

Grading Our Progress

An Examination of Report Card Indicators 2008–2010

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The Colorado Health Foundation™

The Colorado

Health

Report

Card supplement



How Healthy Are We?

This is the question the Colorado Health Report Card is designed to answer. For four years now, the Report Card has served as a yard stick to measure how we are doing on a wide range of health measures. In order to see how Colorado has fared over time, we compared the last three year's life stages and indicators side-by-side. Unfortunately, as this document shows, we have not made appreciable progress in any of the life stages. But change takes time, and we will continue to monitor the indicators to make sure we stay on the task of achieving our vision that, together, we will make Colorado the healthiest state in the nation.

Life Stage	Grade & Average Rank		
	2008	2009	2010
Healthy Beginnings	C- 30.0	C 24.7	C 25.6
Healthy Children	C- 28.0	D+ 30.5	D+ 30.5
Healthy Adolescents	B 16.2	B- 17.2	B- 18.2
Healthy Adults	B- 16.5	B 14.0	B 15.3
Healthy Aging	B+ 13.0	B+ 10.7	A- 8.5

RANK	GRADING SCALE	
1 = Best	A (1-10) Excellent	D (31-40) Poor
50 = Worst	B (11-20) Good	F (41-50) Unacceptable
	C (21-30) Average	

Healthy Beginnings

Health Indicator	Value & Rank		
	2008	2009	2010
Women who receive initial prenatal care later than the first trimester or not at all ¹	19.5% 41 st	19.9% 39 th	22.7% 34 th
Women who abstain from cigarette smoking during the last three months of pregnancy	89.4% 13 th	89.4% 13 th	89.9% 14 th
Babies that are born with a low birth weight (less than 5 pounds, 9 ounces)	9.2% 41 st	8.9% 36 th	9.0% 37 th
Infant mortality rate (number of infant deaths per 1,000 live births)	6.4/1000 18 th	6.4/1000 18 th	5.8/1000 13 th
Preschool-age children who received all recommended doses of five/six key vaccines ²	79.2% 36 th	81.2% 17 th	65.2% 30 th
Average Rank	30.0	24.7	25.6
Average Grade	C-	C	C

1. Due to a change in survey methodology, the 2010 Colorado Health Report Card uses a different data source than previous report cards. As a result, 2010 data are not directly comparable to 2008 or 2009 data.

2. Unlike previous Colorado Health Report Cards, the 2010 *Healthy Beginnings*—Immunizations indicator includes one dose of varicella, which is administered to prevent chicken pox. As a result, 2010 data are not directly comparable to 2008 or 2009 data.

Healthy Children

Health Indicator	Value & Rank		
	2008	2009	2010
Children who are not covered by private or public health insurance	14.2% 45 th	13.8% 45 th	11.8% 44 th
Children who live in families with incomes below the federal poverty level	14.8% 17 th	14.6% 13 th	16.1% 14 th
Children who have a primary care provider AND consistently receive all needed care, including one or more preventive care visits during the past 12 months ¹	45.8% 28 th	N/A	N/A
Children who have a medical home that is accessible, continuous, comprehensive, family-centered, coordinated and compassionate	N/A	59.3% 30 th	59.3% 30 th
Children who received all the routine dental preventive care needed in the past 12 months	70.5% 38 th	77.0% 38 th	77.0% 38 th
School-age children who participated in vigorous physical activity for four or more days per week	57.1% 37 th	64.1% 34 th	64.1% 34 th
Children who are obese	9.9% 3 rd	14.2% 23 rd	14.2% 23 rd
Average Rank	28.0	30.5	30.5
Average Grade	C-	D+	D+

