



# Douglas County Public Health Department

Community Health Assessment (CHA)

Community Meetings





welcome

we're glad you're here!

## **Douglas County Community Health Assessment (CHA), Community Meetings**

Thank you for participating in this Community Meeting to inform the CHA Report and to explore the needs and priorities of Douglas County citizens related to the delivery of public health services.

# Ground Rules

Notes will be taken so we can capture important ideas and information, but no names will be used in reporting the results of the session.

We have a few ground rules for this meeting:

- Please be respectful of your fellow community members' perspectives. The data will mean different things to different people, and we want to hear what it means to you.
- Please do not comment on the opinions or thoughts of others-keep your comments about the data.
- Please speak one at a time – refrain from sidebar conversations - and allow each other to speak without interrupting.
- Please be concise with your comments so that there is enough time for everyone to share their thoughts/opinions.
- Please put your cell phone on silent and put it away, so it does not distract you or others in the group.
- Please help us to achieve our goal of completing the community health assessment and focus on the data and health priority discussion and share your questions and other feedback in the other ways provided.

GROUND  
RULES

A close-up photograph of several light-colored wooden blocks arranged in a row on a wooden surface. The blocks are spelling out the word "PURPOSE" in a serif font. The background is filled with many more similar wooden blocks, some of which are slightly out of focus.

# PURPOSE

## Douglas County Community Health Meetings

- 1) See how your community feels about the health problems.
- 2) See what factors residents of the county think makes a community healthy.
- 3) See what the data says about the health of the community.
- 4) Ask you to identify the:
  - ✓ Top three health problems
  - ✓ Top three risky or harmful behaviors
  - ✓ Three most important factors for a health community



# Don't freak out!

- We will present a lot of information in a short amount of time.
- You will have access to the presentation on the Douglas County Website.
- You will have access to the assessment when it is complete.
- The Public Health Improvement Planning process includes education, broad stakeholder engagement, and a chance to develop the strategies and activities for the new public health department.



**Don't  
Freak  
Out!**

# Framing the Data for Discussion

1. Did anything in the data surprise you?
2. What do you think is at the root of the health issues you see in the data?
3. What health issues do you think your community and Douglas County can change for the better?
4. What are the challenges with improving some of these health issues/concerns?
5. What are the opportunities with improving some of these health issues/concerns?





# Important Terms

**Crude Rate:** Actual rate or the total number of events, or count, divided by the population of the selected geography and population characteristic

- Rates help users understand the meaning of a frequency within the context of the actual population

**Age Adjusted Rate:** Rates *would* be if the time periods or the different geographies had the same composition of ages

- Age-adjusted rates help users fairly compare rates across different geographies or periods of time, when age is associated with an outcome, such as overdose, and when the underlying age distribution in the different geographies or time periods vary.





# Health Indicators & Outcomes

What is happening in the communities of Douglas County?



# General Health Status



## Health Indicators

- Length of Life
- Maternal and Child Health
- Chronic Disease
- All Injury
- Behavioral Health

A close-up, black and white photograph of a ruler. The ruler is angled diagonally across the frame. A needle, similar to a medical syringe needle, is positioned vertically, pointing to the number 5 on the ruler. The numbers 4, 5, and 6 are visible on the ruler. The background is a light, textured surface.

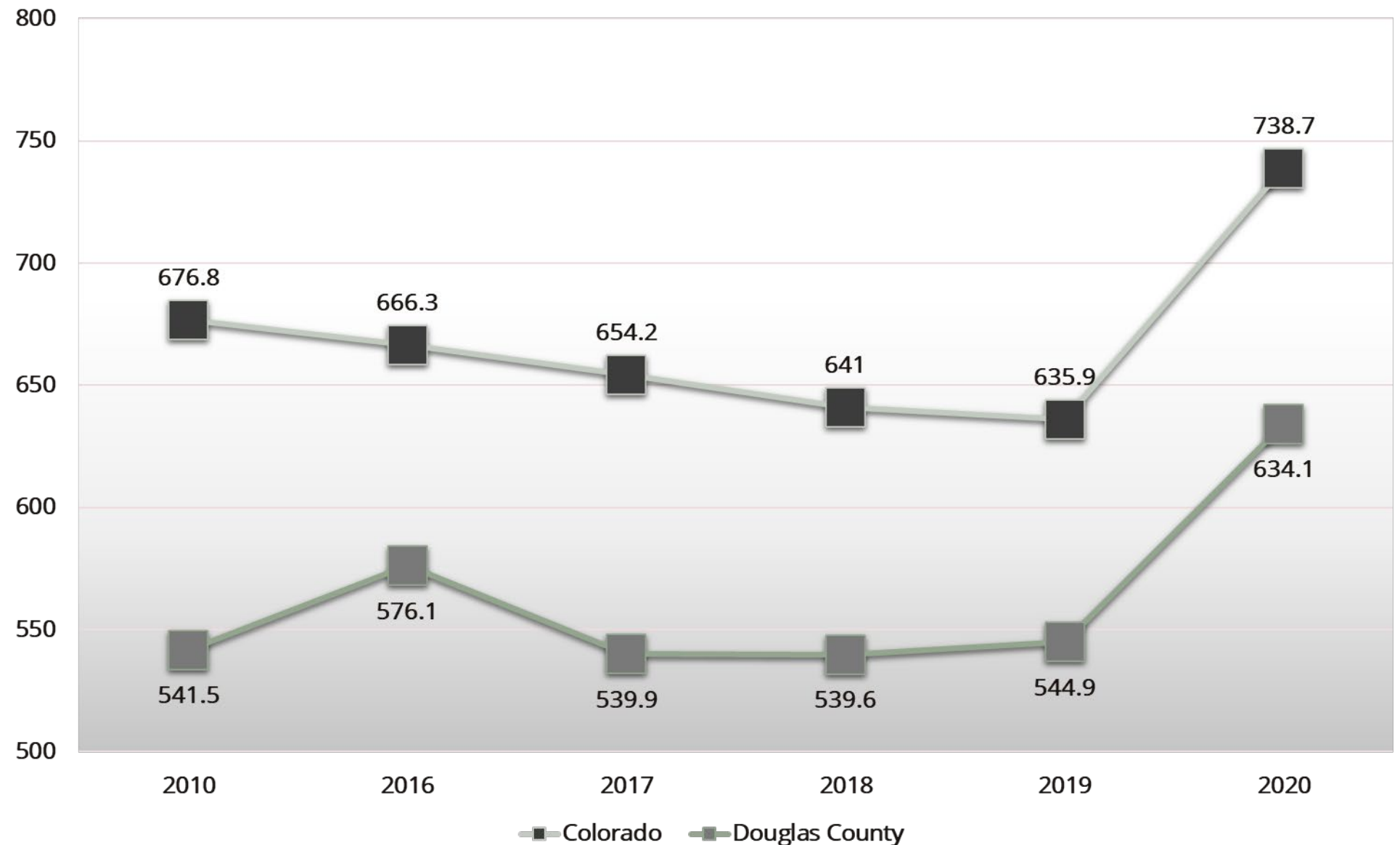
# Length of Life

Data Source:

Vital Statistics Program, Colorado Department of Public Health and Environment.



## Age-Adjusted Death Rate per 100,000



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

Mortality data provides a snapshot of current health problems, suggest persistent patterns of risk in specific communities, and shows trends in specific causes of death over time.

Many causes of death are preventable or treatable and, therefore, warrant the attention of public health prevention efforts.

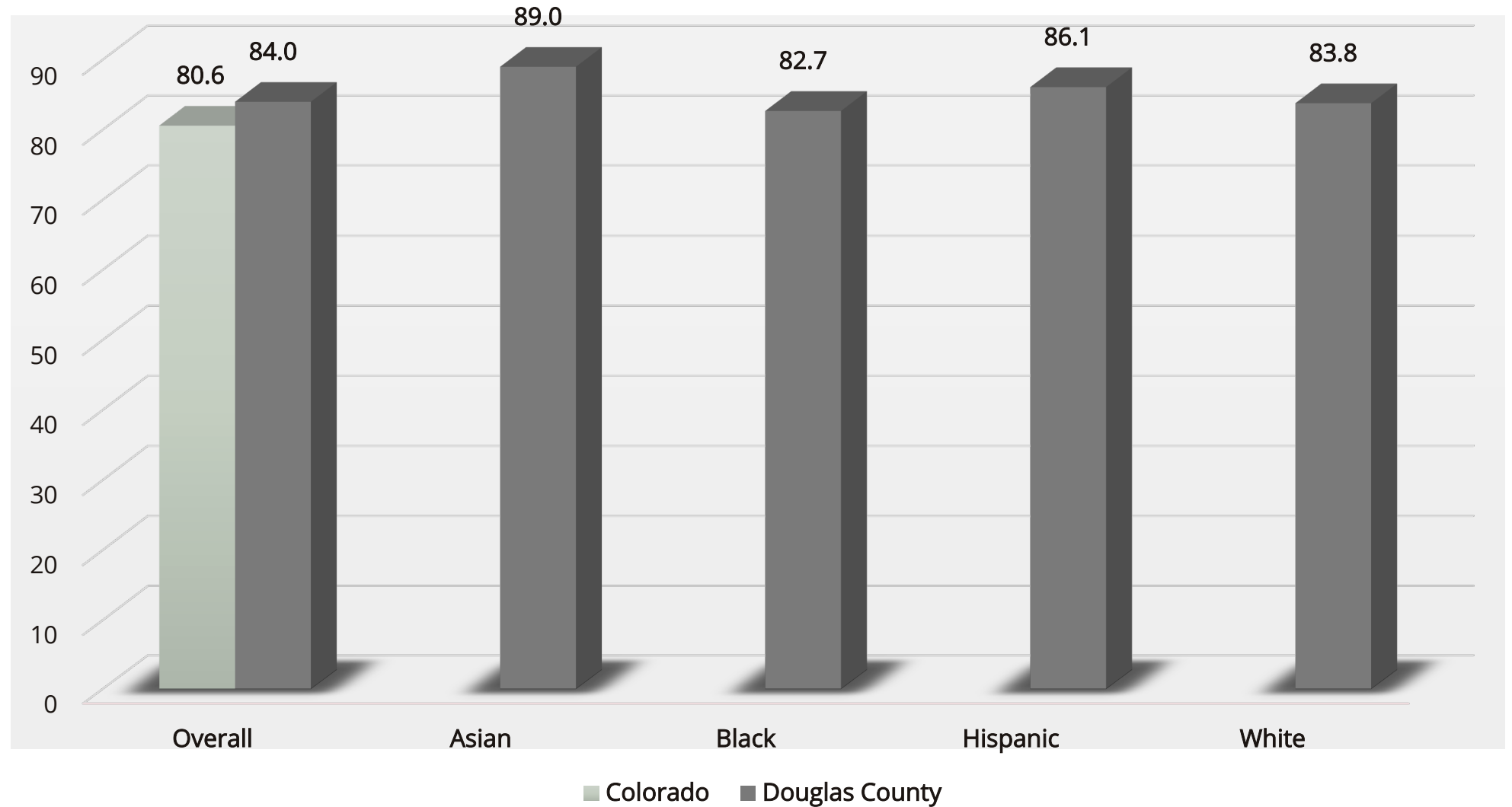
Douglas County has longer life expectancy rates compared to Colorado.

However, race and ethnicity disparities exist.

Asian and Hispanic residents in Douglas County have longer life expectancies compared to Black and White residents

## Life Expectancy, 2017-2019

### Average number of years a person can expect to live





A photograph of a cracked teal eggshell in the upper left corner, with several small teal eggshell fragments scattered nearby. Below the egg, two pacifiers are positioned side-by-side. The pacifier on the left has a pink shield and a clear ring, while the one on the right has a teal shield and a clear ring. Both shields have a white oval in the center. The background is a solid light blue-grey color.

# Maternal & Child Health (MCH)

Improving the well-being of mothers, infants, and children is an important public health goal.

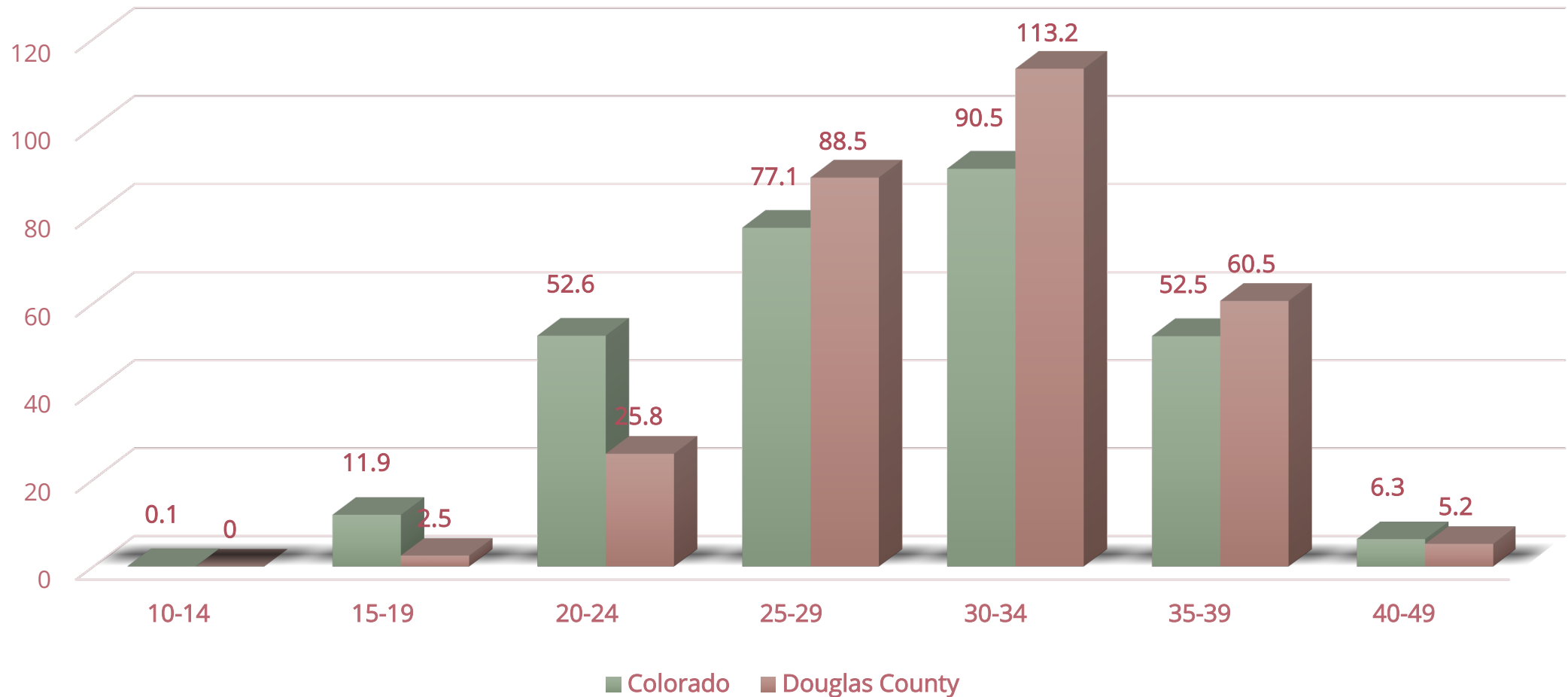
Their well-being determines the health of the next generation and can help predict future public health challenges for families, communities, and the health care system.

## MCH Indicators

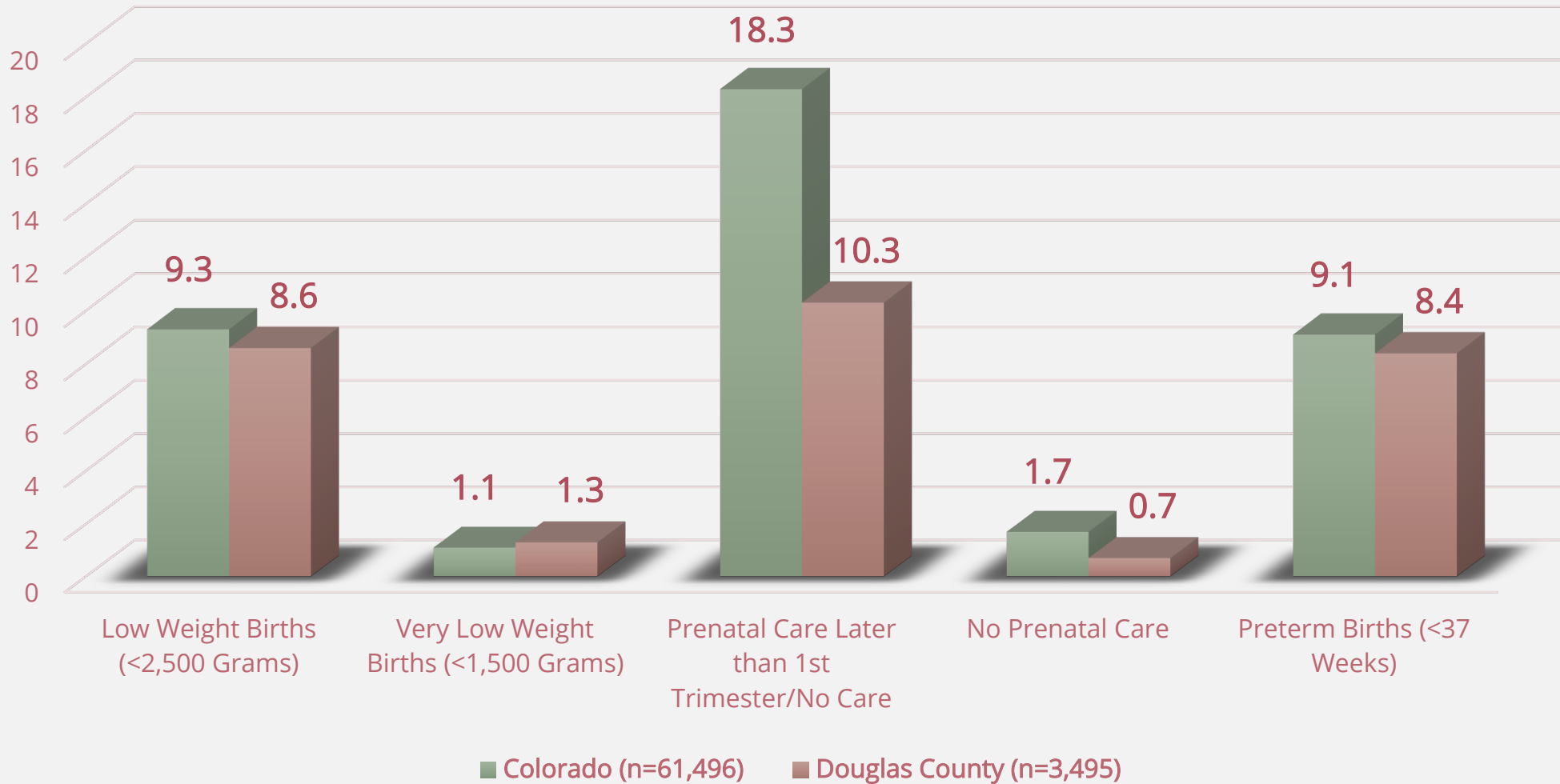
- Fertility Rate, including Teen Birth Rate
- Low Weight Births
- Preterm Births
- Access to Prenatal Care

