

Trends in Key Health Indicators

Adams County, Colorado



During our 2022 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*	527,498	Median Household Income**	\$86,297
White Non-Hispanic*	46.9%	No High School Education**	15.2%
Hispanic*	42.4%	Families Below Poverty**	9.6%
African-American*	3.5%	Unemployment***	4.61%
Asian*	4.3%	Median Rent (monthly)**	\$1,632
Median Age**	35		

*Source: Colorado Department of Local Affairs, July 2021 Estimates, released Aug 2023; **Source: American Community Survey 2022 (Dec 2023 release); ***Source: Bureau of Labor Statistics, Nov 2023

PREVALENCE OF ADULT HEALTH RISK ISSUES

Poor Mental Health	17.2%	Current Marijuana Use	19.0%
No Physical Activity	20.0%	Current Smoking	13.1%
Obesity	32.4%	Current Vaping	11.1%
Binge Drinking	16.3%		

Source: BRFSS 2023

PREVALENCE OF YOUTH HEALTH RISK ISSUES

Poor Mental Health	40.7%	Binge Drinking	12.0%
Considered Suicide	16.9%	Current Marijuana Use	13.4%
No Physical Activity	57.1%	Current Smoking	3.0%
Overweight/Obesity	26.5%	Current Vaping	17.7%
Electronically Bullied	8.2%	3+ hrs Daily Screen Time	76.5%

Source: Healthy Kids Colorado Survey 2021, except overweight/obesity from 2019

LEADING CAUSES OF DEATH (2022)

Cause of Death (all ages)	Rate
1. Heart Disease	140.5
2. Cancers	132.8
3. Unintentional Injuries	89.2
4. COVID-19	53.9
5. Chronic Lower Respiratory Diseases	45.3
6. Alzheimer's Disease	38.2
7. Stroke	35.8
8. Chronic Liver Disease/Cirrhosis	30.8
9. Diabetes Mellitus	22.0
10. Suicide	21.8
Injury by Firearm	17.2
Alcohol-Induced Deaths	30.8
Drug-Induced Deaths	42.3

Cause of Death (Age 65+)	Rate
1. Heart Disease	668
2. Cancers	453
3. COVID-19	186

Ranked on Age-Adjusted Mortality Rates /100,000
Source: Colorado Department of Public Health and Environment, Vital Records Program 2022

Trends in Key Health Issues Adams County, Colorado



LIFE EXPECTANCY

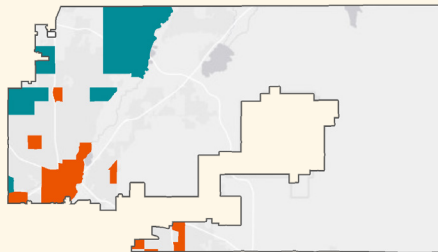


People living just a few blocks apart may have vastly different opportunities to live a long life in part because of their neighborhood. Unfortunately, significant gaps in life expectancy at birth persist across Adams County and its neighborhoods. The latest estimates of life expectancy at birth reveal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

Highest 10% of neighborhoods
> 82.2 years old

Lowest 10% of neighborhoods
< 74.3 years old

Groups and percentiles are based on deciles of tracts with available estimates. Map represents areas of lowest life exp. compared to highest life exp. areas for the county.



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 8th leading cause of death in Adams County.

22.1% of Adams County high school students do not have someone to talk to when feeling sad, empty, hopeless, angry, or anxious



Source: Healthy Kids Colorado Survey, 2021

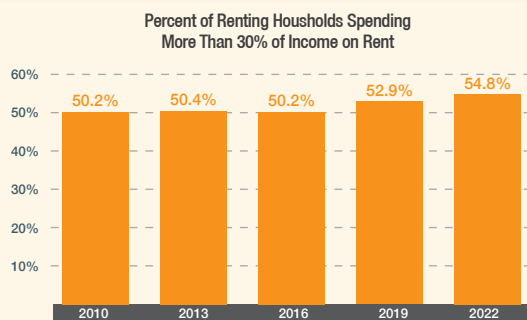
HOUSING: COST OF LIVING



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 2012 and 2022, **median monthly rent increased 72%** and **median annual household income increased 52%**

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



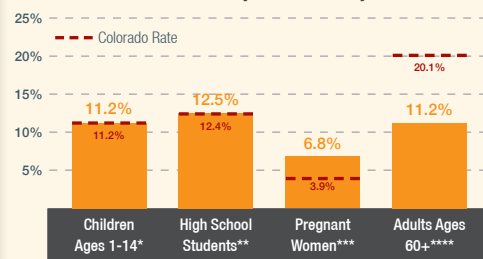
Source: American Community Survey 1-year Estimate, 2010-2022

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;

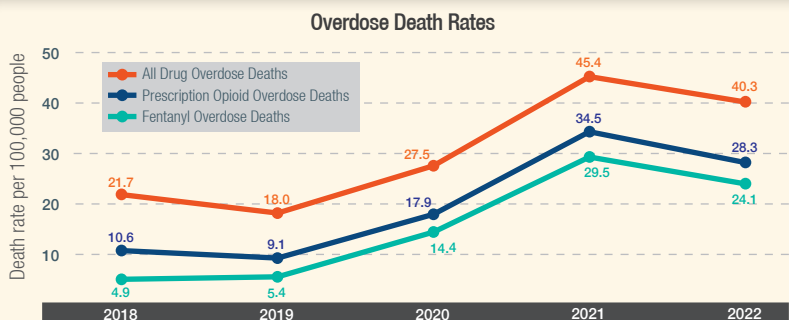
Healthy Kids Colorado Survey, 2021; *Pregnancy Risk Assessment Monitoring System, Colorado Department of Public Health and Environment, 2020-2021;

****Behavioral Risk Factor Surveillance System, Colorado Department of Public Health and Environment, 2022

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.



