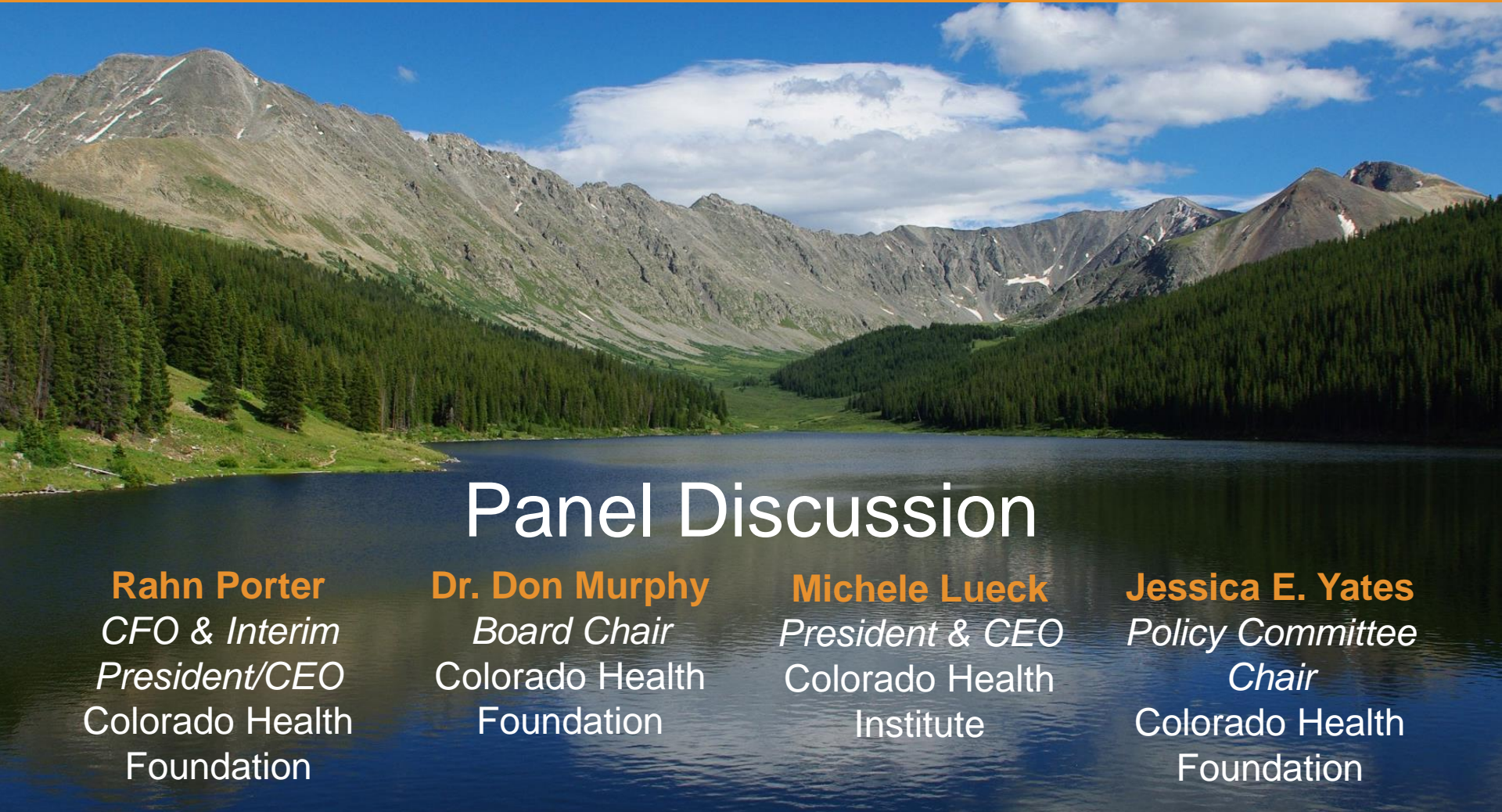


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Panel Discussion

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*CFO & Interim
President/CEO*
Colorado Health
Foundation

Dr. Don Murphy
Board Chair
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Michele Lueck
President & CEO
Colorado Health
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Jessica E. Yates
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