# Birth Rates

## Live Births per 1,000 Female Population, By Age Group, 2020



# Percent of Live Births by Birth Outcome, 2020



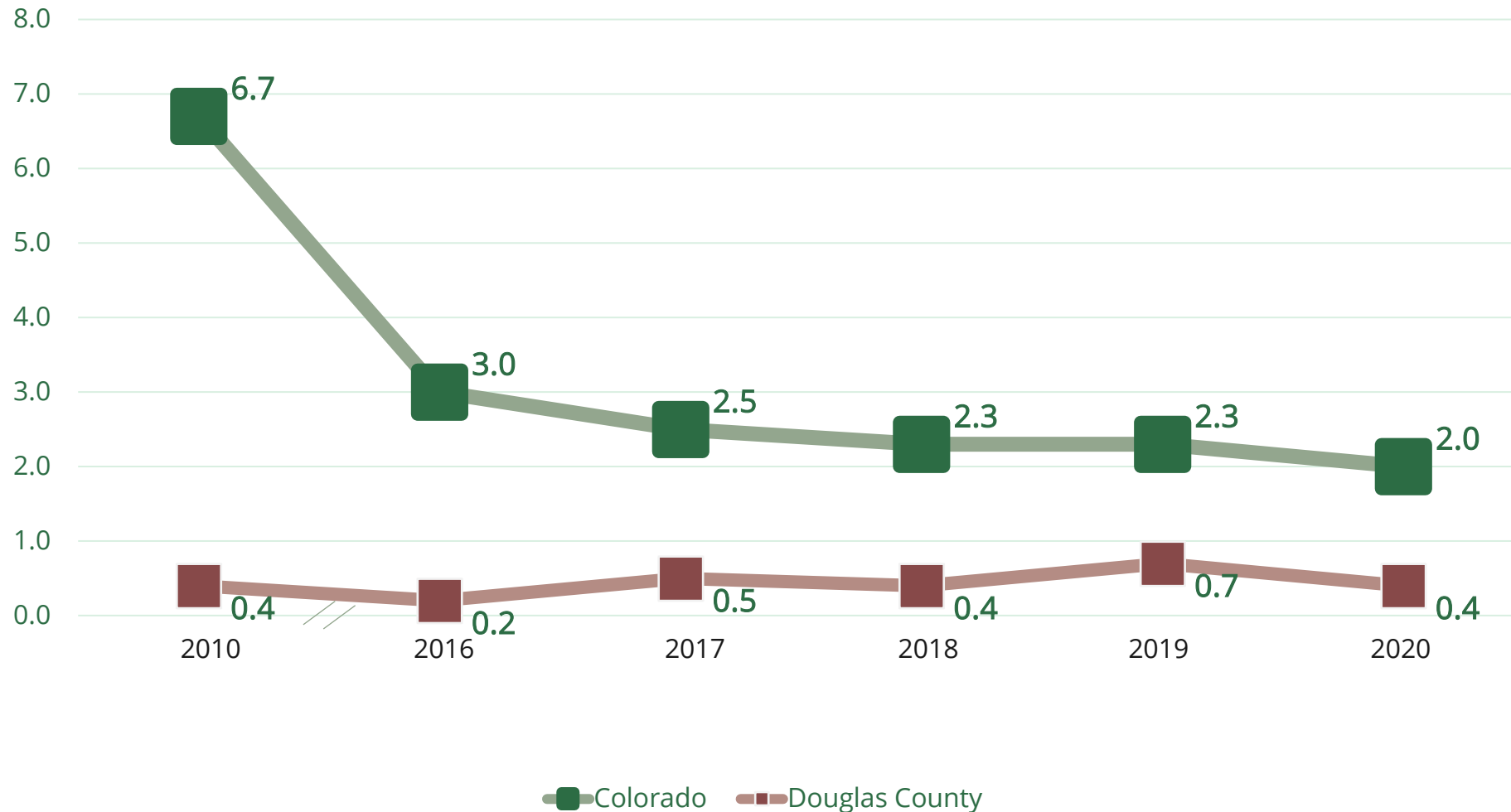
Douglas County generally has better birth outcomes and prenatal care access compared to Colorado in 2020.

However, geographic and race/ethnicity disparity exists.

Franktown/Elizabeth has *significantly higher low weight birth rates* compared to Colorado 10.5 per 1000 Females compared to 7.1 in Colorado



# Teen (Ages 10-17) Birth Rate per 1,000 Live Births by Year



34 teen births  
(Ages 10-19) in 2020

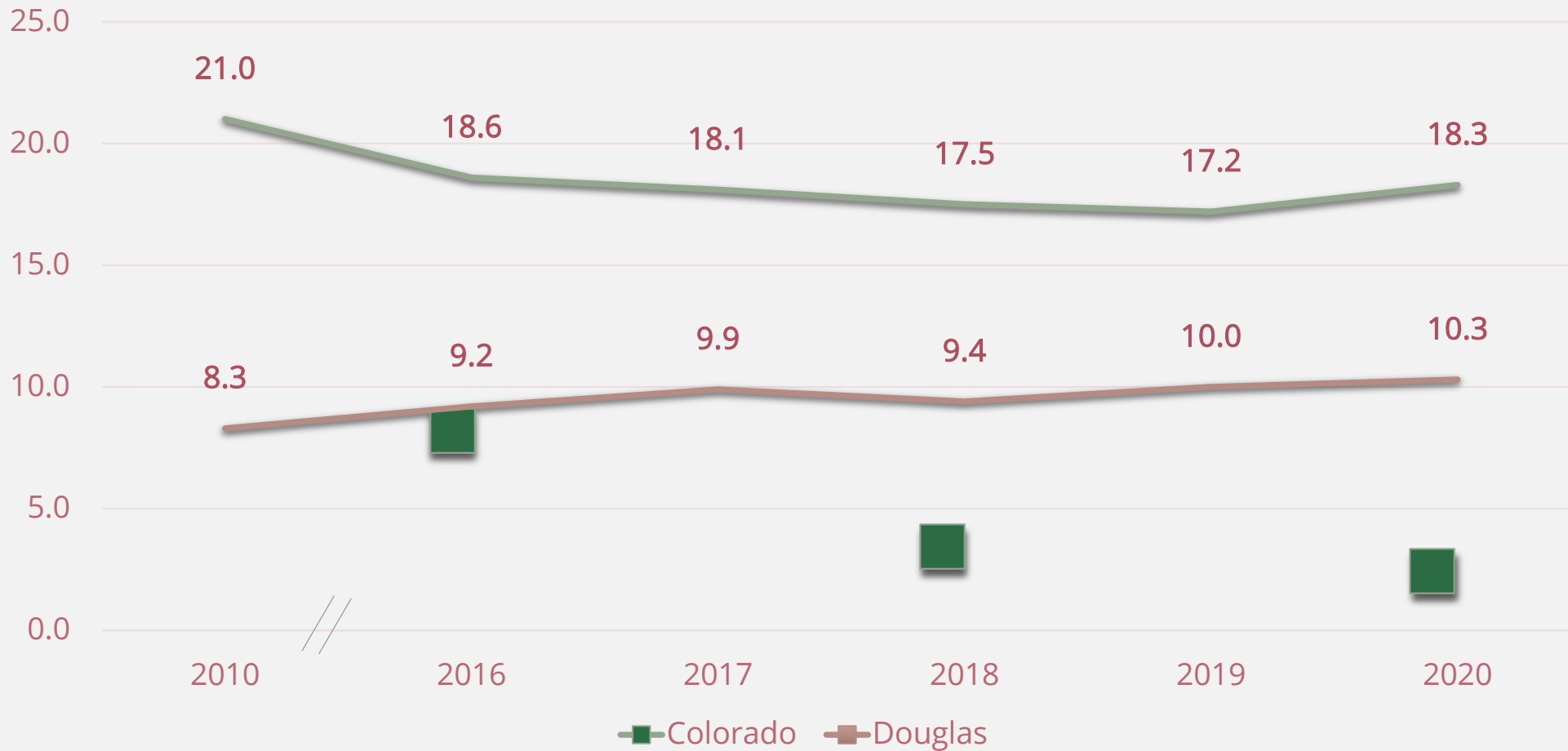
Douglas County has a lower teen birth rate compared to Colorado and is stable.

However, geographic *disparity exists in Castle Rock*, with significantly higher rates compared to Colorado

Teen (15-17) Birth rate per 1,000  
Castle Rock: 40  
Colorado: 8.7

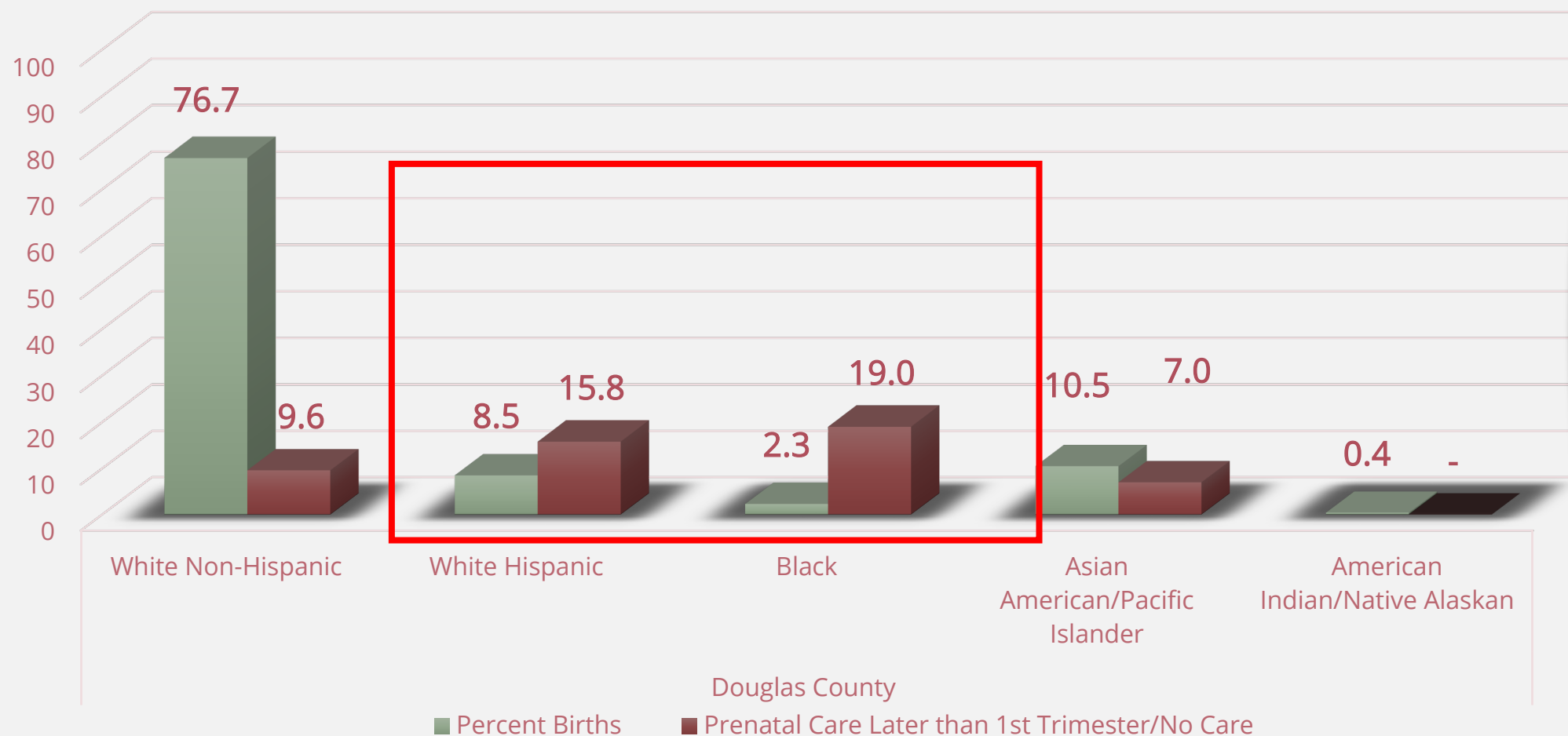
Note: Percent of Live Births that Accessed Prenatal Care Later Than 1st Trimester or Had No Care. Percentages are of total births, excluding cases with specific characteristics unknown. Data Source: Vital Statistics Program, Colorado Department of Public Health and Environment

## Percent of Live Births With Late or No Prenatal Care, by Year



Live births in Douglas County are more likely to have had prenatal care compared to Colorado. However, the trend in Douglas County is slightly increasing since 2010.

# Percent of Live Births With Late or No Prenatal Care, by Race/Ethnicity, 2020



Similarly, to Colorado, Douglas County has unequal access to prenatal care among live births to White Hispanic and Black women.

N=355 (10.3%) births with no prenatal care/ late prenatal care  
White non Hispanic 251 or 9.6%  
White Hispanic 46 or 15.8%  
Black 15 or 19%  
AI/PI 25 or 7%

Note: Percent of Live Births that Accessed Prenatal Care Later Than 1st Trimester or Had No Care. Percentages are of total births, excluding cases with specific characteristics unknown. Data Source: Vital Statistics Program, Colorado Department of Public Health and Environment



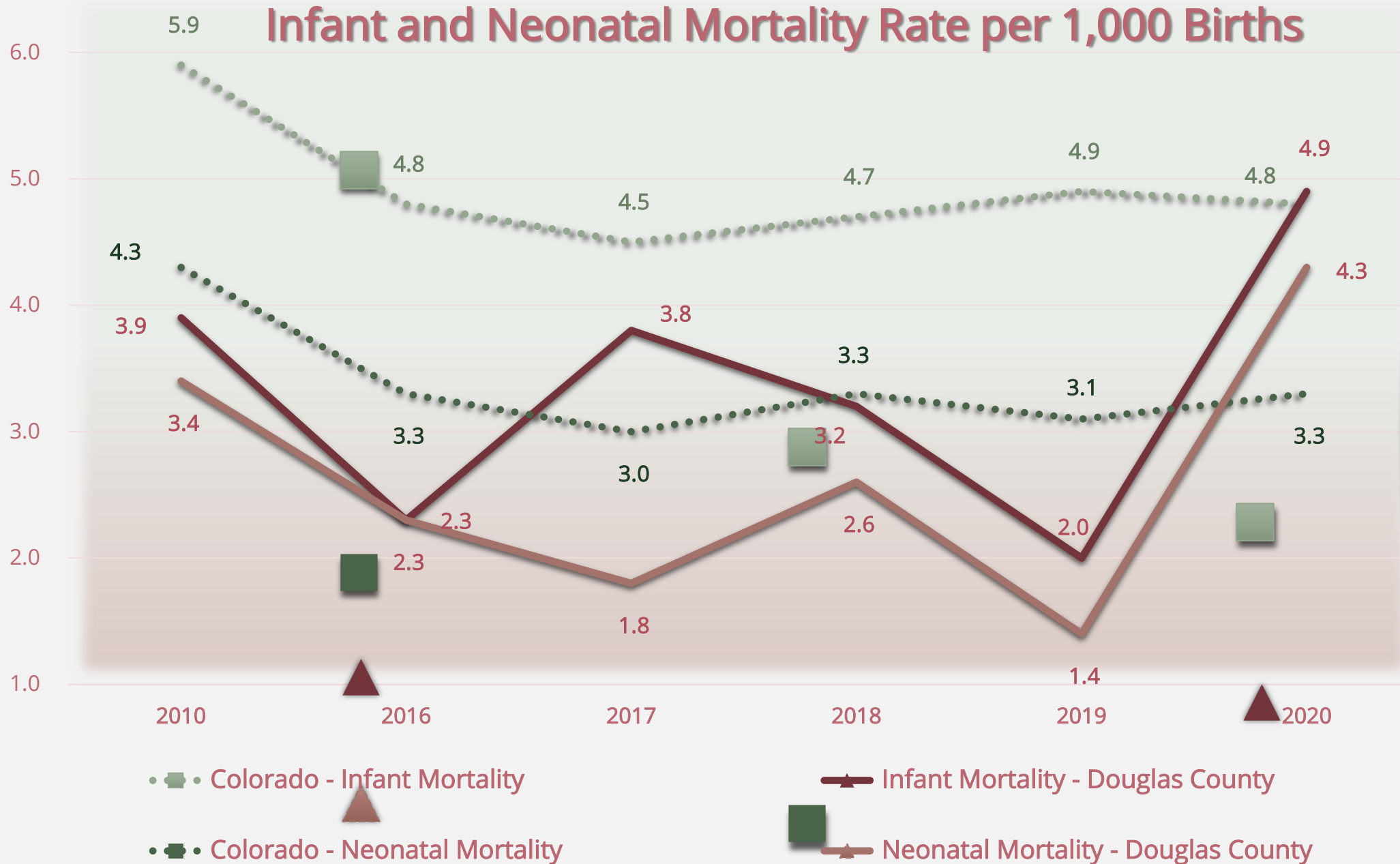
# Infant and Neonatal Mortality Rate per 1,000 Births

## Douglas County 2020

There were 17 infant deaths and 15 neonatal deaths.

Infant mortality rates were at a 10-year high at 4.9, up 25.6%, while Colorado rates are declining.

Douglas County generally has a lower neonatal mortality rate compared to Colorado; however, the rate is at a 10 year high at 4.3, increasing 26.5%, and surpassing Colorado.



