


TOP 10 FINDINGS

from the 2020 Supplement to the 2019 Larimer County Community Health Survey

In August of 2020, the Health District re-surveyed respondents to the Fall 2019 Community Health Survey. About 1,200 households participated in both surveys, allowing us to understand what changes have occurred as a result of the COVID-19 pandemic. For more detailed information, see additional reports at healthdistrict.org.

1. 99% of Larimer County adults report their lives have changed due to the COVID-19 pandemic .

2. 93% of adults are concerned about the COVID-19 pandemic.

3.  Over half (54%) of non-retired adults saw a decrease in household income.

4. Adults reporting that they were unemployed, laid off, or furloughed increased from 2% to 9%.

5. 36% of adults experienced pandemic related anxiety, depression, or stress at least half the time in the past 3 months.

When asked about the past month, 30% reported **more days with poor mental health and more days where poor mental health interfered their daily activities.**



6. Those always or often **worried about paying their rent or mortgage** tripled from 4% pre-pandemic to 12% of adults in 2020.



7. 30% of adults report **drinking more due to the pandemic**. On average, those who reported increased consumption were having one extra drink per week.



8. **37%** of adults with children requiring childcare have had to **reduce the amount they work** due to school and childcare closures. In August 2020, **70%** were worried about future closures impacting their ability to work.

9. Survey respondents were taking steps to avoid getting sick by always or often **handwashing** after returning home (90%), maintaining **6-ft distance** (89%), and **mask-wearing** (88%).



10. Only 55% of adults reported that they **avoided visiting family outside their household** and 69% **avoided having visitors in their home** in the past month.