

Trends in Key Health Indicators

Adams County, Colorado



During our 2023 Community Health Assessment, our community members, partners, and staff said that social connections, opportunities, health and wellness services, neighborhood conditions, and safety influence the health of our communities. We can build community health by supporting diversity and social acceptance, encouraging growth and development opportunities for everyone, ensuring the availability of affordable and accessible services, and working together to make our communities safe, great places to live.

Adams County Quick Facts

ADAMS COUNTY DEMOGRAPHICS

Population*	533,580	Median Household Income**	\$91,387
White Non-Hispanic*	45.8%	No High School Education**	15.0%
Hispanic*	46.0%	Families Below Poverty**	9.4%
African-American*	4.5%	Unemployment**	4.6%
Asian*	4.8%	Median Rent (monthly)**	\$1,713
Median Age**	34.6		

*Source: Colorado Department of Local Affairs, July 2023 Estimates, released October 2024; **Source: American Community Survey 2023 (Dec 2024 release)

PREVALENCE OF ADULT HEALTH RISK ISSUES

Poor Mental Health	17.7%	Current Marijuana Use	19.5%
No Physical Activity	21.2%	Current Smoking	12.5%
Current Asthma	12.1%	Current Vaping	10.6%
Binge Drinking	14.5%		

Source: Behavioral Risk Factor Surveillance System 2023

PREVALENCE OF YOUTH HEALTH RISK ISSUES

Poor Mental Health	23.0%	Asthma	17.5%
Considered Suicide	7.9%	Current Marijuana Use	10.2%
No Physical Activity	55.8%	Current Smoking	1.8%
3+ hrs Daily Screen Time	69.4%	Current Vaping	7.1%
Electronically Bullied	8.4%	Binge Drinking	10.1%

Source: Healthy Kids Colorado Survey 2023

LEADING CAUSES OF DEATH (2023)

Cause of Death (all ages)	Rate
1. Heart Disease	138.5
2. Cancers	129.3
3. Unintentional Injuries	75.5
4. Chronic Lower Respiratory Diseases	40.4
5. Stroke	34.7
6. Alzheimer's Disease	23.7
7. Diabetes Mellitus	19.3
8. Chronic Liver Disease/Cirrhosis	19.3
9. Suicide	17.9
10. COVID-19	10.1
Injury by Firearm	14.6
Alcohol-Induced Deaths	23.0
Drug-Induced Deaths	36.8

Cause of Death (Age 65+)	Rate
1. Heart Disease	489
2. Cancers	452
3. Chronic Lower Respiratory Diseases	163

Ranked on Age-Adjusted Mortality Rates /100,000
Source: Colorado Department of Public Health and Environment, Vital Records Program 2023

Trends in Key Health Issues in Adams County



LIFE EXPECTANCY

People living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood. Unfortunately, significant gaps in life expectancy at birth persist across Adams County and its neighborhoods. The latest estimates of life expectancy at birth reveal significant differences by neighborhood. Groups and percentiles are based on deciles of tracts with available estimates.

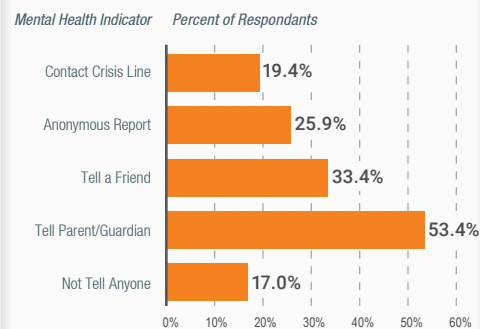
Highest 10% of neighborhoods
> 82.2 years old
Lowest 10% of neighborhoods
< 74.3 years old

Source: National Center for Health Statistics. U.S. Small-Area Life Expectancy Estimates Project (USALEEP): Life Expectancy Estimates File for (Jurisdiction), 2010-2015). National Center for Health Statistics. 2018. Available from: <https://www.cdc.gov/nchs/nvss/usaleep/usaleep.html>.

MENTAL HEALTH

Positive mental health and social connections allow people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities. Mental health includes emotional, psychological, and social well-being, and is important at every stage of life. Suicide also remains an important issue and is the 9th leading cause of death in Adams County. The graph here represents the percentage of students actions if they were concerned about their own or someone else's well-being or mental health.

Mental Health Indicators Among High School Students



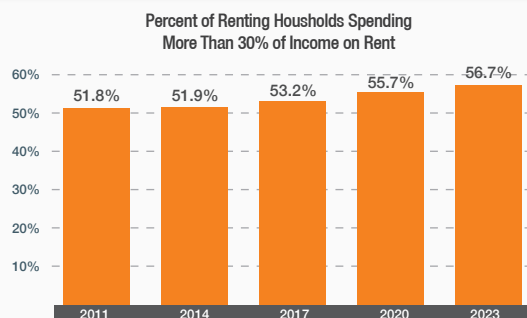
Source: Healthy Kids Colorado Survey, 2023

HOUSING: COST OF LIVING

A standard first promoted by the United States National Housing Act of 1937, still in use today, is that households should not spend more than 30% of their income on rent or a mortgage so enough money remains to cover non-housing-related needs.