# Key Take Aways

## TEEN BIRTH RATE

Douglas County has lower teen birth rates compared to Colorado. However, **Castle Rock has significantly higher rate of teen births** compared to Colorado

## LOW WEIGHT BIRTH RATE

Douglas County has similar trends to Colorado between 2010 and 2020 and is doing better than Colorado. **However, geographic disparity in Castle Rock**

## ACCESS TO PRENATAL CARE

Births are more likely to have had prenatal care in Douglas County compared to Colorado.

**However, rates of late or no prenatal care are trending up.** Also, like Colorado, Douglas County has **unequal access to prenatal care among births to Hispanic and Black women.**

## INFANT AND NEONATAL MORTALITY

Douglas County generally has lower infant and neonatal mortality rates compare to Colorado; However, both rates are at a 10-year high and surpassed Colorado in 2020





# Chronic Disease

CDC data suggests that Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States

Chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both.

Data are shared on:

- Heart Disease
- Obesity
- Diabetes
- Cancer

Data Source:

Colorado's Behavioral Health Risk Surveillance System

Vital Statistics Program, Colorado Department of Public Health and Environment

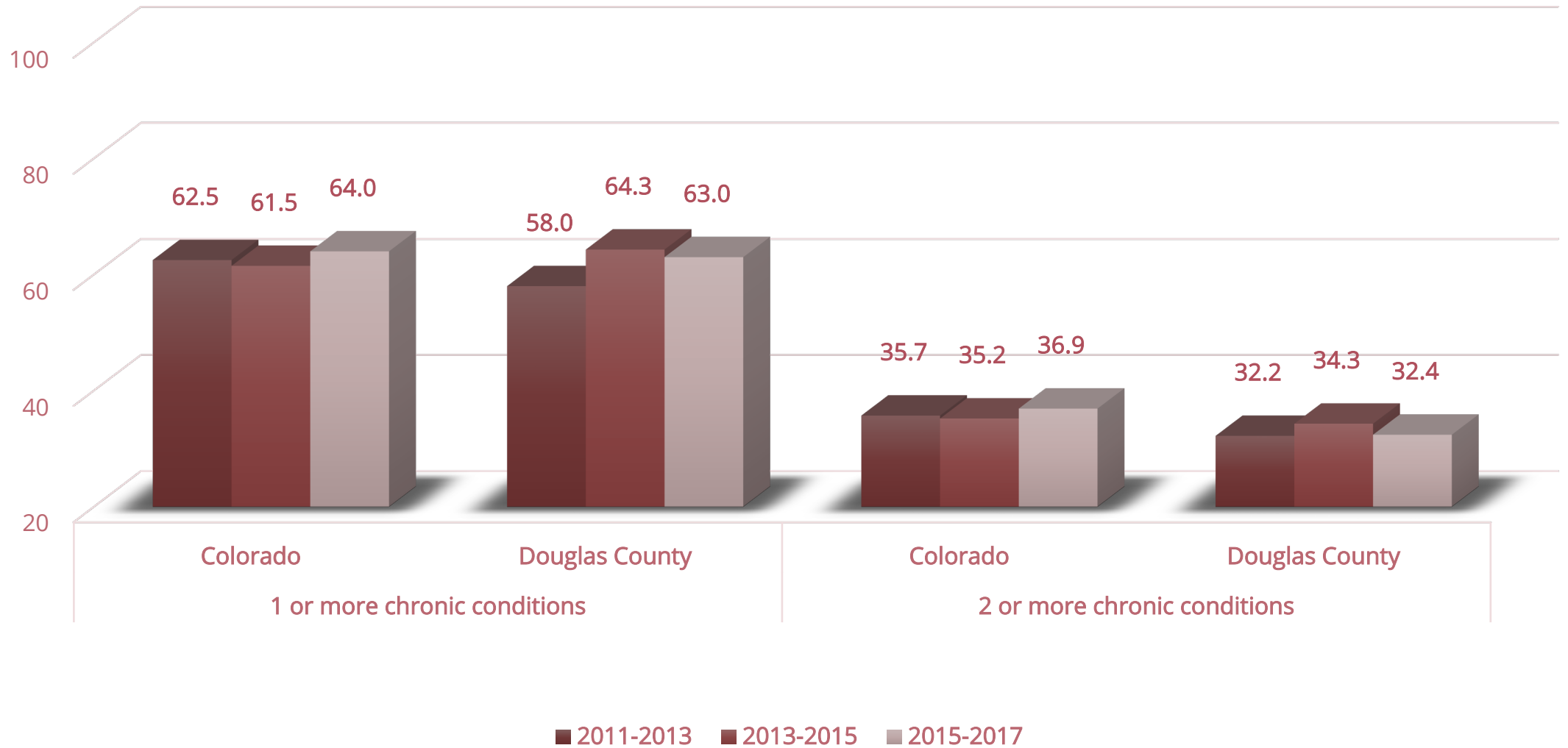


bleed health  
diabetes

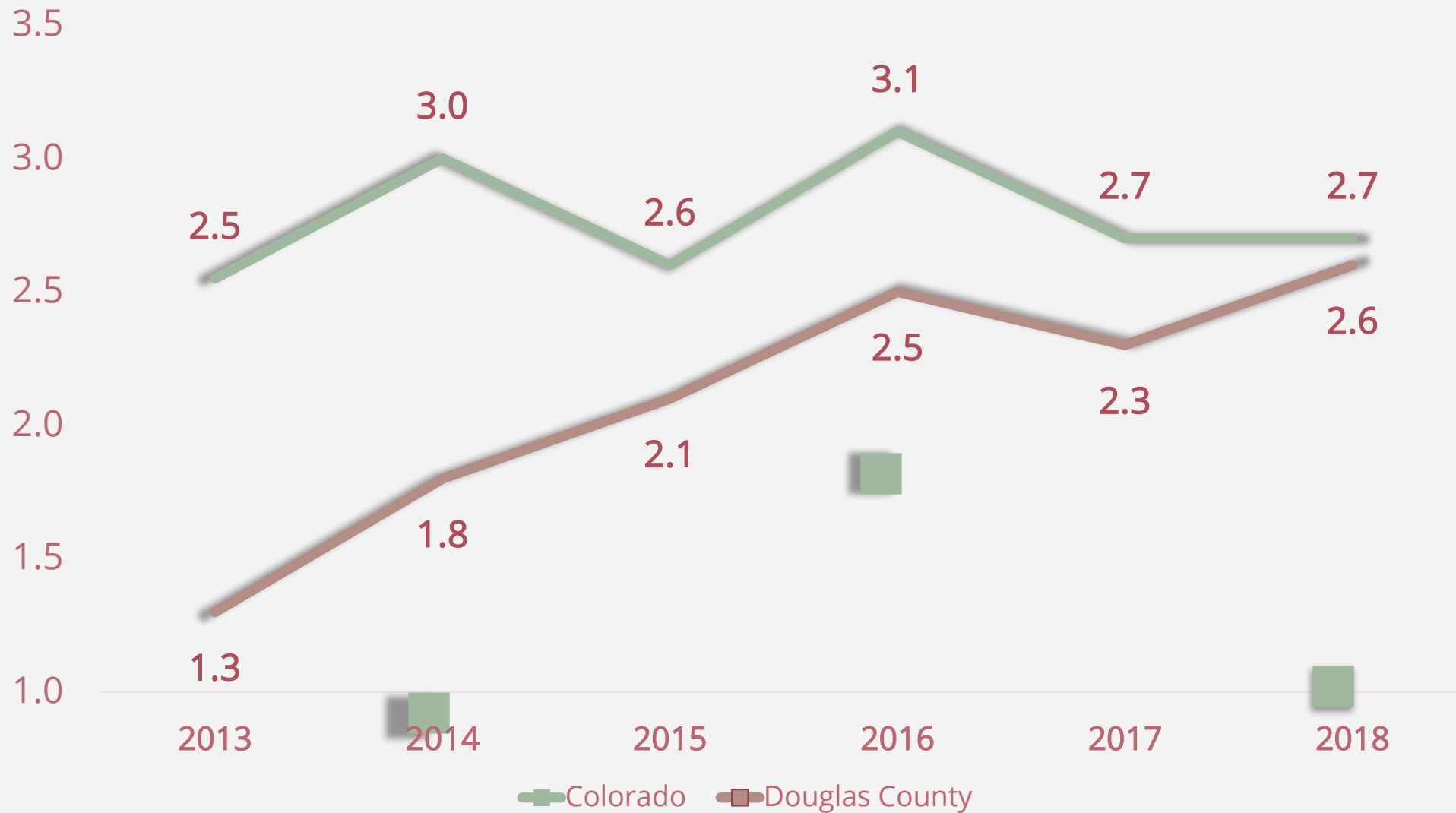
symptoms syringe disease fingertip biology saturated illness fat sugar  
needle hospital pain chronic glucose sickness hormone pancreas  
diabetic lancet healthy  
heart problem insulin hypoglycemia hyperglycemia medical  
immune cells medicine control medication poking health-care analysis healthcare  
blood

# Chronic Disease Prevalence

# Percent of Adults with Chronic Conditions



## Percent of adults who ever been diagnosed with coronary heart disease

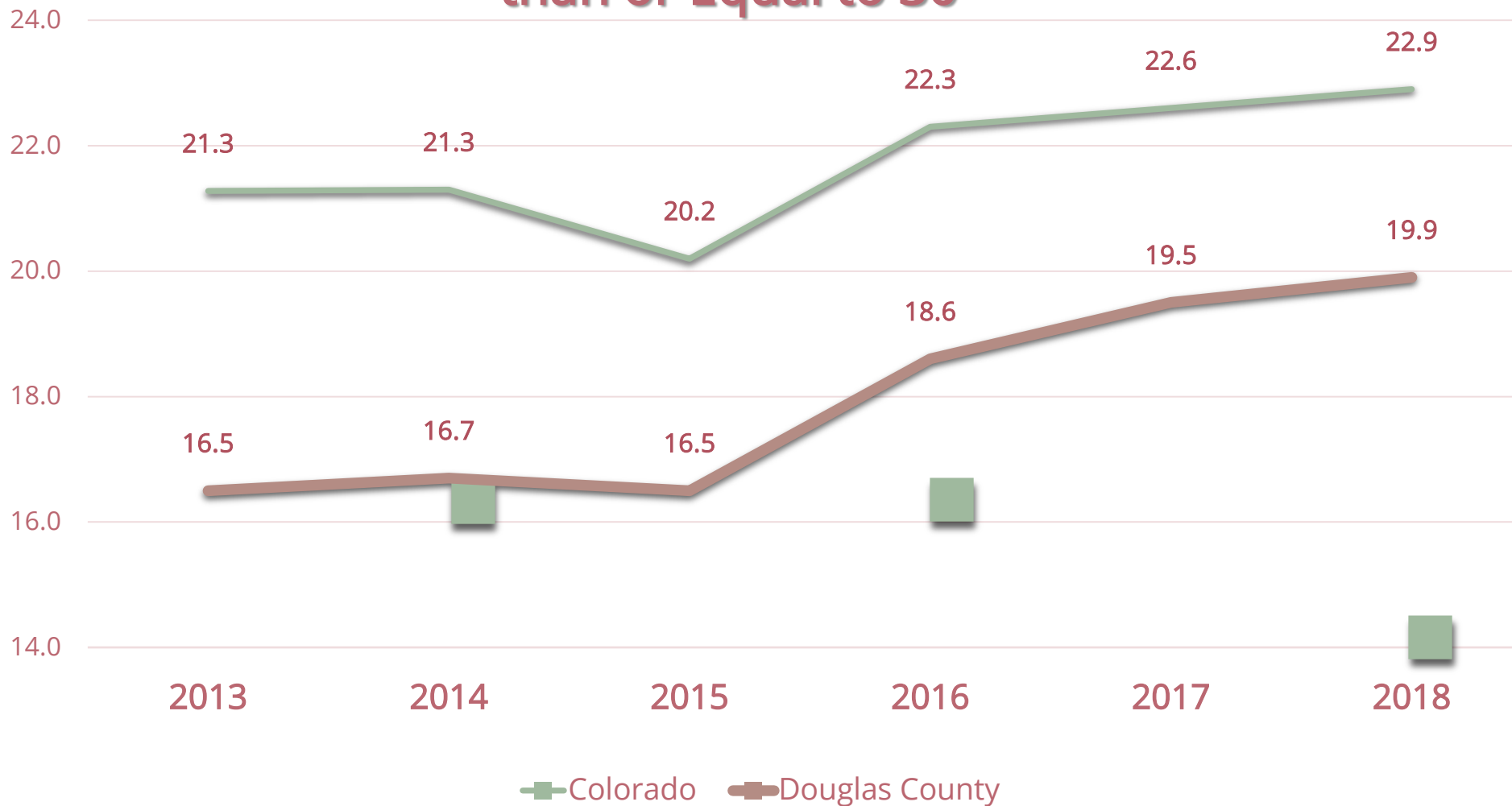


Douglas County has lower prevalence of heart disease compared to Colorado.

However, the percent of adults who have been diagnoses with heart disease is increasing while Colorado remains stable



## Percent of Adults with a Body Mass Index Greater than or Equal to 30



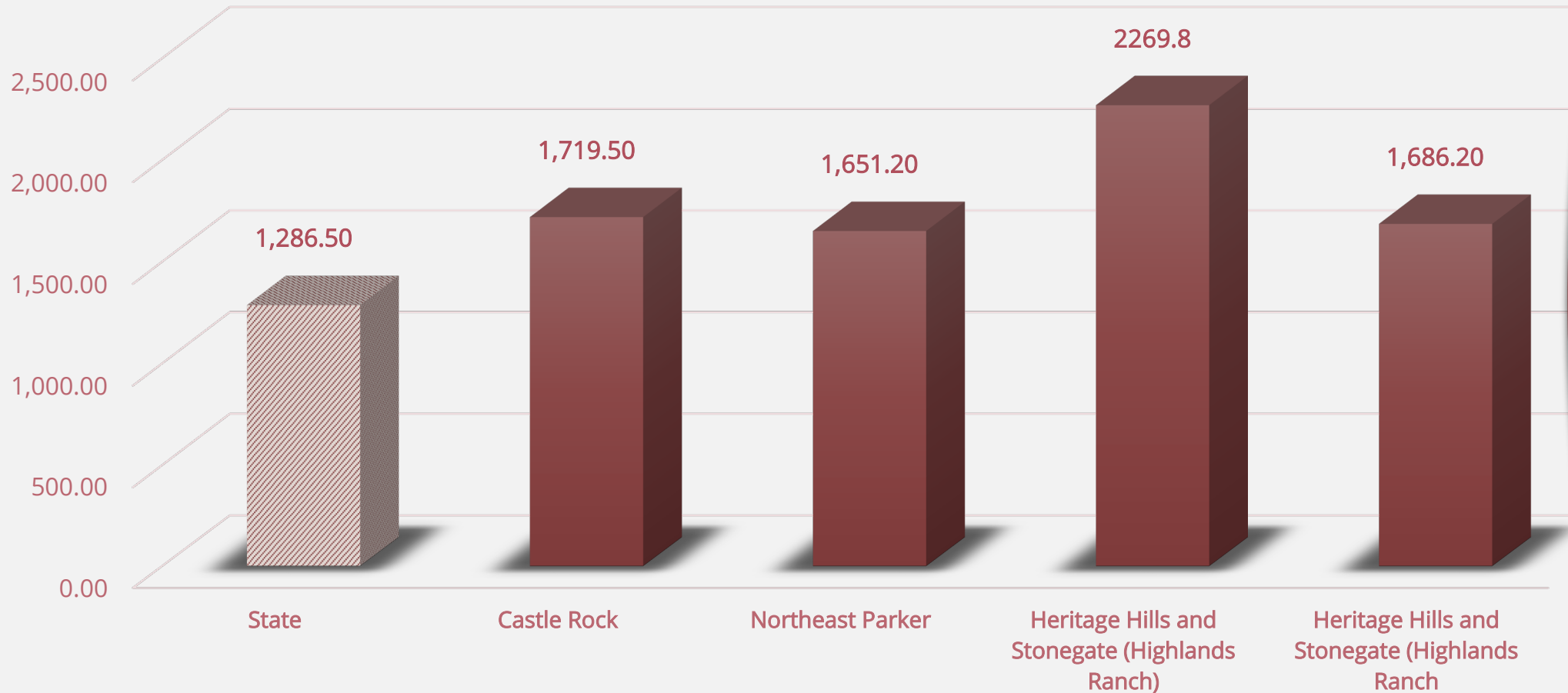
Obesity rates are increasing faster in Douglas County compared to Colorado

16.5% in 2013 up to 19.9% in 2018

There is little geographic variation in rates.