1. This indicator was removed from the Report Card in 2009 and replaced with the medical home.

Healthy Adolescents

Health Indicator	Value & Rank		
	2008	2009	2010
Adolescents who are not covered by private or public health insurance	12.1% 33rd	11.2% 31st	11.2% 32nd
Adolescents who live in families with incomes below the federal poverty level	10.4% 14th	10.5% 13th	12.4% 18th
Adolescents who ate five or more servings per day of fruits and/or vegetables during the past seven days	19.2% 16th	19.2% 16th	24.4% 1st
Adolescents who participated in vigorous physical activity on three/five or more of the past seven days ¹	70.1% 5th	37.2% 12th	47.0% 10th
Adolescents who are obese ²	9.8% 8th	N/A	N/A
Adolescents who had five or more drinks of alcohol in a row on one or more of the past 30 days	30.6% 41st	30.6% 41st	25.1% 37th
Adolescents who smoked cigarettes on one or more of the past 30 days	18.7% 18th	18.7% 18th	17.7% 20th
Adolescents who felt so sad or hopeless almost every day for two consecutive weeks during the past 12 months that they stopped doing some usual activities	25.0% 9th	25.0% 9th	25.4% 19th
Adolescents who attempted suicide one or more times during the past 12 months	6.7% 7th	6.7% 7th	7.6% 22nd
Adolescents who were sexually active in the past three months	29.5% 6th	29.5% 6th	27.4% 1st
High school students who were sexually active in the last month who reported using a condom	69.3% 5th	69.3% 5th	63.2% 11th
Teen fertility rate (number of births to teen mothers per 1,000 teenage women)	42.6/1000 32nd	43.8/1000 31st	43.4/1000 29th
Average Rank	16.2	17.2	18.2
Average Grade	B	B-	B-

1. In 2008, vigorous exercise on at least three of the past seven days was measured; in 2009 and 2010, vigorous exercise on at least five of the past seven days was measured.

2. The obesity indicator was removed from the Report Card in 2009.

Healthy Adults

Health Indicator	Value & Rank		
	2008	2009	2010
Working-age adults who are not covered by private or public health insurance	20.1% 33 rd	19.9% 32 nd	19.8% 30 th
Adults who have one (or more) person(s) they think of as their personal doctor or health care provider	75.8% 33 rd	77.2% 31 st	76.6% 31 st
Adults who consumed five or more fruits and/or vegetables per day within the past week	25.1% 17 th	25.1% 17 th	21.6% 28 th
Adults who participated in any physical activity within the past month	84.0% 4 th	82.2% 3 rd	83.5% 4 th
Adults who are obese	19.8% 1 st	19.5% 1 st	19.0% 1 st
Adults who currently smoke cigarettes	20.2% 14 th	18.9% 14 th	18.8% 14 th
Adults who binge drink (males having five or more drinks on one occasion, females having four or more drinks on one occasion) in the past month	19.6% 33 rd	18.1% 28 th	18.6% 29 th
Adults who reported that their mental health was not good eight or more days in the past month	14.2% 26 th	12.2% 6 th	13.2% 12 th
Adults who reported they were diagnosed with diabetes	3.8% 1 st	4.5% 5 th	4.2% 2 nd
Adults who reported they were diagnosed with high blood pressure	16.2% 3 rd	16.2% 3 rd	17.0% 2 nd
Average Rank	16.5	14.0	15.3
Average Grade	B-	B	B

Healthy Aging

Health Indicator	Value & Rank		
	2008	2009	2010
Older adults who have one (or more) person(s) they think of as their personal doctor or health care provider	94.5% 28 th	95.8% 12 th	94.6% 27 th
Older adults who have had a flu shot during the past 12 months and have had a pneumonia vaccination	61.0% 6 th	61.7% 1 st	60.1% 2 nd
Older adults who participated in any physical activity in the past 30 days	74.6% 4 th	73.9% 5 th	75.2% 1 st
Older adults who reported that their physical health was not good eight or more days in the past month	18.9% 12 th	19.7% 17 th	17.6% 7 th
Older adults who reported that their mental health was not good eight or more days in the past month	7.3% 12 th	7.0% 8 th	6.1% 5 th
Older adults who reported eight or more days of limited activity in the past month due to poor physical or mental health	21.9% 16 th	22.2% 21 st	20.1% 9 th
Average Rank	13.0	10.7	8.5
Average Grade	B+	B+	A-



The Colorado Health Foundation™

www.ColoradoHealthReportCard.org

501 South Cherry Street, Suite 1100 • Denver, Colorado 80246 -1325
TEL: 303.953.3600 • FREE: 877.225.0839 • www.ColoradoHealth.org

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