Between 2013 and 2023, **median monthly rent increased 77%** and **median annual household income increased 62%**

Over 50%
of Adams
County renting
households,
consistently
spend more than
**30% of their
income on rent**

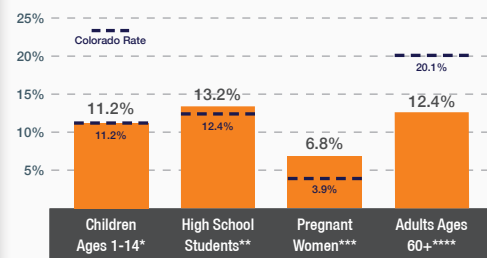


Source: American Community Survey 5-year Estimate, 2011-2023

FOOD INSECURITY

In a healthy community, all residents can access safe, healthy, and culturally appropriate food and are able to practice good eating habits. In Adams County, many people experience food insecurity, or the limited or uncertain availability of nutritionally adequate and safe foods.

Food Insecurity in Adams County



* Child Health Survey, Colorado Department of Public Health and Environment, 2023;

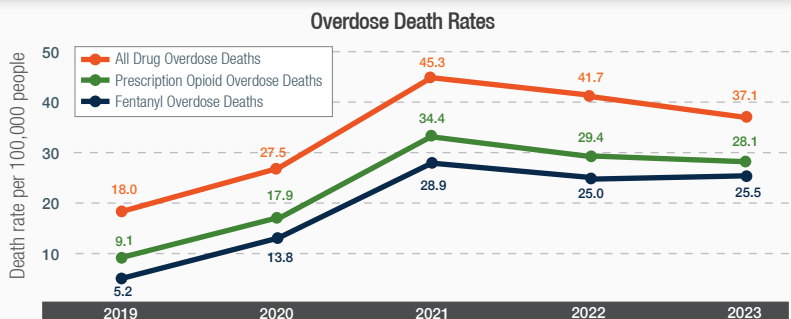
** Healthy Kids Colorado Survey, 2023;

*** Pregnancy Risk Assessment Monitoring System, Colorado Department of Public Health and Environment, 2020-2021;

**** Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment, 2023

SUBSTANCE ABUSE: OVERDOSE DEATHS

Drug overdose death rose in Colorado, including in Adams County, from the early 2000s through 2021, where death rates from all drug overdoses quadrupled. Between 2018 and 2021, death rates associated with prescription opioid overdoses tripled. Between 2018 and 2021, death rates associated with Fentanyl overdoses increased by 8x. However, death rates for all drug overdoses, prescription opioids, and Fentanyl decreased in 2022. Death rates for Fentanyl overdoses increased in 2023.



Source: Colorado Health Information Dataset, Mortality Crude Rates, 2019-2023

ACCESS TO HEALTH CARE

All people in Adams County need to have a regular, culturally competent primary care provider; be able to quickly connect to needed mental, physical health, and substance use services; and know how to access and navigate the health care system to meet their needs.

In the past 12 months...