# Diabetes Hospitalization Rate (2014-2018)

Age-Adjusted Diabetes Hospitalization Rate Per 100,000 Persons

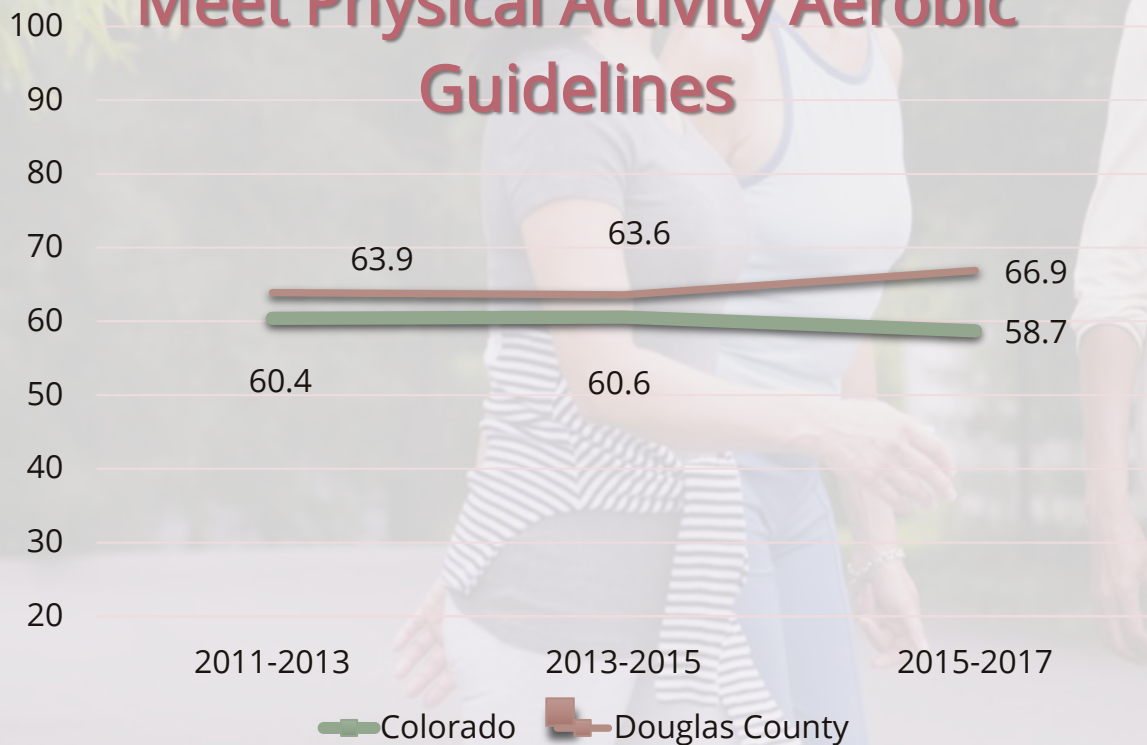


**Diabetes Prevalence**  
Per 100,000  
**Colorado**  
6.5 in 2013  
up to  
7.0 in 2018  
(7.7% increase)

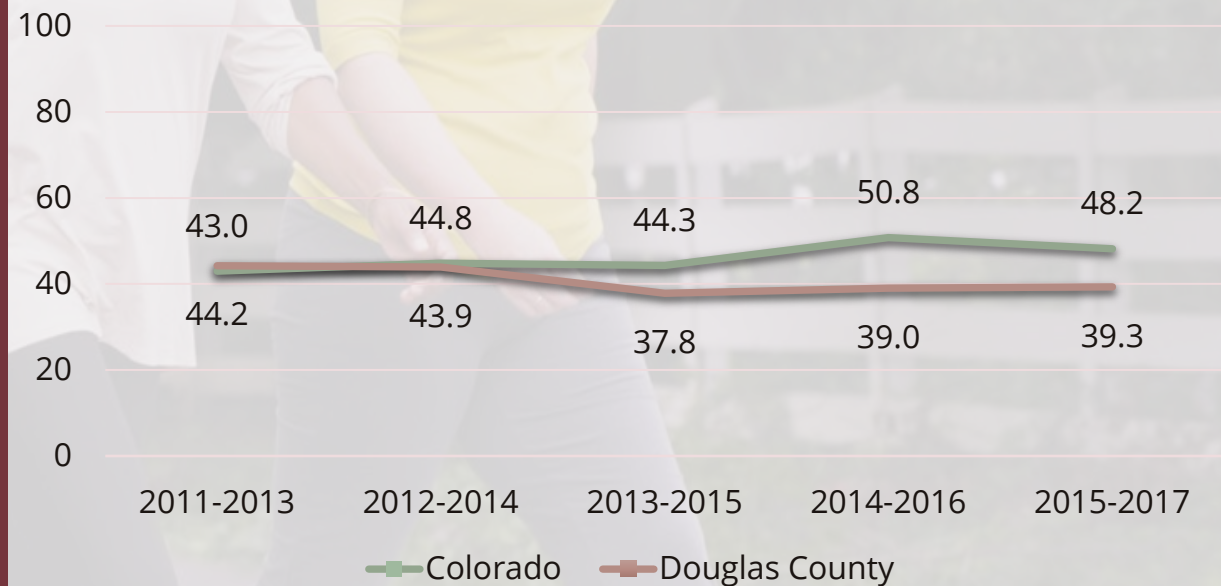
**Douglas County**  
4.1 in 2013  
up to  
5.6 in 2018  
(36.6% increase)

# Physical Health and Fitness

## Percent of Adults (18+) Who Meet Physical Activity Aerobic Guidelines



## Percent of Children (5-14 years) Who Meet Physical Activity Aerobic Guidelines

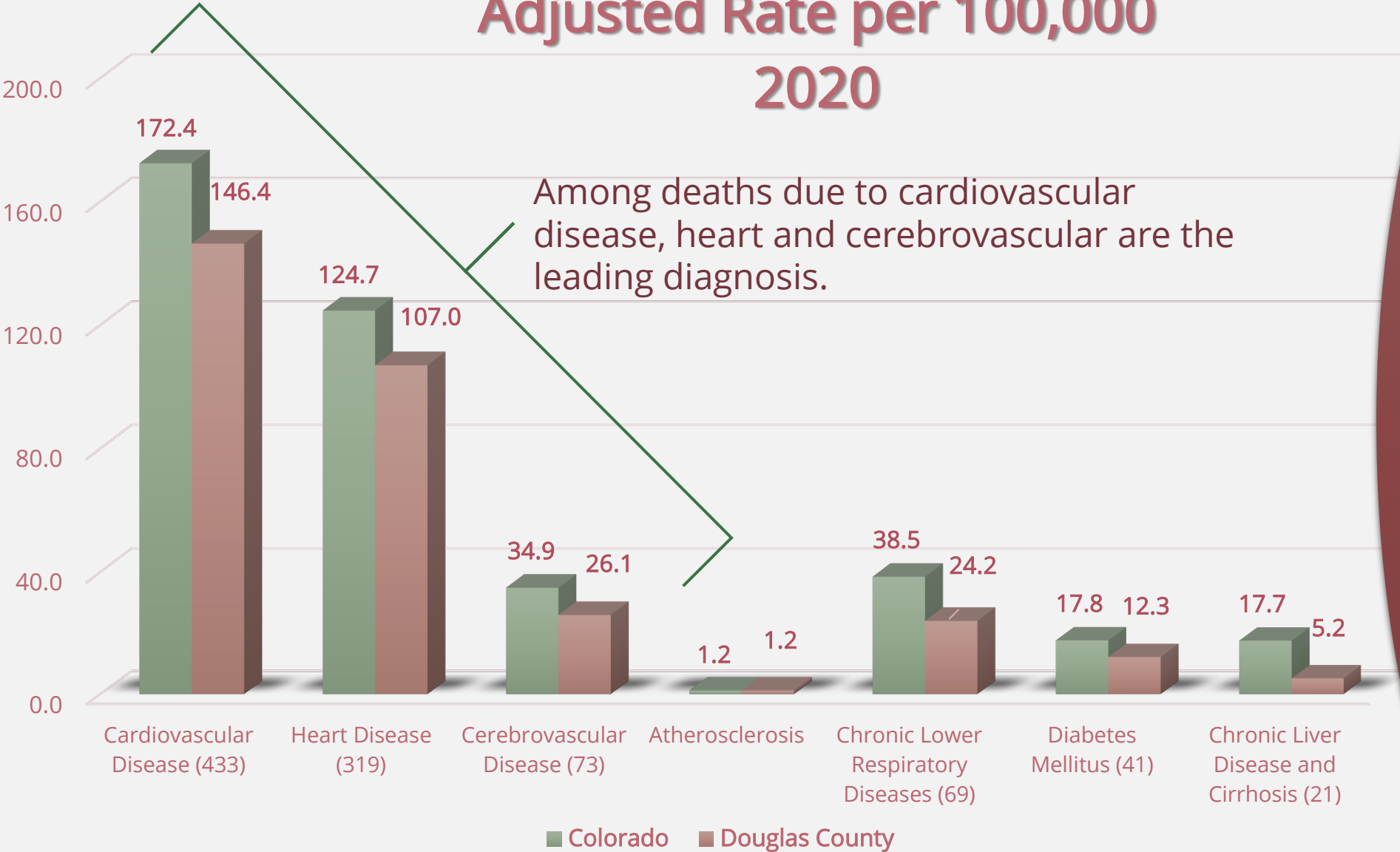


A photograph of a cemetery with several tombstones in the foreground. The tombstones are dark and rectangular, some with arched tops. They are set in a grassy area with low-lying plants. In the background, there is a body of water, possibly a lake or a wide river, under a dark, overcast sky. The overall mood is somber and reflective.

# Mortality – Chronic Disease

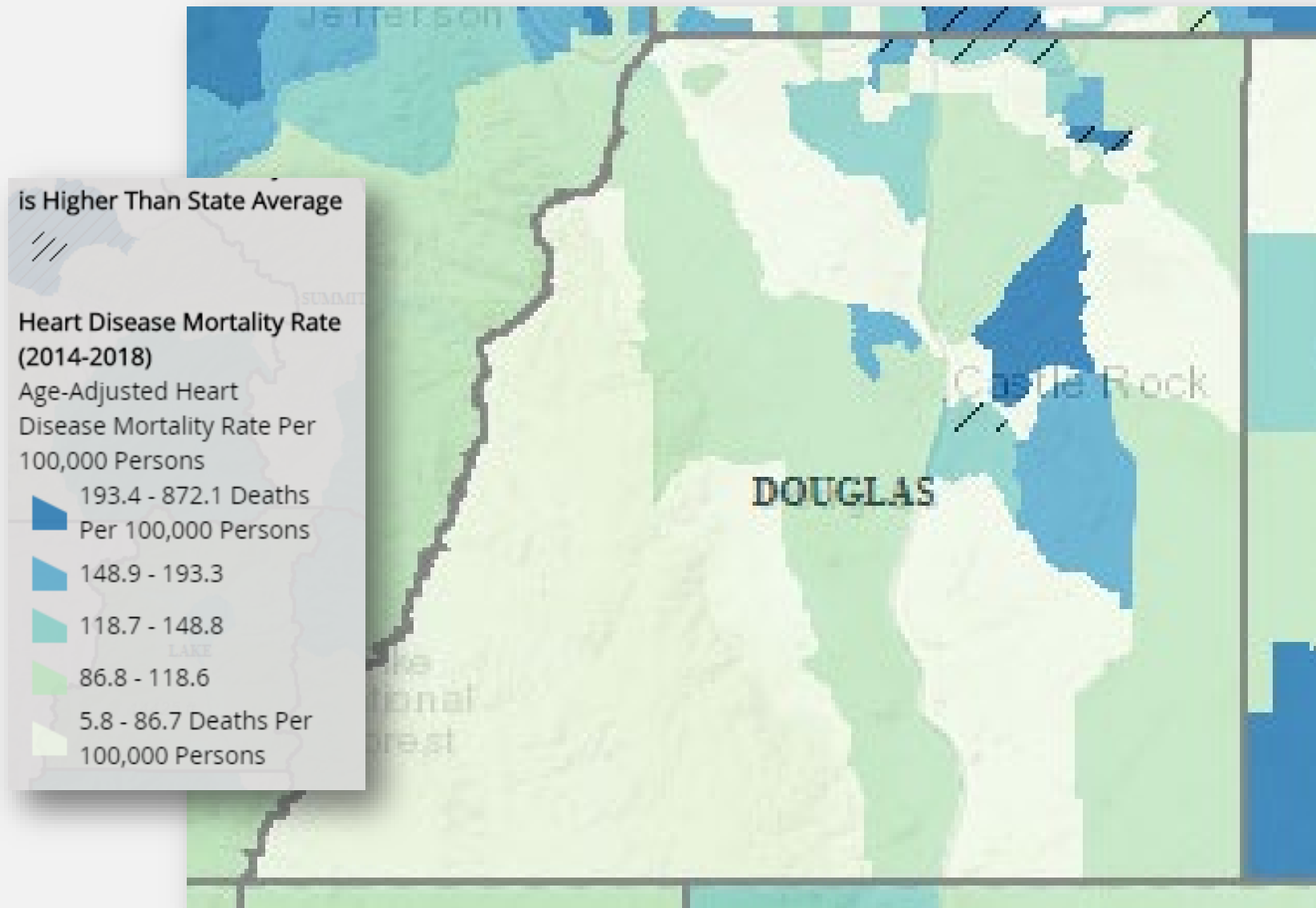


# Cause of Death: Chronic Disease Age Adjusted Rate per 100,000 2020



Cause of death due to chronic disease is lower in Douglas County compared to Colorado

Note: (#) represents Douglas County number of deaths in 2020  
Data Source: Vital Statistics Program, Colorado Department of Public Health and Environment



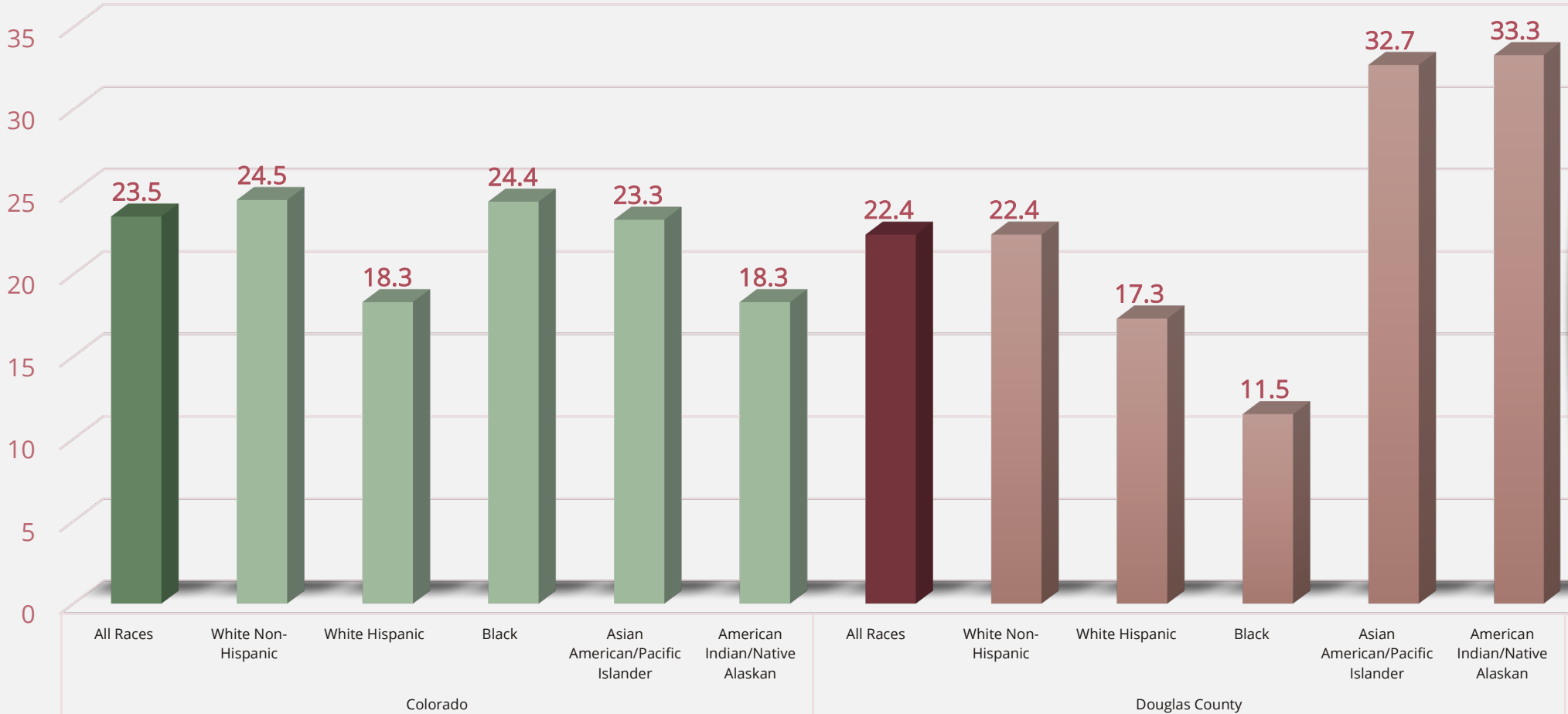
Cause of death due to chronic disease is lower in Douglas County compared to Colorado

However, there is geographic disparity with higher rates of heart disease mortality in areas of Parker, Highlands Ranch, and Castle Rock.

## Cause of Death: Cardiovascular Disease

### Percent of total deaths of each race/ethnicity group

#### 2020

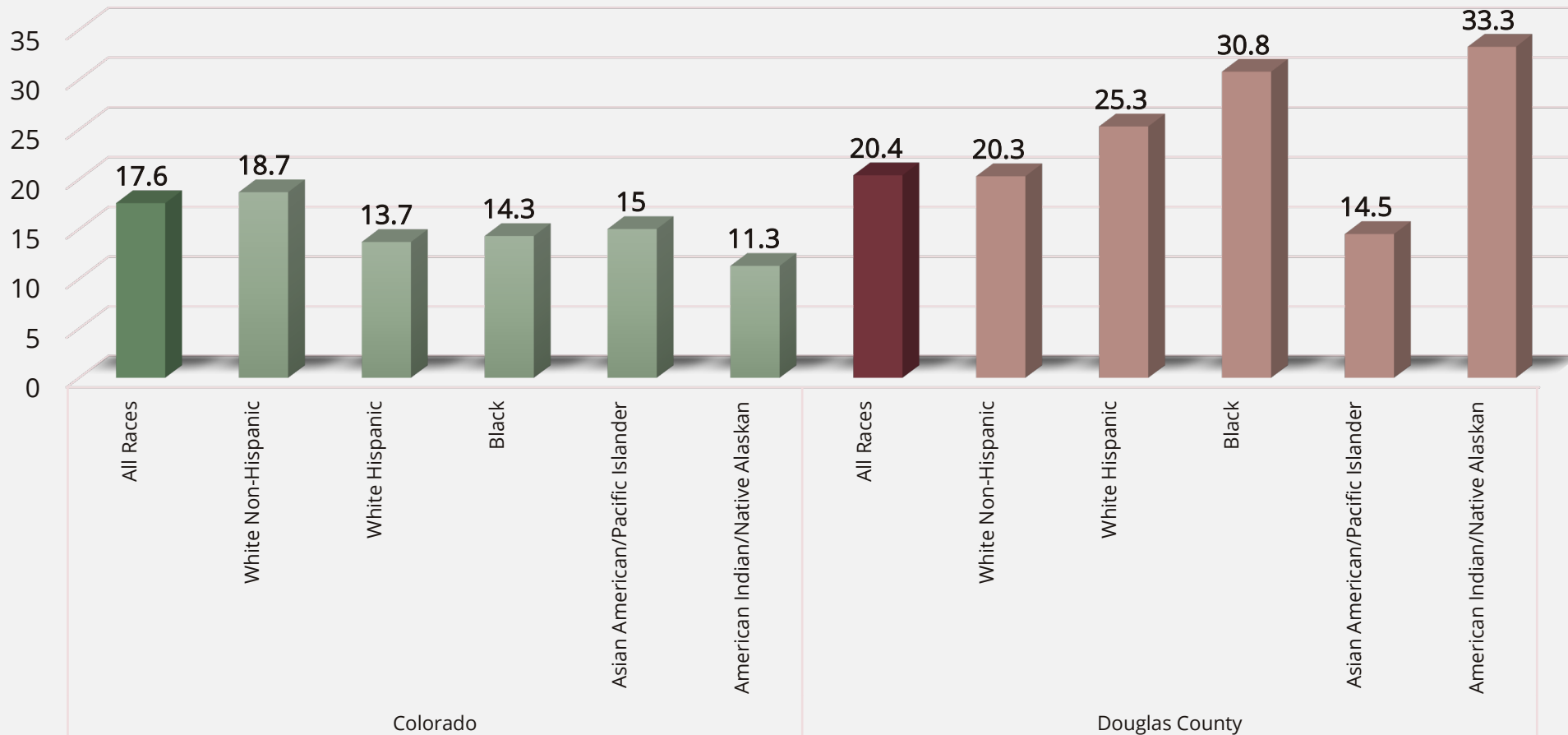


Within Douglas County, there is a disparate impact of death from cardiovascular disease among AA/PI and AI/NA populations, which is not observed in Colorado

Within Douglas County, Black populations have a lower percentage of deaths among this race/ethnicity group due to cardiovascular disease than Colorado

# Cause of Death: Malignant Neoplasms

## Percent of total deaths of each race/ethnicity group, 2020



Deaths due to malignant neoplasms or cancer are decreasing the Colorado and Douglas County *(Data not shown)*.