Source: Colorado Department of Public Health and Environment, Vital Records Program

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



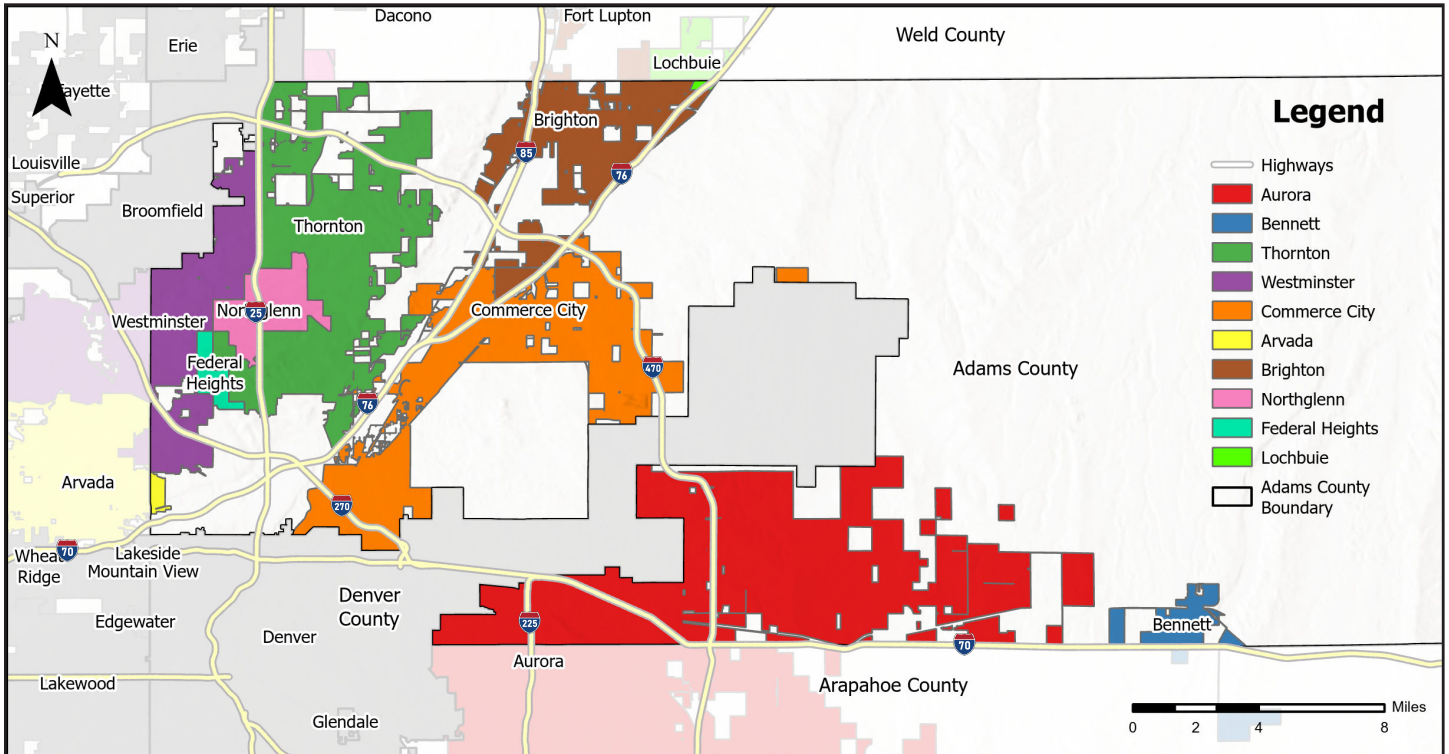
25.6% of people couldn't schedule a timely appointment

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



ADAMS COUNTY
HEALTH DEPARTMENT
Your Health. Our Mission.

Adams County, Colorado



Adams County Population: 527,501

Source: Colorado State Demography Office, 2022

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

Population Speaking only English at Home	70.90%
Population Speaking Another Language at Home	29.10%
Spanish	24.00%
Other Indo-European Languages* †	2.40%
Asian & Pacific Island** †	2.20%

Source: US Census, American Community Survey 5-Year Estimate 2018-2022

* 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>

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

Spanish	23.7%
French	0.5%
German	0.7%
Russian, Polish, Slavic	0.6%
Korean	0.6%
Chinese	0.4%
Vietnamese	0.7%
Tagalog	0.5%
Arabic	0.1%

Source: US Census, American Community Survey 5-Year Estimate 2018-2022

School Districts (in Adams County)

Adams County School District 14
Adams-Arapahoe School District 28J
Bennett School District 29-J
School District 27J
Byers School District 32J
Deer Trail School District 26J

Weld County School District RE-3J
Mapleton School District 1
Strasburg School District 31J
Adams 12 Five Star Schools
Westminster Public School District
Wiggins School District RE-50J

Population by Municipality

Municipality	Pop. in Adams County	Total Pop.
Arvada	2,890	123,232
Aurora	49,209	391,281
Bennett	2,676	3,097
Brighton	40,760	41,120
Commerce City	64,970	64,970
Federal Heights	14,348	14,348
Lochbuie	10	8,119
Northglenn	38,409	38,434
Thornton	143,708	143,708
Unincorporated ADCO	99,291	99,291
Westminster	71,230	115,178

Source: Colorado State Demography Office, 2022

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