9.9%

of people
didn't fill an Rx
due to cost



10.5%

of people didn't
get general
doctor care due
to cost

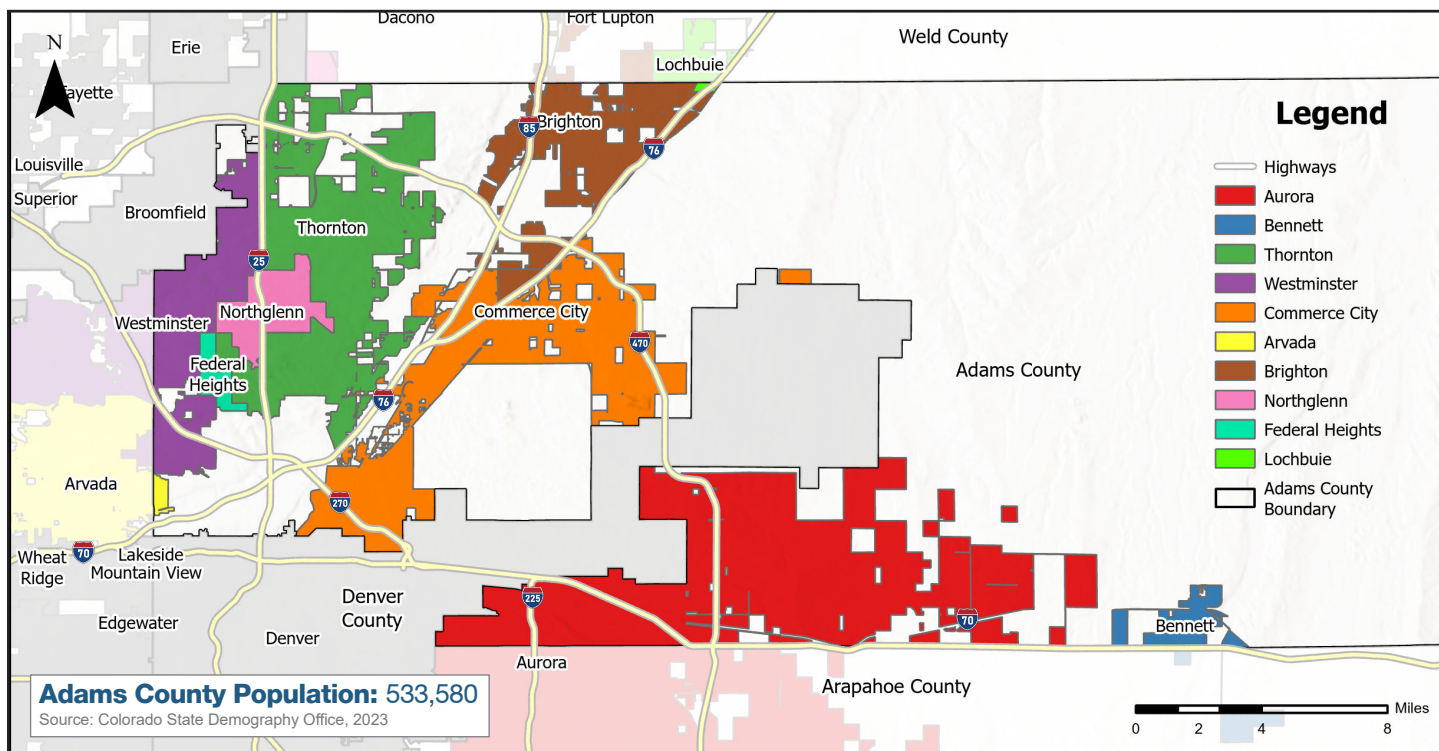


25.6%

of people couldn't
schedule a timely
appointment

Source: Colorado Health Institute, Colorado Health Access Survey, 2023

Adams County, Colorado



Population by Municipality

Municipality	Adams County Population	Total Population
Arvada	2,774	121,740
Aurora	52,592	394,380
Bennett	3,241	3,671
Brighton	41,796	42,217
Commerce City	67,463	67,463
Federal Heights	14,111	14,111
Lochbuie	34	8,433
Northglenn	37,672	37,697
Thornton	144,397	144,397
Unincorporated ADCO	98,989	98,989
Westminster	70,431	115,739

Source: Colorado Department of Local Affairs, July 2023 Estimates, released October 2024;

Languages Spoken at Home in Adams County (Percent of Households)

Languages Spoken at Home	Percent of Households
Spanish	23.1%
French	0.6%
German	0.6%
Russian, Polish, Slavic	0.7%
Korean	0.3%
Chinese	0.6%
Vietnamese	0.7%
Tagalog	0.3%
Arabic	0.1%

Source: US Census, American Community Survey 5-Year Estimate 2019-2023

Languages Spoken at Home in Adams County (Percent of Population)

Language Spoken at Home	Percent of Population
Population Speaking only English at Home	70.7%
Population Speaking Another Language at Home	29.3%
Spanish	23.8%
Other Indo-European Languages* †	2.2%
Asian & Pacific Island** †	2.6%

Source: US Census, American Community Survey 5-Year Estimate 2019-2023

* Includes 23 sub-categories of languages

** Includes 10 sub-categories of languages

† The full list of languages can be found here: <https://www.census.gov/topics/population/language-use/about.html>

Zipcodes & Post Offices (in Adams County)

80002 Arvada	80102 Bennett	80241 Thornton
80003 Arvada	80103 Byers	80249 Denver
80010 Aurora	80105 Deer Trail	80260 Denver
80011 Aurora	80136 Strasburg	80601 Brighton
80018 Aurora	80137 Watkins	80602 Brighton
80019 Aurora	80212 Denver	80603 Brighton
80022 Commerce City	80216 Denver	80614 Eastlake
80023 Broomfield	80221 Denver	80640 Henderson
80024 Dupont	80229 Denver	80642 Hudson
80030 Westminster	80233 Denver	80643 Keenesburg
80031 Westminsteracv	80234 Denver	80654 Wiggins
80045 Aurora	80239 Denver	80701 Fort Morgan

School Districts (in Adams County)

Adams County School District 14	Weld County School District RE-3J
Adams-Arapahoe School District 28J	Mapleton School District 1
Bennett School District 29-J	Strasburg School District 31J
School District 27J	Adams 12 Five Star Schools
Byers School District 32J	Westminster Public School District
Deer Trail School District 26J	Wiggins School District RE-50J