Within Douglas County, there is a disproportionate impact of death due to cancer among Black, White Hispanic and AI/NA, which is not observed in Colorado.



The background of the slide is a grayscale X-ray image of a human torso, specifically showing the spine and ribcage. A surgical instrument, possibly a scalpel or a similar tool, is positioned diagonally across the spine. The text is overlaid on the left side of the image.

# All Injury

Data Source:

Injury Epidemiology Program, Colorado Department of Public Health and Environment

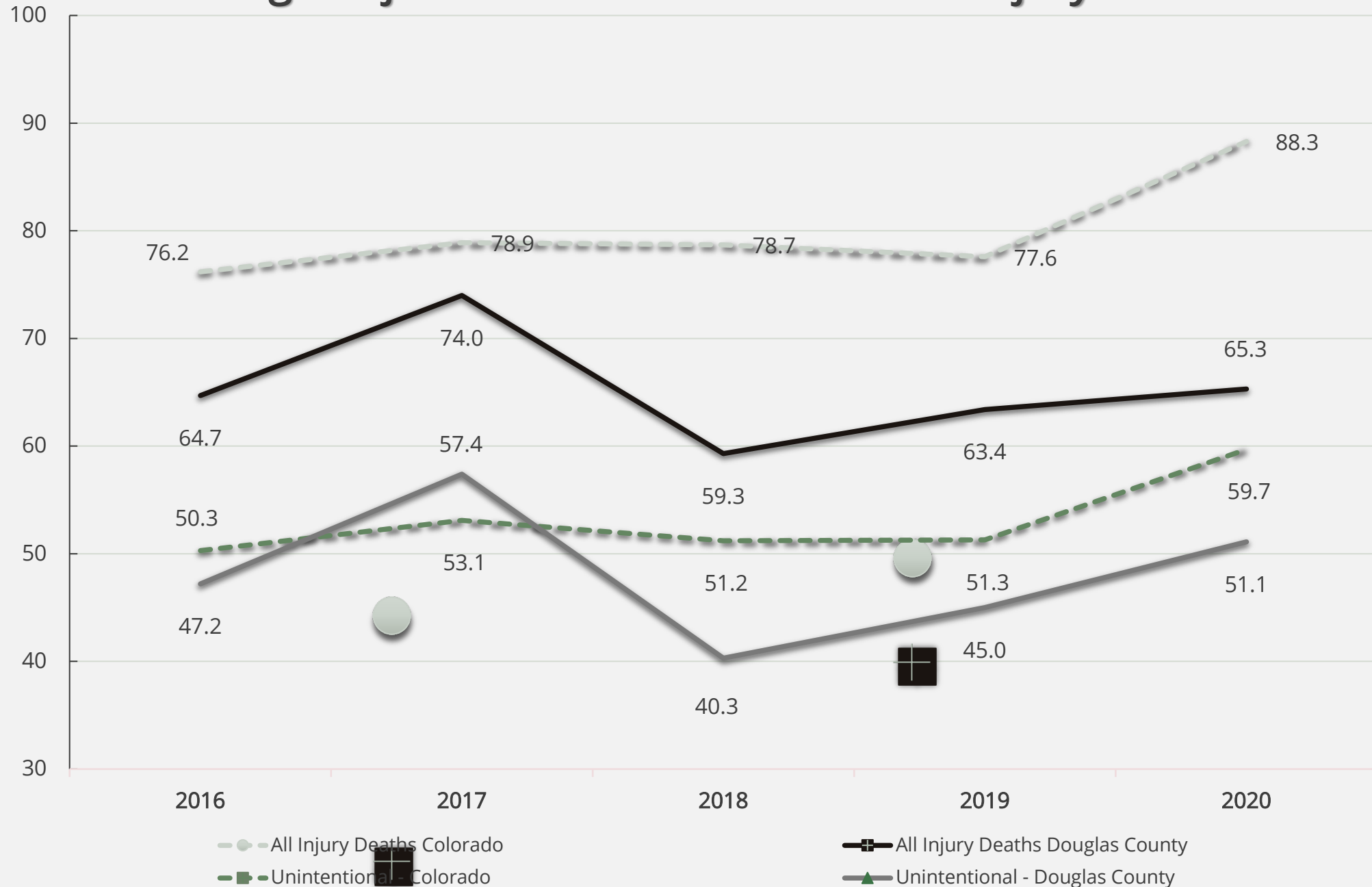
Vital Statistics Program, Colorado Department of Public Health and Environment

# Age Adjusted Rates of Death due to Injury

Injury is common, costly, and preventable – it is a third leading cause of death in Colorado. Injury data sheds light on when and why violence and injuries occur and how to prevent them.

Overall, the annual 2016 to 2020 average rate of injury in Douglas County is lower than Colorado

Since 2016, there is an increasing trend exists in both Colorado and Douglas County; However, rates are more stable in Douglas County



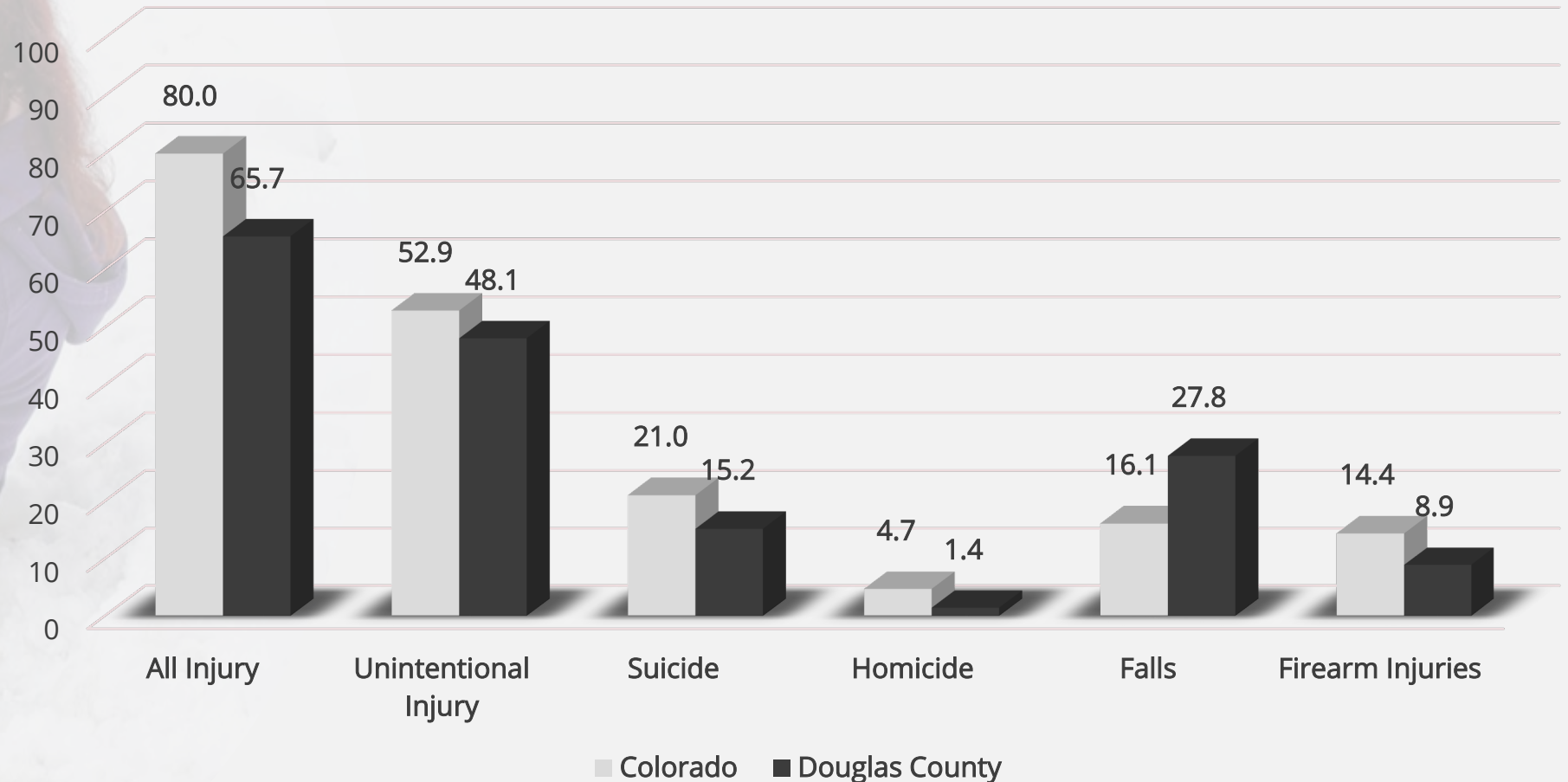
Note: The categories are not mutually exclusive. For example, an individual death may have been both unintentional and due to a firearm injury. In this case, their death may be counted among the "Unintentional injury" and "Firearm Injuries" categories.  
Data Source: Injury Epidemiology Program, Colorado Department of Public Health and Environment. Injuries in Colorado Dashboard.

# Age Adjusted Rates of Death due to Injury

## Rate per 100,000 by Type of Injury

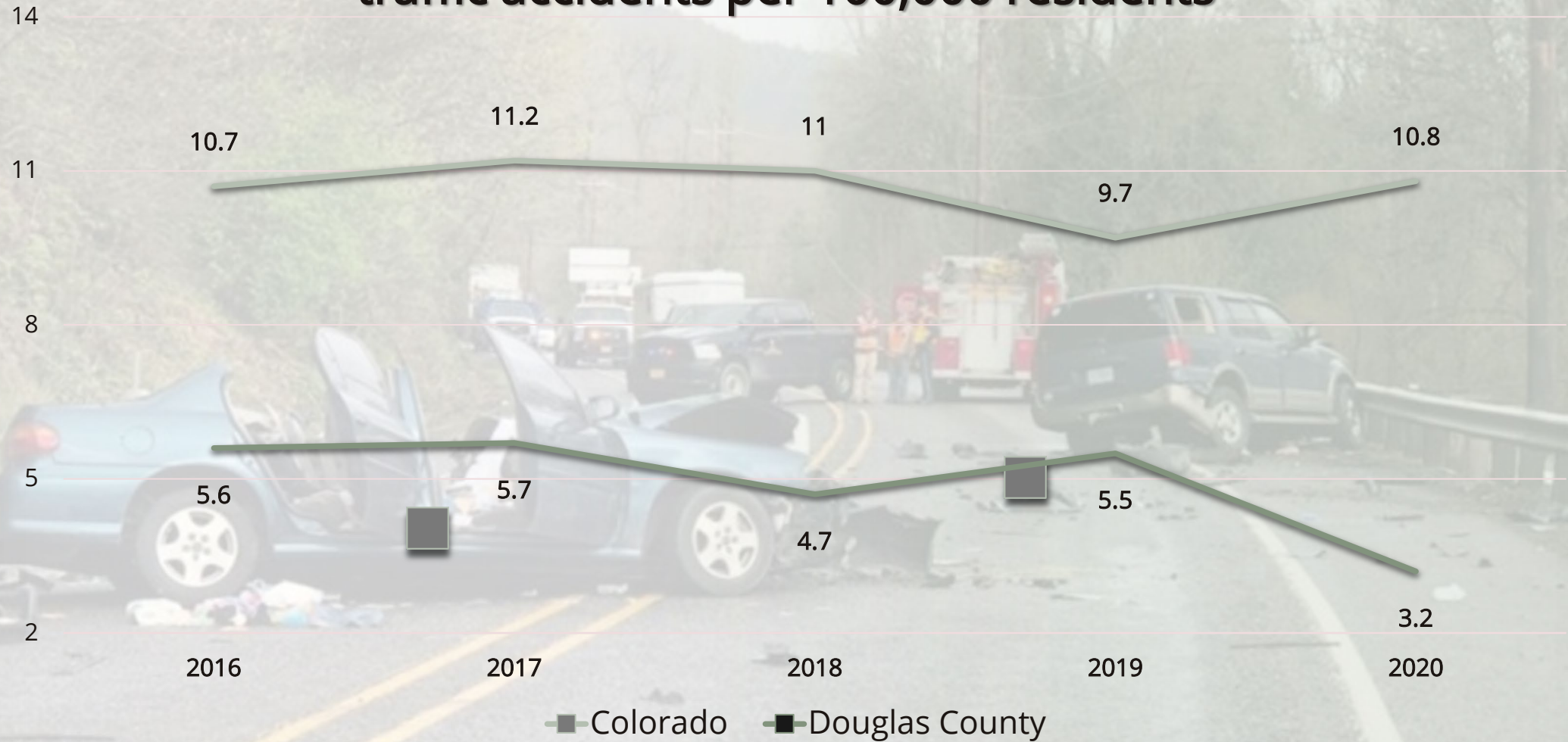
### 2016-2020 Four Year Estimate

Falls are one of the leading cause of injury in Douglas County, and the rate is greater than Colorado.



Note: The categories are not mutually exclusive. For example, an individual death may have been both unintentional and due to a firearm injury. In this case, their death may be counted among the "Unintentional injury" and "Firearm Injuries" categories.  
Data Source: Injury Epidemiology Program, Colorado Department of Public Health and Environment. Injuries in Colorado Dashboard.

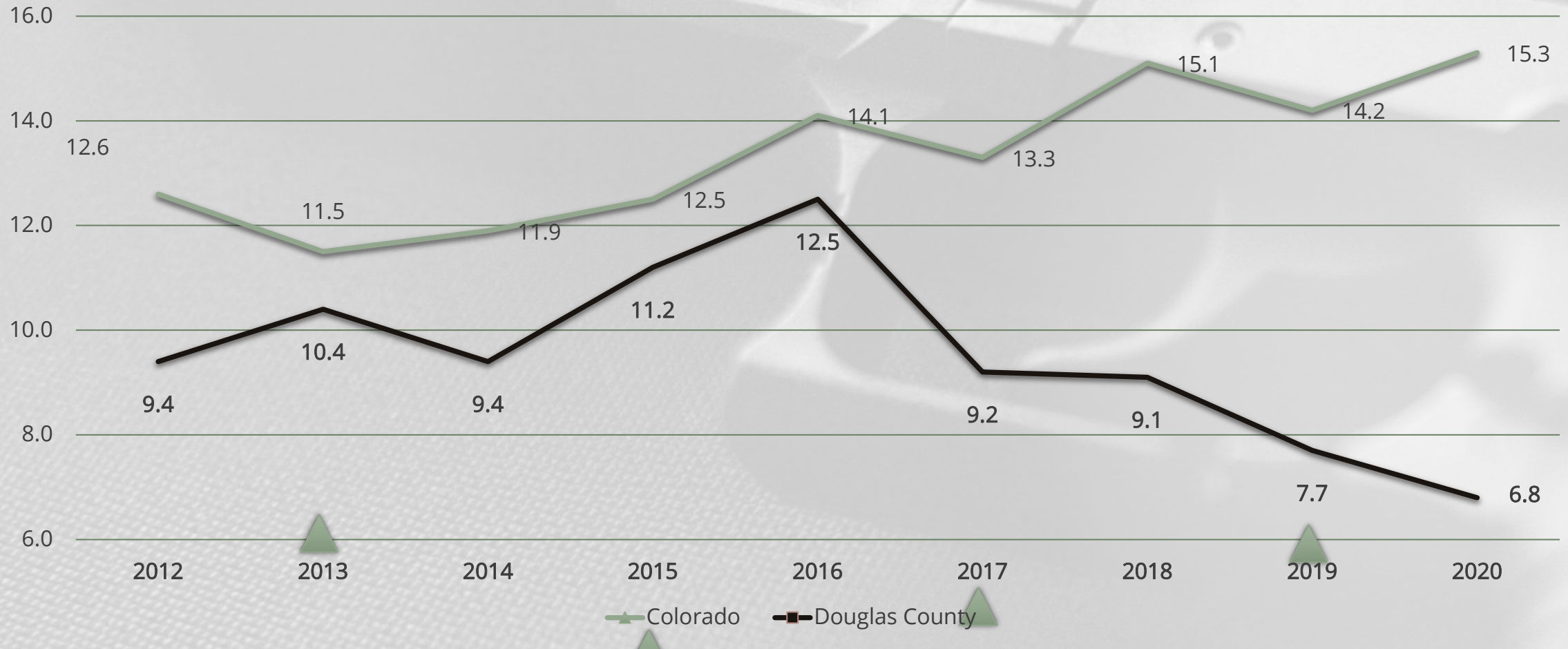
## Average annual age-adjusted rate of deaths due to traffic accidents per 100,000 residents



Note: The categories are not mutually exclusive. For example, an individual death may have been both unintentional and due to a firearm injury. In this case, their death may be counted among the "Unintentional injury" and "Firearm Injuries" categories.  
Data Source: Injury Epidemiology Program, Colorado Department of Public Health and Environment. Injuries in Colorado Dashboard.



