Colorado
State Health Department Website: colorado.gov/cdphe

Summary

Strengths:
- Low economic hardship index score
- Low prevalence of multiple chronic conditions
- Low prevalence of physical inactivity

Challenges:
- Low high school graduation rate
- High prevalence of low birthweight
- High prevalence of non-medical drug use

Highlights:

- **FOOD INSECURITY**: ▲25% between 2013-2015 and 2016-2018 from 12.1% to 9.1% of households

- **PER CAPITA INCOME**: ▲13% between 2017 and 2019 from $36,345 to $41,053

- **FLU VACCINATION COVERAGE**: ▲27% between 2018 and 2019 from 36.6% to 46.4% of adults

- **CHLAMYDIA**: ▲34% between 2008 and 2018 from 388.3 to 519.4 cases per 100,000 population

- **FREQUENT MENTAL DISTRESS**: ▲34% between 2014 and 2019 from 9.2% to 12.3% of adults

- **LOW BIRTHWEIGHT**: ▲8% between 2011 and 2018 from 8.7% to 9.4% of live births

Economic Hardship Index
The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crowded Housing (units with more than one person/room)</td>
<td>2.7%</td>
</tr>
<tr>
<td>Dependency (ages 0-17 or ages 65+)</td>
<td>36.5%</td>
</tr>
<tr>
<td>Education (ages 25+ without a high school diploma)</td>
<td>7.6%</td>
</tr>
<tr>
<td>Per Capita Income</td>
<td>$41,053</td>
</tr>
<tr>
<td>Poverty (households below the poverty level)</td>
<td>9.5%</td>
</tr>
<tr>
<td>Unemployment (ages 16-64)</td>
<td>3.7%</td>
</tr>
</tbody>
</table>

Multiple Chronic Conditions
Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>22.3%</td>
</tr>
<tr>
<td>Asthma</td>
<td>9.7%</td>
</tr>
<tr>
<td>Cancer (excluding skin)</td>
<td>6.6%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>5.7%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>1.8%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>4.5%</td>
</tr>
<tr>
<td>Depression</td>
<td>17.2%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>7.0%</td>
</tr>
</tbody>
</table>
### Measures

#### SOCIAL & ECONOMIC FACTORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++++</td>
<td>0.397</td>
<td>13</td>
<td>0.965</td>
</tr>
</tbody>
</table>

- **Community and Family Safety**
  - Occupational Fatalities (deaths per 100,000 workers)
  - Public Health Funding (dollars per person)
  - Violent Crime (offenses per 100,000 population)

- **Economic Resources**
  - Economic Hardship Index (index from 1-100)
  - Food Insecurity (% of households)
  - Income Inequality (80-20 ratio)

- **Education**
  - High School Graduation (% of students)
  - High School Graduation Racial Gap (percentage point difference)

- **Social Support and Engagement**
  - Adverse Childhood Experiences (% of children ages 0-17)
  - High-speed Internet (% of households)
  - Residential Segregation (index from 0-100)
  - Volunteerism (% of adults)
  - Voter Participation — Midterm (% of U.S. citizens)

#### PHYSICAL ENVIRONMENT

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++++</td>
<td>0.655</td>
<td>5</td>
<td>0.816</td>
</tr>
</tbody>
</table>

- **Air and Water Quality**
  - Air Pollution (micrograms of fine particles per cubic meter)
  - Drinking Water Violations (% of community water systems)
  - Non-smoking Regulation (% of population)*
  - Risk-screening Environmental Indicator Score (unitless score)
  - Water Fluoridation (% of population served)

- **Climate Change**
  - Climate Change Policies (number of four policies)*
  - Transportation Energy Use (trillions of BTUs per 100,000 population)*

- **Housing and Transit**
  - Drive Alone to Work (% of workers)
  - Housing With Lead Risk (% of housing stock)
  - Severe Housing Problems (% of occupied housing units)

#### CLINICAL CARE

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++++</td>
<td>0.388</td>
<td>17</td>
<td>1.443</td>
</tr>
</tbody>
</table>

- **Access to Care**
  - Avoided Care Due to Cost (% of adults)
  - Dental Providers (number per 100,000 population)
  - Mental Health Providers (number per 100,000 population)
  - Primary Care Providers (number per 100,000 population)
  - Uninsured (% of population)

- **Preventive Clinical Services**
  - Colorectal Cancer Screening (% of adults ages 50-75)
  - Dental Visit (% of adults)
  - Immunizations
    - Childhood Immunizations (% by age 36 months)
    - Flu Vaccination (% adults)
    - HPV Vaccination (% of adolescents ages 13-17)

- **Quality of Care**
  - Dedicated Health Care Provider (% of adults)
  - Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)

#### BEHAVIORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++++</td>
<td>0.805</td>
<td>7</td>
<td>1.072</td>
</tr>
</tbody>
</table>

- **Sleep Health**
  - Insufficient Sleep (% of adults)

- **Nutrition and Physical Activity**
  - Exercise (% of adults)
  - Fruit and Vegetable Consumption (% of adults)
  - Physical Inactivity (% of adults)

- **Sexual Health**
  - Chlamydia (cases per 100,000 population)
  - High-risk HIV Behaviors (% of adults)
  - Teen Births (births per 1,000 females ages 15-19)

- **Tobacco Use**
  - E-cigarette Use (% of adults)*
  - Smoking (% of adults)

#### ALL DETERMINANTS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>+++++</td>
<td>0.538</td>
<td>9</td>
<td>0.865</td>
</tr>
</tbody>
</table>

- **Behavioral Health**
  - Depression (% of adults)*
  - Excessive Drinking (% of adults)
  - Frequent Mental Distress (% of adults)
  - Non-medical Drug Use (% of adults)

- **Mortality**
  - Drug Deaths (deaths per 100,000 population)*
  - Premature Death (years lost before age 75 per 100,000 population)
  - Premature Death Racial Inequality (ratio)
  - Suicide (deaths per 100,000 population)*

- **Physical Health**
  - Frequent Physical Distress (% of adults)
  - Low Birthweight (% of live births)
  - Low Birthweight Racial Gap (percentage point difference)
  - Multiple Chronic Conditions (% of adults)
  - Risk Factors
    - High Blood Pressure (% of adults)*
    - High Cholesterol (% of adults)*
    - Obesity (% of adults)

#### OVERALL

0.538 — 0.723

* Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org.

---

**AMERICA’S HEALTH RANKINGS’ ANNUAL REPORT**
www.AmericasHealthRankings.org