

2013 COMMUNITY HEALTH SURVEY

key findings



Since 1995, the Health District of Northern Larimer County (Health District) has conducted a community health survey every three years to determine the health status and health care needs of Health District residents.

Data from these surveys help local organizations and policy makers plan how to best meet community healthcare needs now and into the future.

This document contains findings from the most recent survey, which began in late fall 2013 and concluded in early 2014.

The margin of sampling error for 2013 data is +/- 3 percentage points.

COMMUNITY HEALTH SURVEY BY THE NUMBERS



7,300
RANDOMLY
SELECTED
HOUSEHOLDS



83
QUESTIONS

MODE OF RESPONSE

PAPER SURVEY
69%



ONLINE SURVEY
31%



MORE THAN
1,770
TOTAL RETURNED
SURVEYS



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PHYSICAL HEALTH

- In 2013, 67% of respondents reported they had a physical within the past year – the most since the question first appeared on the 2001 survey.
- More than 1 in 4 adults (27%) reported they do not get sufficient sleep on a typical day. (Sufficient sleep is defined as ≥ 8 hours per day for adults 18-21 years of age and ≥ 7 hours per day for adults aged 22+.)
- The number of Health District residents reporting that a doctor had told them they had diabetes has remained steady at 4%, which is lower than national and state levels, 10% and 7%, respectively.

We're **feeling good!**

More than 9 in 10 Health District residents (94%) reported their general health to be “good,” “very good,” or “excellent.”



ORAL HEALTH

- Oral Health has seen general improvements since the 2010 survey.
- Respondents reported visiting the dentist more frequently with 71% getting an annual dental exam, compared to 68% in 2010.
- Self-reported tooth and gum problems have gone down by 4% from 2010, totaling 17% in 2013.
- While tooth and gum problems have decreased overall, those without dental care coverage report twice as many oral health problems (see chart, right).

more on oral health

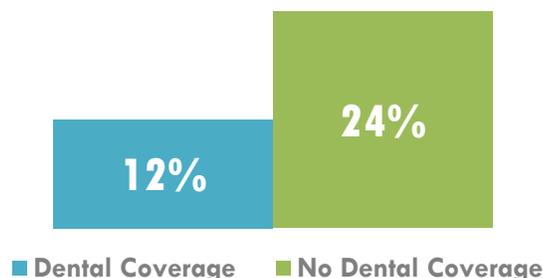


1 in 3

Health District residents do not have dental care coverage.

Increased tooth and gum problems were reported by respondents who did not have dental coverage (see chart, below).

PERCENT OF RESPONDENTS REPORTING TOOTH & GUM PROBLEMS, BY DENTAL COVERAGE



MENTAL HEALTH

1 in 5 

Health District residents reported they currently had depression, anxiety, or some other mental health problem

“Without mental health, there can be no true physical health”

- Dr. Brock Chisolm,
World Health Organization

more on mental health



- Respondents with lower incomes were more than twice as likely (38%) to report currently having depression, anxiety or some other mental health problem than those with higher incomes (17%).
- Cost is a barrier to people accessing mental health care. More than 1 in 3 respondents (35%) currently experiencing depression, anxiety or other mental health issue reported they had put off mental health care within the past 2 years.
- In 2013, 5% of respondents reported they had considered suicide as a solution to their problems within the past 12 months.

SUBSTANCE USE

BINGE DRINKING RATES

*Binge drinking is defined as consuming 5 or more drinks in one day for males; 4 or more drinks in one day for females.

HEALTH DISTRICT

COLORADO

USA



- Since 1995, cigarette smoking has dropped by half, from 18% to 9% in 2013.
- The reported rate of binge drinking* in the Health District is almost 26%, which is higher than the state of Colorado as well as the rest of the country (see graphic, left).
- Nearly 1 in 5 (19%) respondents reported using marijuana within the last 12 months.
- In addition to questions regarding alcohol and tobacco, the 2013 survey asked about marijuana use for the first time.

more on substance use



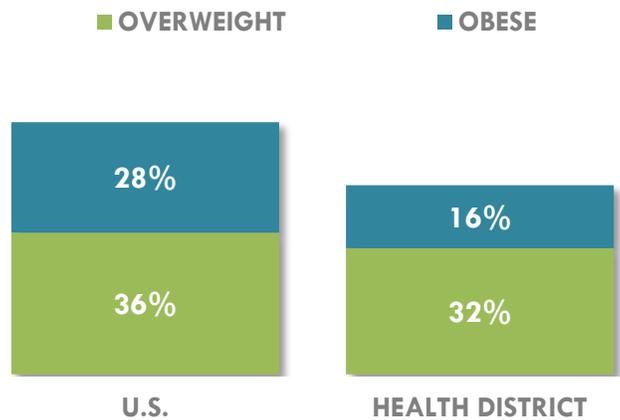
HEALTH BEHAVIORS

- Nearly half (46%) of all respondents said they sometimes, usually or always use a cell phone while driving.
- Two out of three (66%) respondents reported they meet national guidelines for “sufficient exercise.”
- Over half (51%) of all respondents reported eating 2 or more servings of fruit daily; however, only 1 in 3 (32%) reported eating 3 or more servings of vegetables daily.
- Since 1995, those reporting they always wear a seatbelt has increased, from 67% to 88% in 2013.

OVERWEIGHT AND OBESITY

Nearly 2/3 of all adults in the U.S. (64%) have a BMI that is considered overweight or obese; in the Health District, less than half of adults (48%) are overweight or obese (see chart, below).

ADULTS WITH OVERWEIGHT OR OBESE BMI IN THE HEALTH DISTRICT AND U.S.

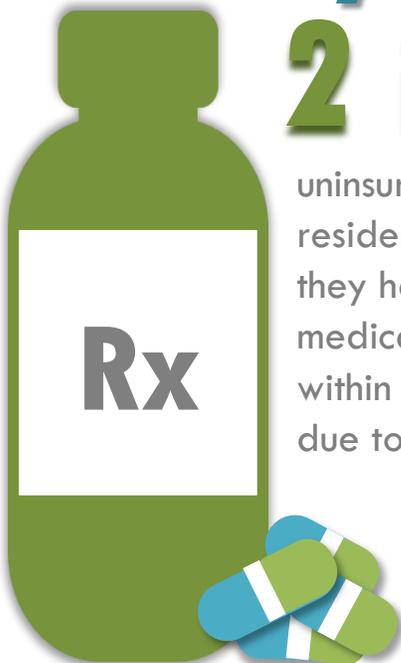


HEALTH INSURANCE & ACCESS TO CARE

Nearly

2 in 3

uninsured Health District residents (66%) reported they had skipped medications or treatments within the past two years due to cost.



- About 10% of all Health District respondents were found to be uninsured in 2013.
- More insured respondents (64%) rated their health as “excellent” or “very good” than those without insurance of any kind (53%) did.
- Those with health insurance are more than twice as likely to have a regular health care provider than those who are uninsured.
- Respondents reporting they had employer-provided health insurance dropped from 67% in 2010 to 58% in 2013.

more on health insurance & access to care