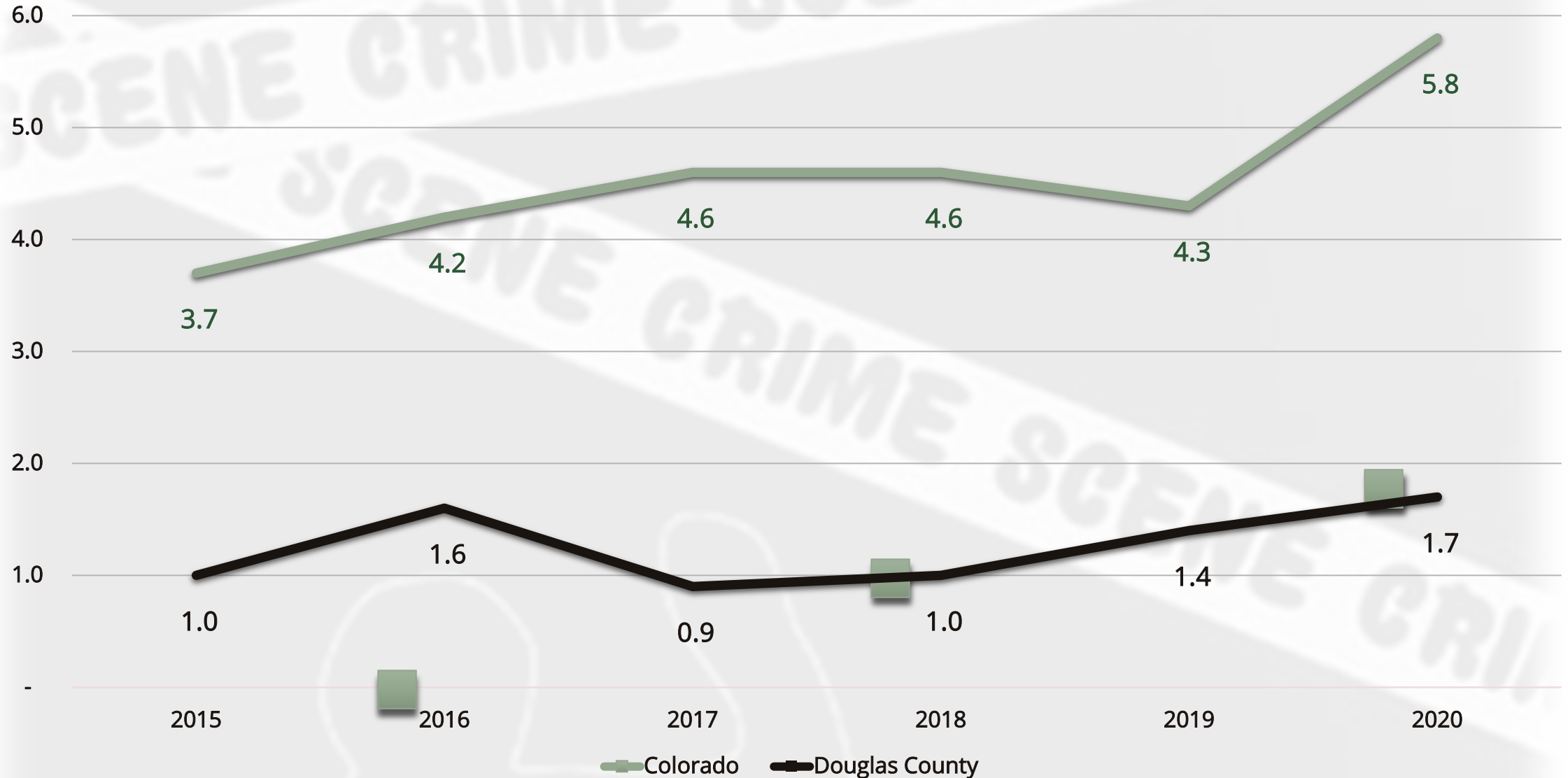
# Average annual age-adjusted rate of deaths due to injury by firearm per 100,000 residents



Note: The categories are not mutually exclusive. For example, an individual death may have been both unintentional and due to a firearm injury. In this case, their death may be counted among the "Unintentional injury" and "Firearm Injuries" categories.  
Data Source: Injury Epidemiology Program, Colorado Department of Public Health and Environment. Injuries in Colorado Dashboard.



# Age Adjusted Rate per 100,000 for Assault (homicide) Deaths



Note: The categories are not mutually exclusive. For example, an individual death may have been both unintentional and due to a firearm injury. In this case, their death may be counted among the "Unintentional injury" and "Firearm Injuries" categories.  
Data Source: Injury Epidemiology Program, Colorado Department of Public Health and Environment. Injuries in Colorado Dashboard.

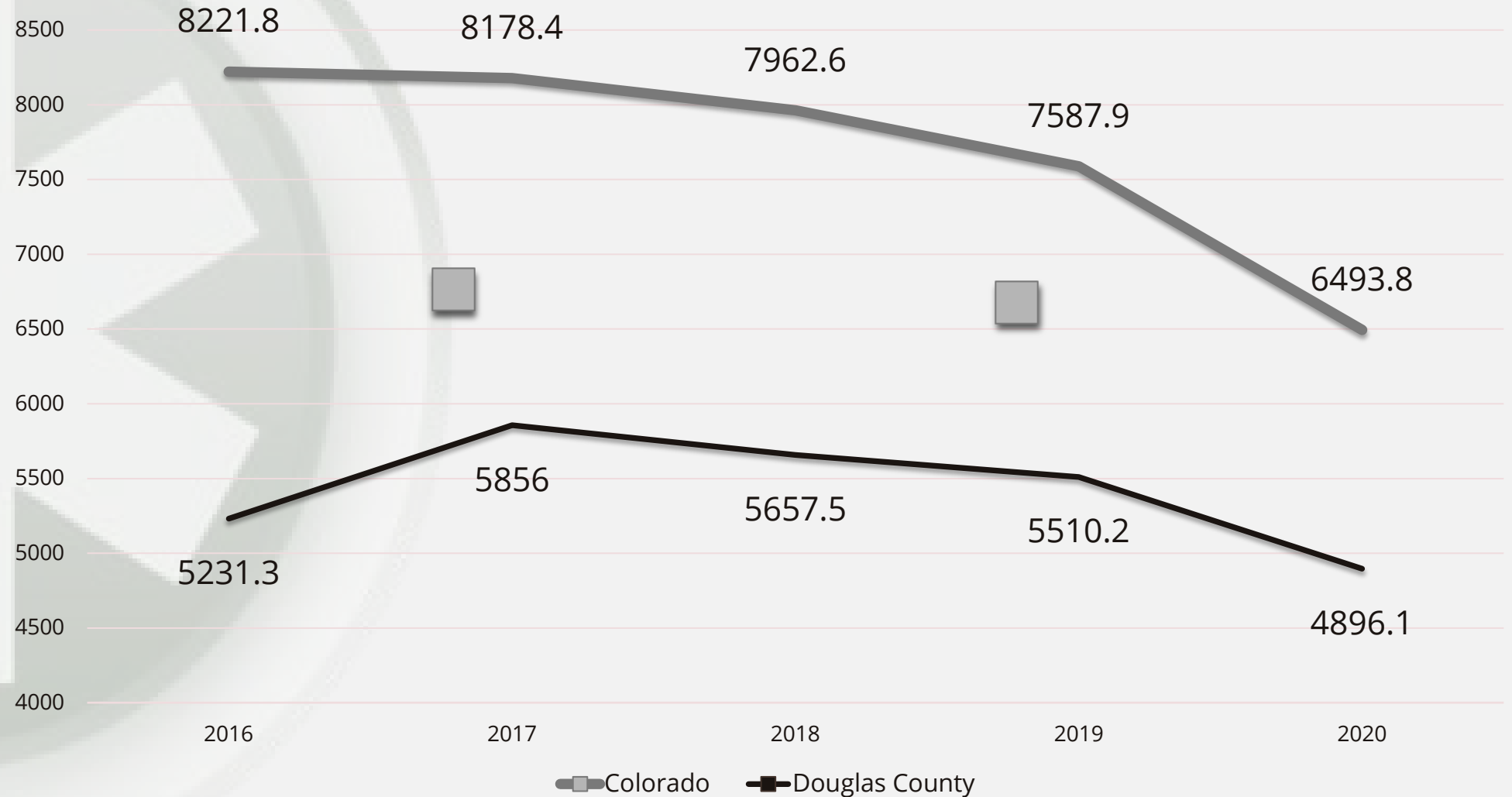
Douglas County Top Causes of Death by Age Group (Age Adjusted Rates per 100,000) 2020						
RANK	<1*	1-14	15-24	25-44	45-64	65+
Overall Age Adjusted Death Rate	4.9	**	0.6	1	2.7	31.9
1	Perinatal Period Conditions (3.7)		Unintentional Injuries (0.2)	Unintentional Injuries (0.3)	Malignant Neoplasms (0.8)	All Other*** (10.6)
2			Suicide (0.2)	Suicide (0.1)	Cardiovascular Disease (0.6)	Cardiovascular Disease (7.4)
3			Drug-Induced Deaths (0.2)	Drug-Induced Deaths (0.2)	Alcohol-Induced Deaths (0.6)	Malignant Neoplasms (6.4)
4			All Other*** (0.1)	All Other*** (0.2)	All Other*** (0.5)	Covid-19 (3.4)
5			Cardiovascular Disease (0.1)	Injury by Firearm (0.1)	Unintentional Injuries (0.3)	Alzheimer's Disease (2.5)
6				Alcohol-Induced Deaths (0.1)		Unintentional Injuries (1.8)

\*Infant (<1 year) mortality rates are per 1,000 live births. Other rates are deaths per 1,000 population of the age group. \*\*indicates one or two events in the category. Note: The categories are not mutually exclusive. For example, an individual death may have been both unintentional and due to a firearm injury. In this case, their death may be counted among the "Unintentional injury" and "Firearm Injuries" categories.

\*\*\* All Other includes all other causes of death not listed as a causes of death in the Birth and Death Stats Report developed by CDPHE Vital Statistics.

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

## Average annual age-adjusted rate of ED visits mentioning any injury per 100,000 residents



Note: ED visits represent health care events and not unique individuals. It is possible that an individual experienced more than one non-fatal injury within the time period, resulting in multiple events counted in this dashboard.

Data Source: Injury Epidemiology Program, Colorado Department of Public Health and Environment. Colorado Hospital Association billing claims data

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Age Adjusted Rates per 100,000 of ED Visits by Injury Type	2016	2020	Percent Change
Fall Injuries	1,759.9	1,852.5	5%
Motor Vehicle	452.2	348.4	-23%
Poisoning Due to Drugs	115.3	143.7	25%
Assault	105.6	118.7	12%
Intentional Self Harm	100.3	109.1	9%
Child or Adult Abuse	16.3	21.2	30%
Fire Arms (2017)	5.0	6.2	24%



# Behavioral Health

Colorado Behavioral Health Risk Surveillance System

2019 Colorado Healthy Kids Survey

Opioid Overdose Prevention Program, Colorado Department of Public Health and Environment

Drug Overdose Dashboard

Vital Statistics Program, Colorado Department of Public Health and Environment

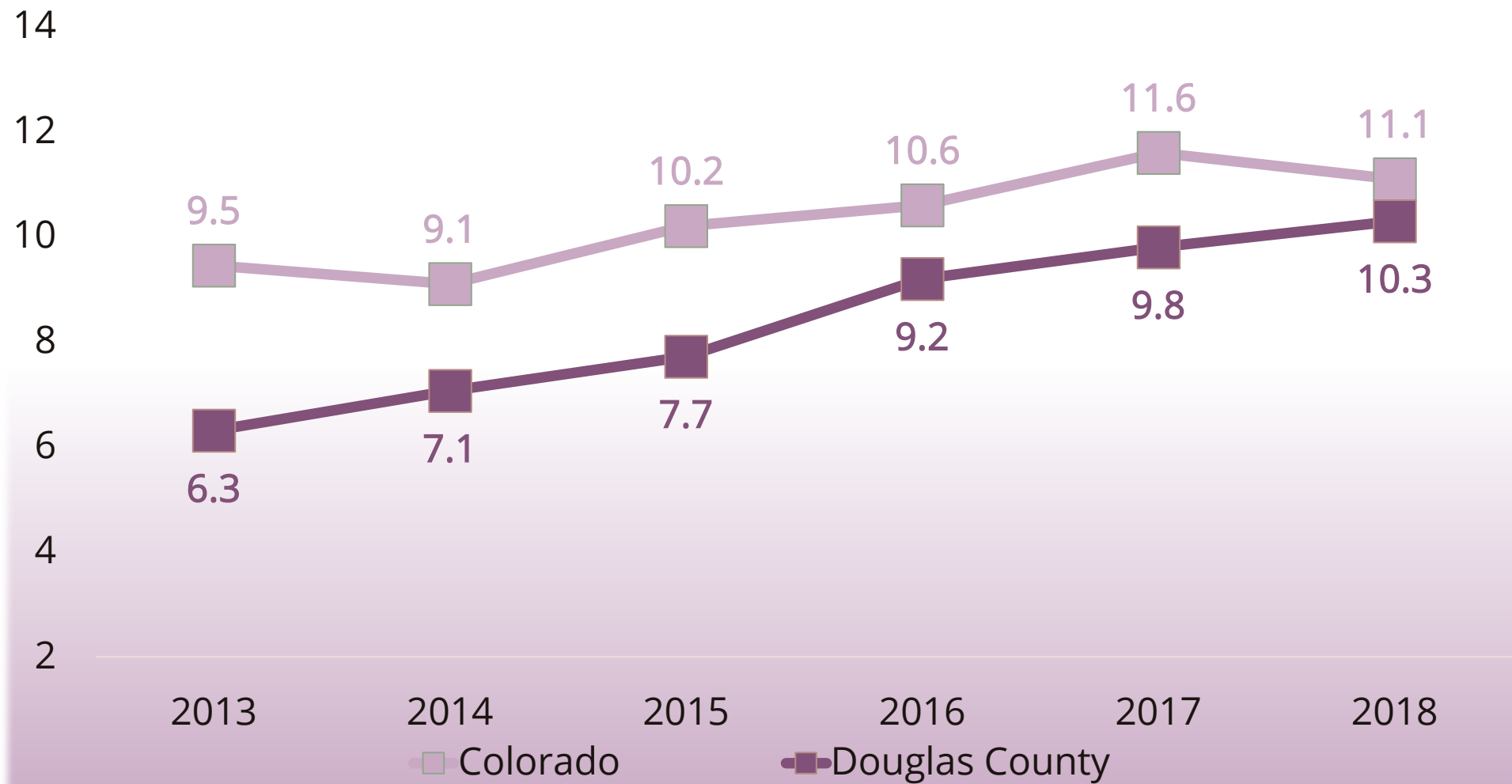


Mental health is important at every stage of life, from childhood and adolescence through adulthood.

The prevalence of mental health distress in Colorado and Douglas County is increasing among adults 18 and older.

The rate in Douglas County increased 63% to 10.3% (or 1 in 10 adults) compared to a 17% increase to 11.1% in Colorado.

## Mental Health Distress

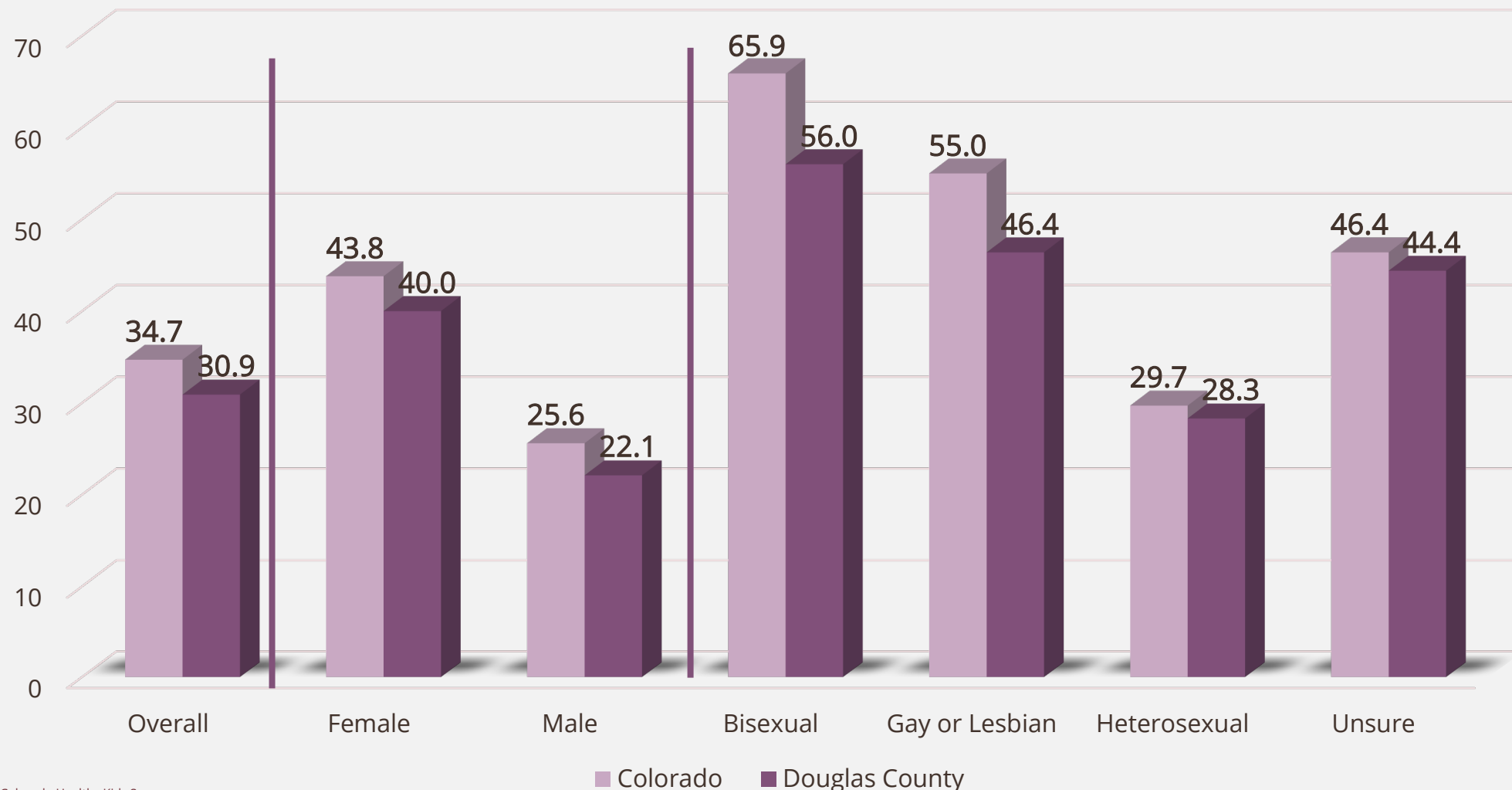


Fewer high school students in Douglas County compared to students in Colorado reported feeling symptoms of depression.

The percent of students who felt symptoms of depression increased 44% between 2013 to 2019, a similar rate of increase to Colorado (data not shown).

Females and LGB high school youth are more likely to experience symptoms of depression than their peers; a similar disparity in Colorado.

## Percentage of students who felt so sad or hopeless and stopped doing usual activities almost every day for 2+ consecutive weeks during the past 12 months, 2019

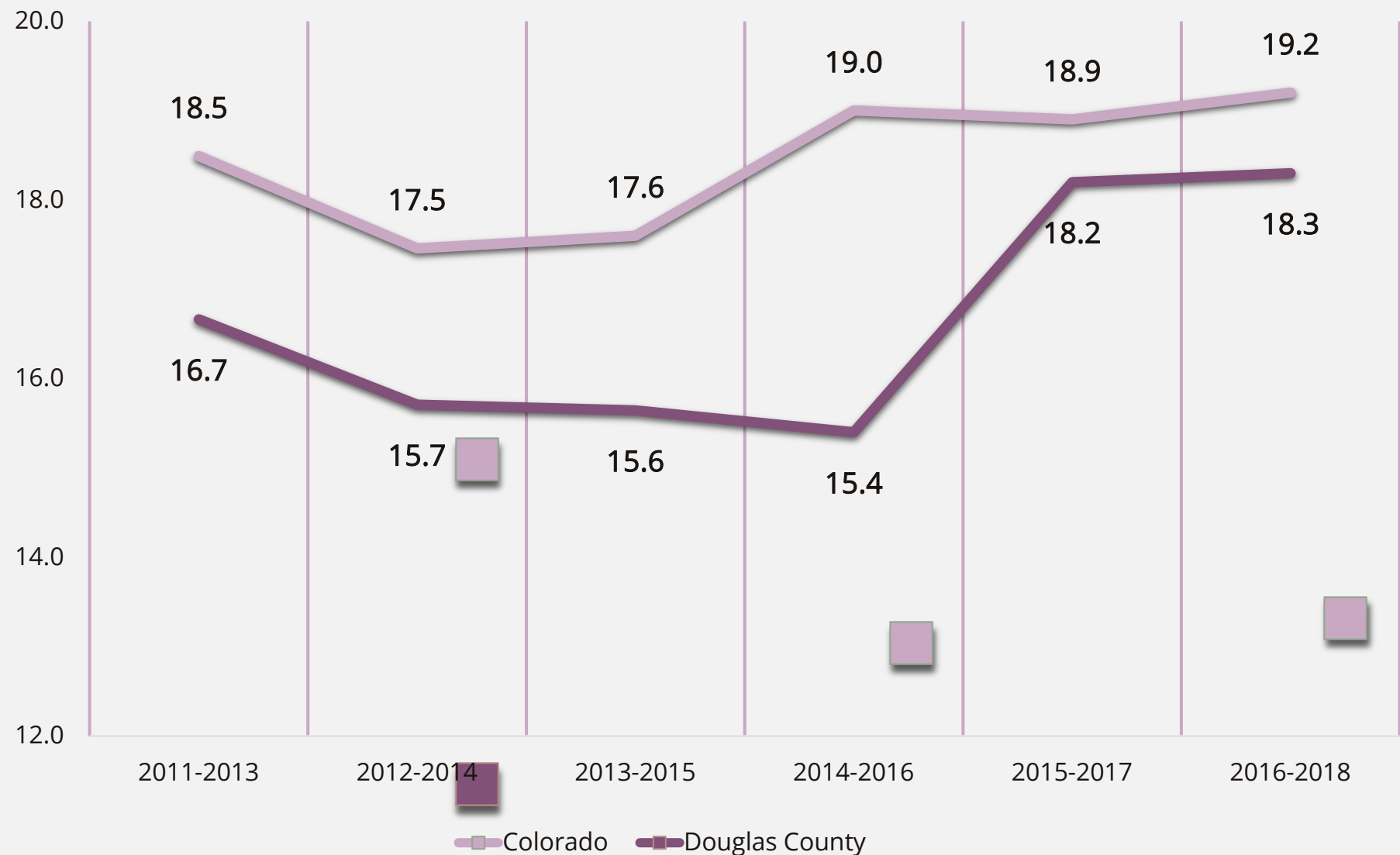


Source: 2019 Colorado Healthy Kids Survey

There are similar rates among Adults 18+ who report binge drinking in Colorado and Douglas County.

However, **the rate is increasing slightly faster in Douglas County, increasing 10% to 18.3 in 2016-2018 compared to a 4% increase to 19.2% in 2016-2018 for Colorado.**

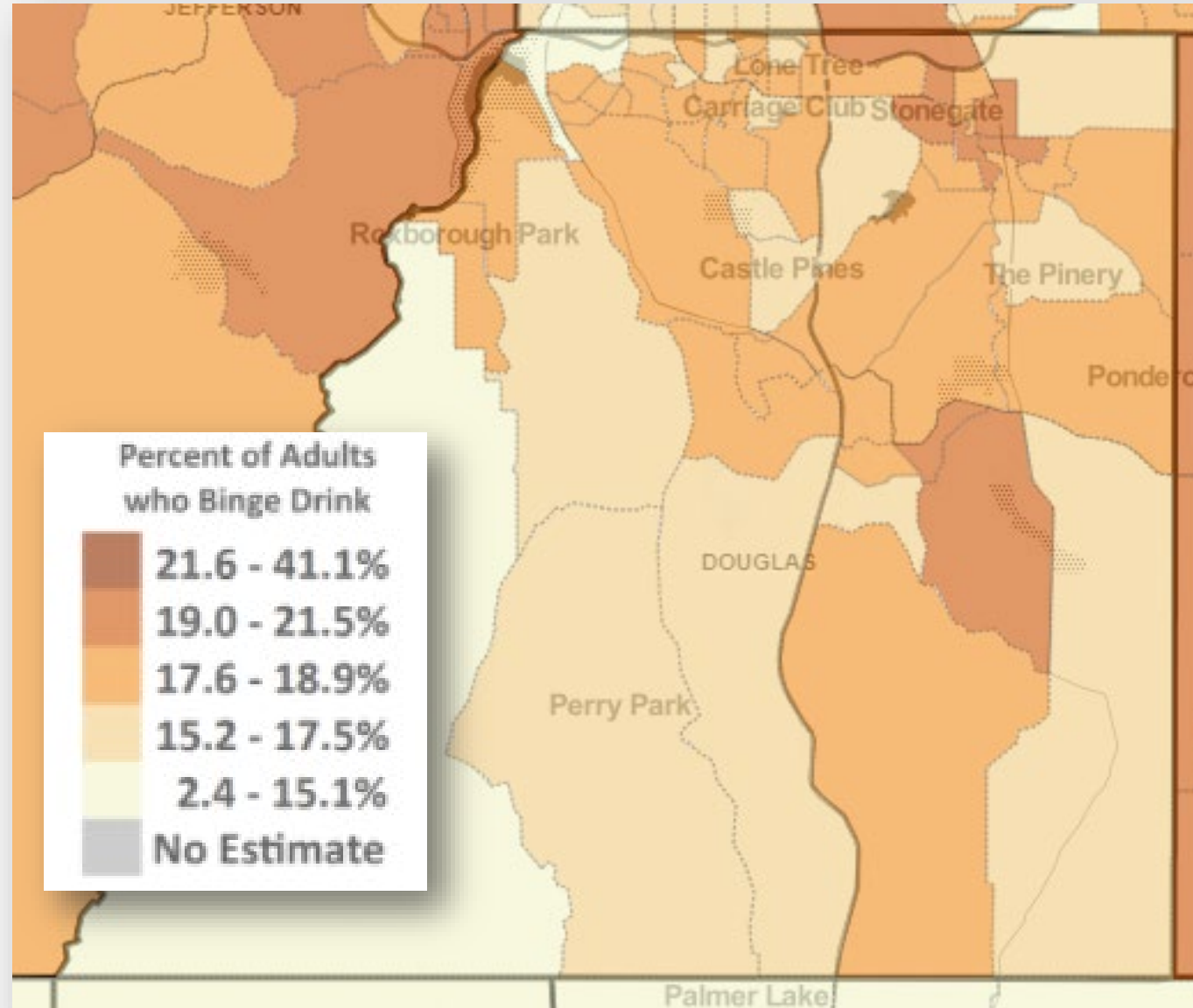
# Percent of Adults who Binge Drink



Note: For males as having five or more drinks on one occasion and for females as having four or more drinks on one occasion within the past 30 days.  
Data Source: Colorado Behavioral Health Risk Surveillance System

# Binge Drinking

Within Douglas County, there is a higher rate of binge drinking in Franktown and Parker (shown in the map by the darker orange color)

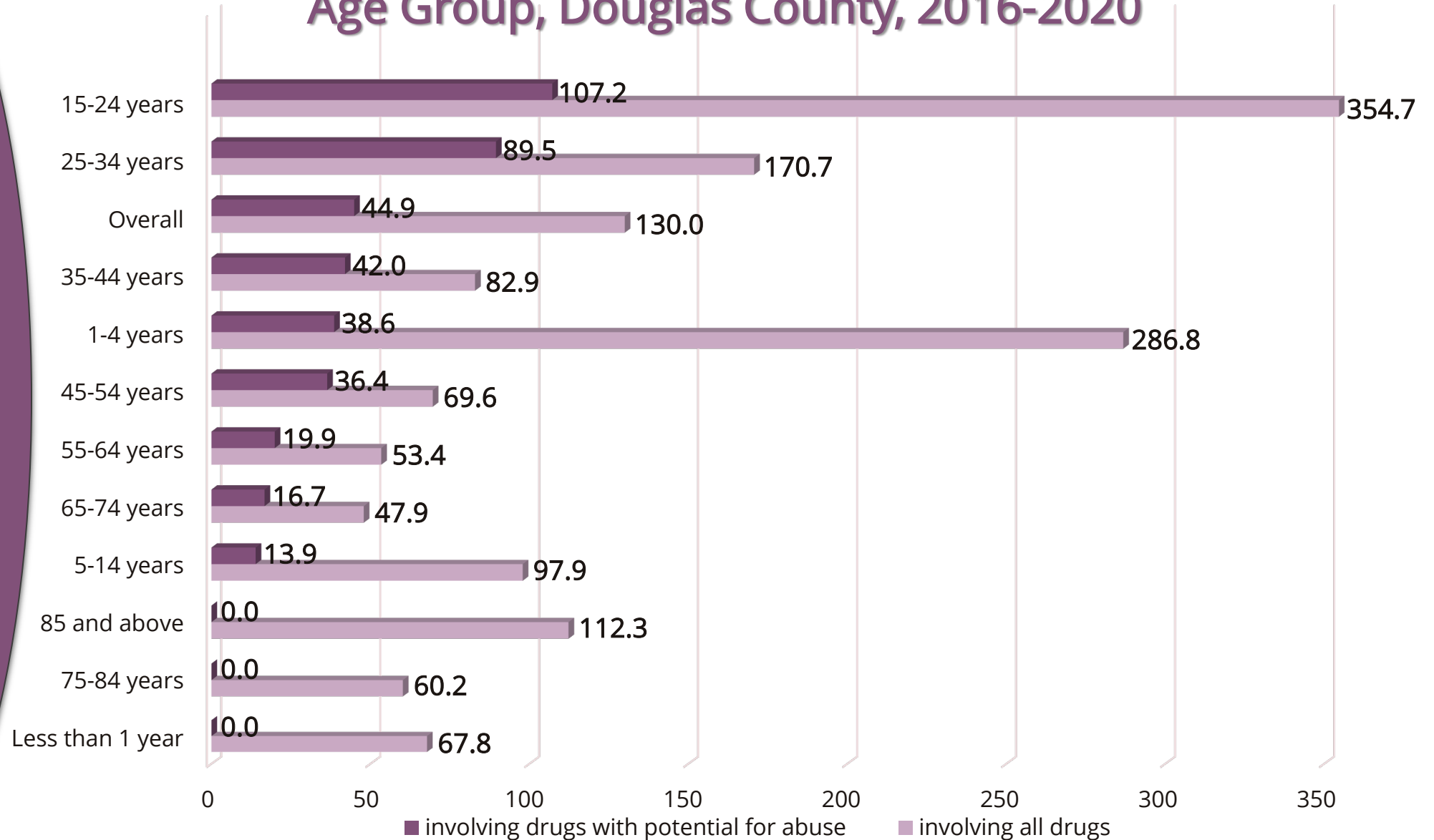


Note: For males as having five or more drinks on one occasion and for females as having four or more drinks on one occasion within the past 30 days.  
Data Source: Colorado Behavioral Health Risk Surveillance System

In addition to illicit drugs, the rate of ED visits for overdose includes adverse effects of and underdosing of drugs, substance used in therapy and biological substances, which includes infectious substances that cause permanent disability or a life-threatening or fatal disease in humans.

In Douglas County, individuals ages 15 to 34 years have higher rates of ED visits for Overdose compared to the county rate overall.

## Crude Rate per 100,000 of ED Visits Per Year for Overdose by Age Group, Douglas County, 2016-2020



Note: The crude rate of ED visits for overdose by age group in Douglas County is the sum of the number of ED visits for the category divided by the sum of the resident population by age group in Douglas County. Crude Rates are not comparable to other geographies.  
Source: Opioid Overdose Prevention Program, Colorado Department of Public Health and Environment. Drug Overdose Dashboard.

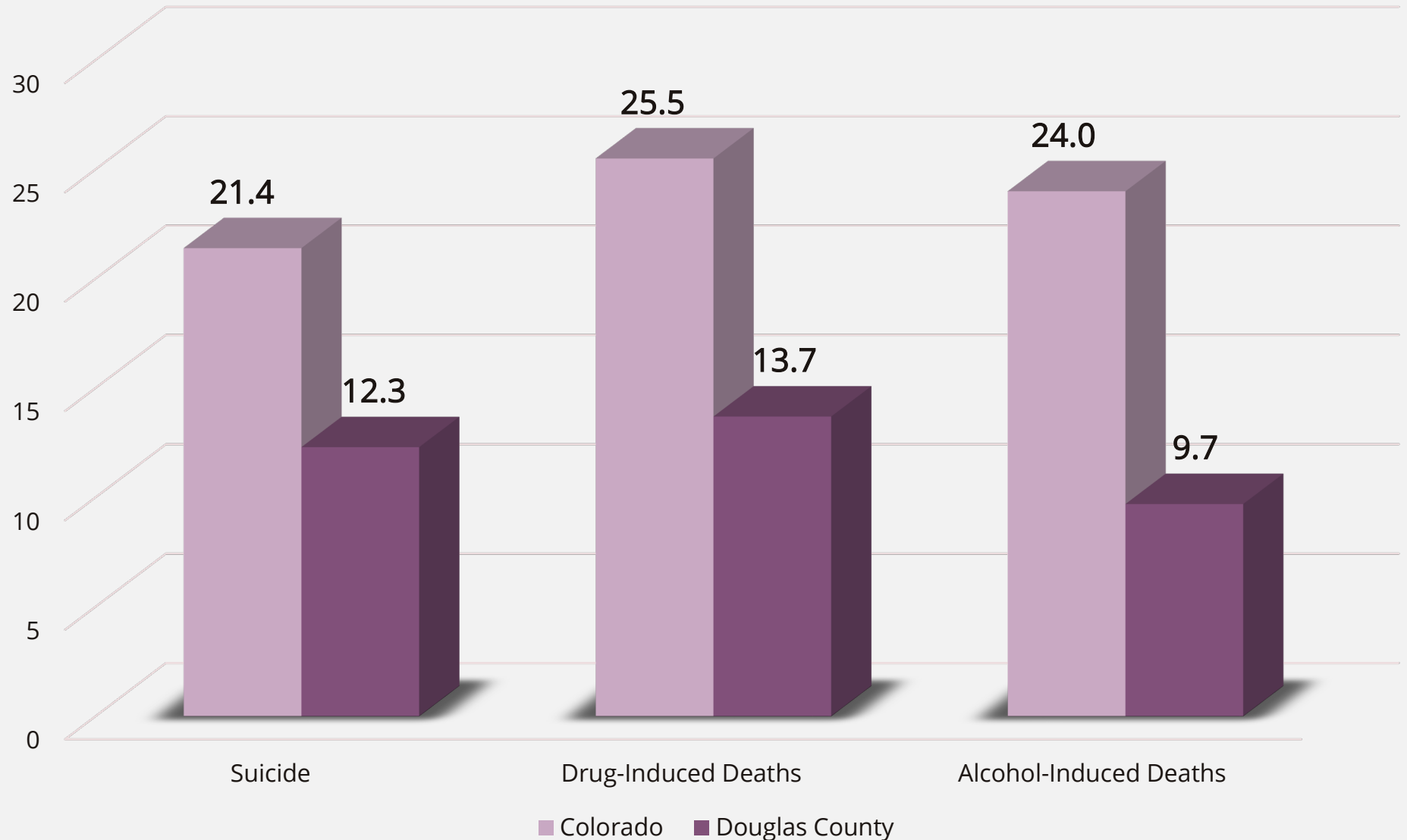


Douglas County has lower rates of behavioral health related deaths compared to Colorado in 2020.

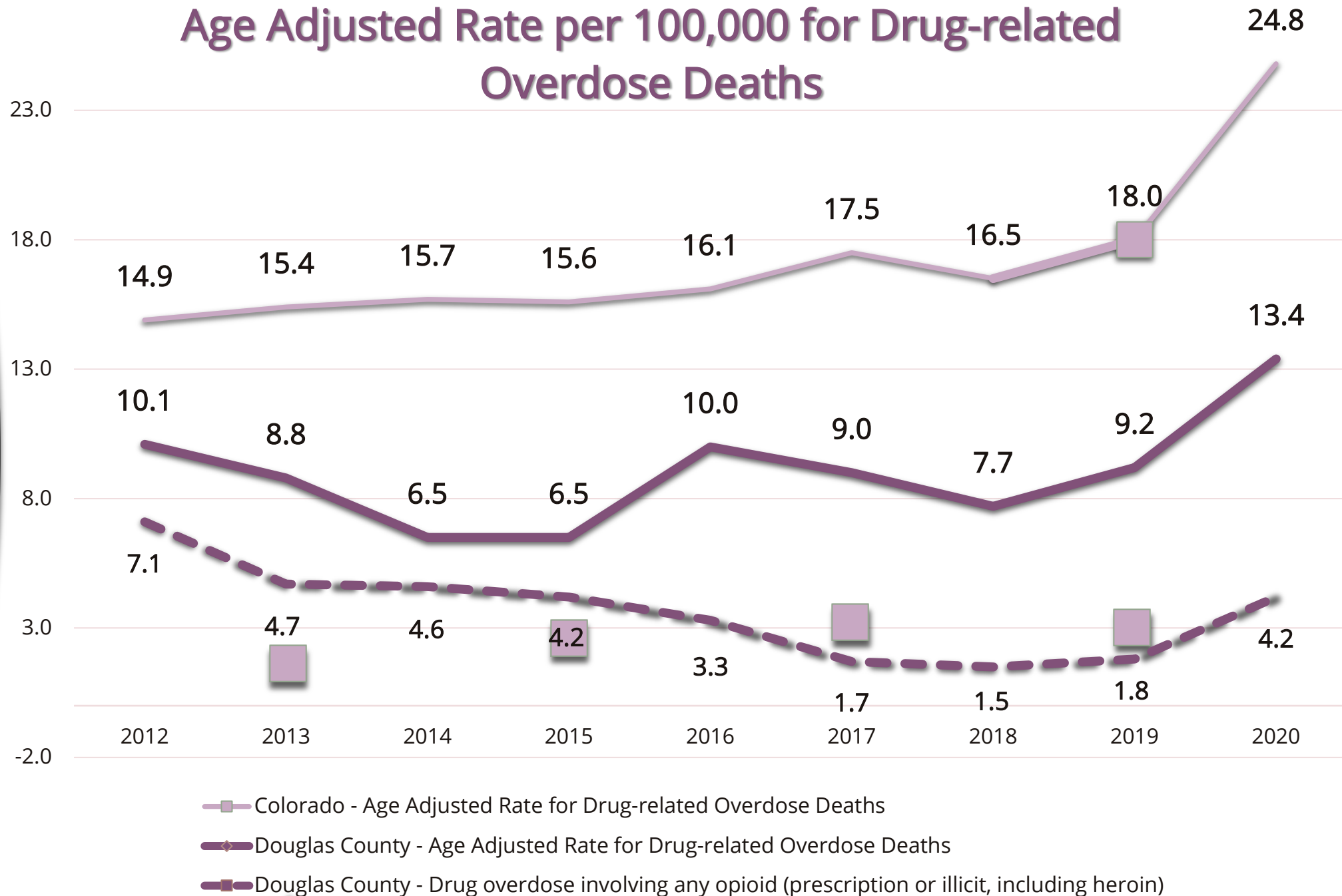
In Douglas County, suicide and drug induced deaths are more common than alcohol-induced deaths.

In Colorado, drug induced deaths and alcohol induced deaths are more common than suicide.

## Cause of Death: Behavioral Health Related Issues, Age Adjusted Rate per 100,000, 2020



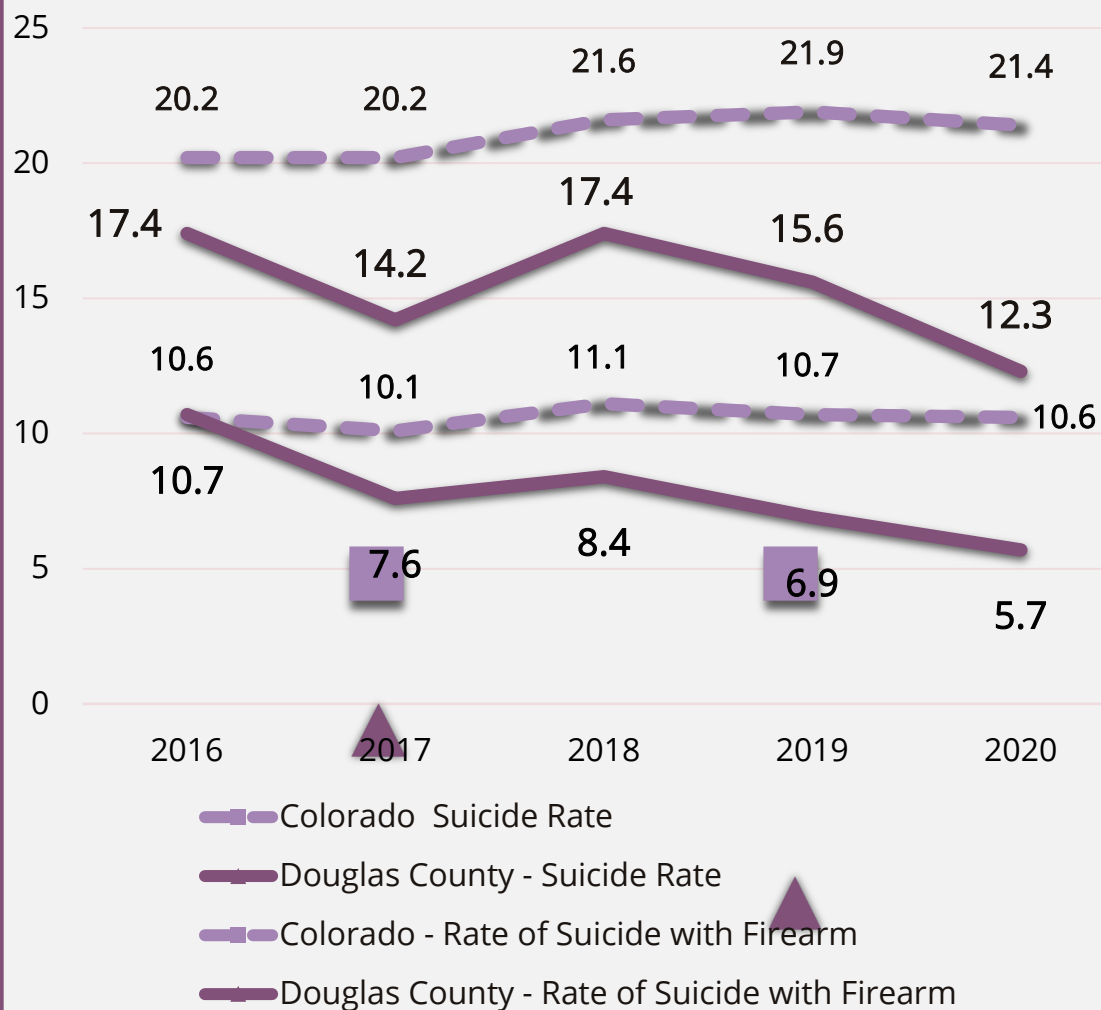
## Age Adjusted Rate per 100,000 for Drug-related Overdose Deaths



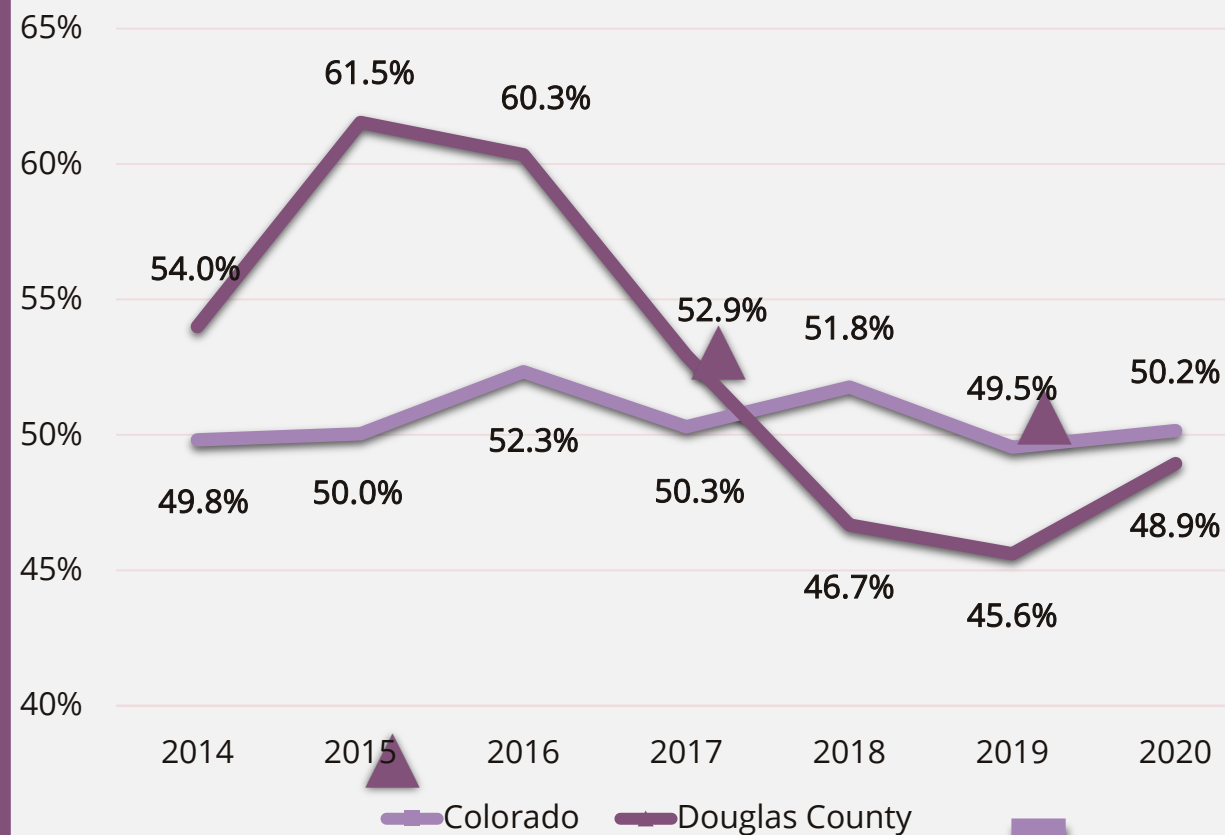
The trend in drug related overdose deaths in Douglas County was lowest in 2014 and 2015, however **the lowest point for overdoses involving opioids was in 2018.**

**An increase** for all overdose deaths happened in 2016 and again in 2020, which includes an increase in opioid related overdose.

## Age Adjusted Rate of Suicide Mortality and Age Adjusted Rate of Suicide with Firearm



## Percent of Suicides with a Firearm



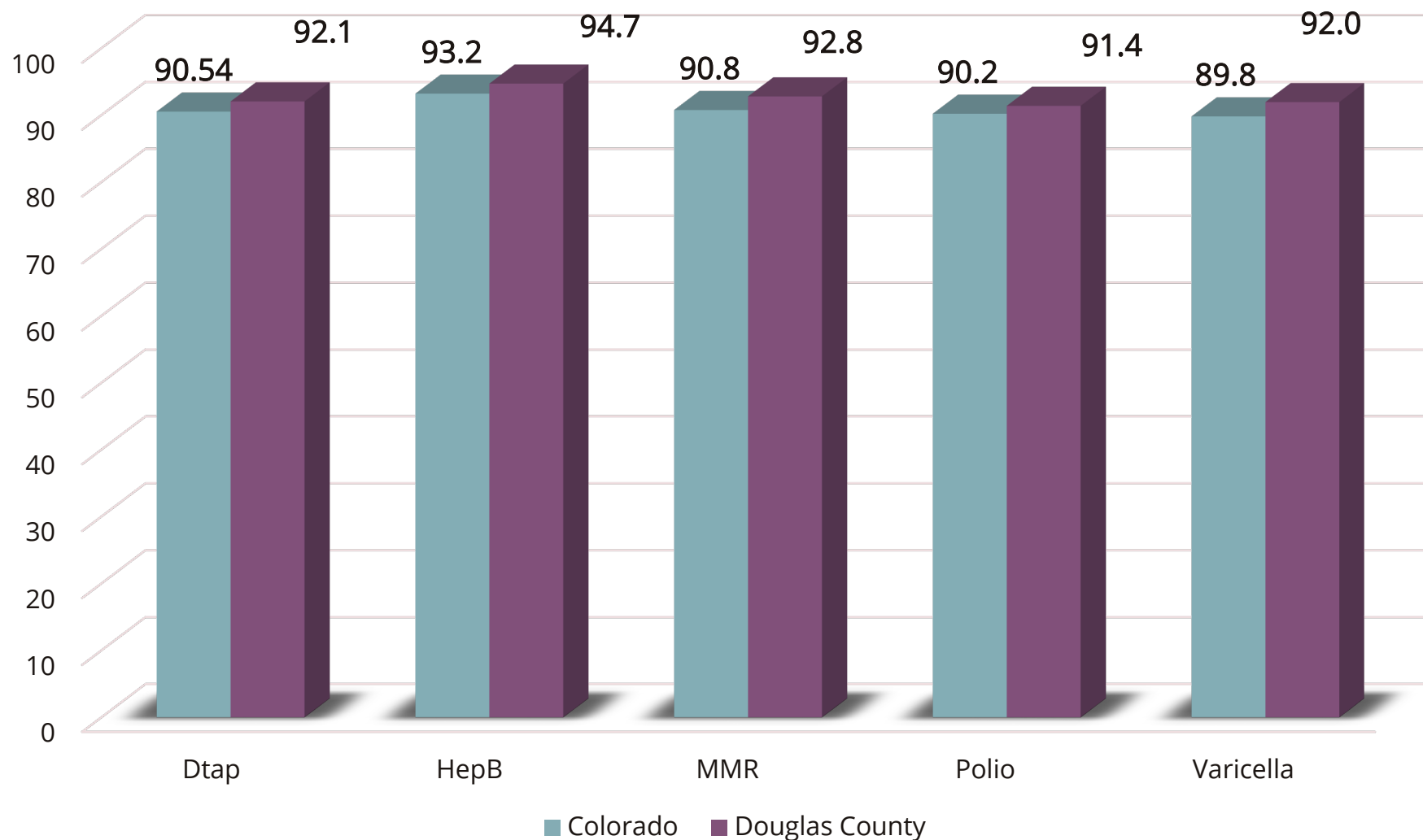


# Communicable Disease

Data Sources:

CDPHE Disease Control and Public Health Response Portal, Annual Kindergarten School Immunization Survey  
Colorado 2019 Sexually Transmitted Infections Annual Report Colorado Department of Public Health and Environment  
Vital Statistics Program, Colorado Department of Public Health and Environment

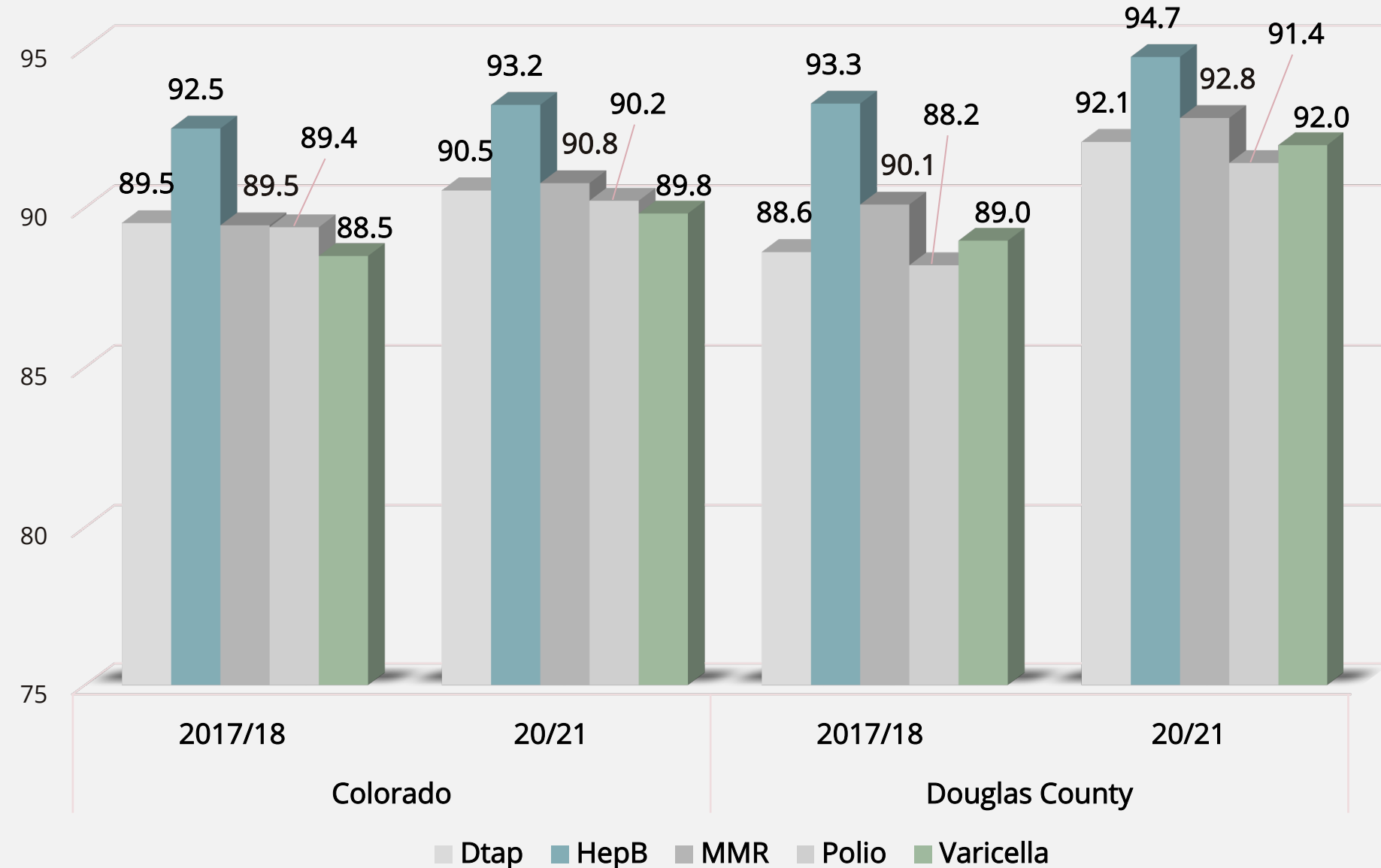
## Fully Immunized Rate Among Kindergarten Students, 2019/20



Immunization rates among kindergarten students is higher in Douglas County compared to Colorado.



# Kindergarten Immunization Rates

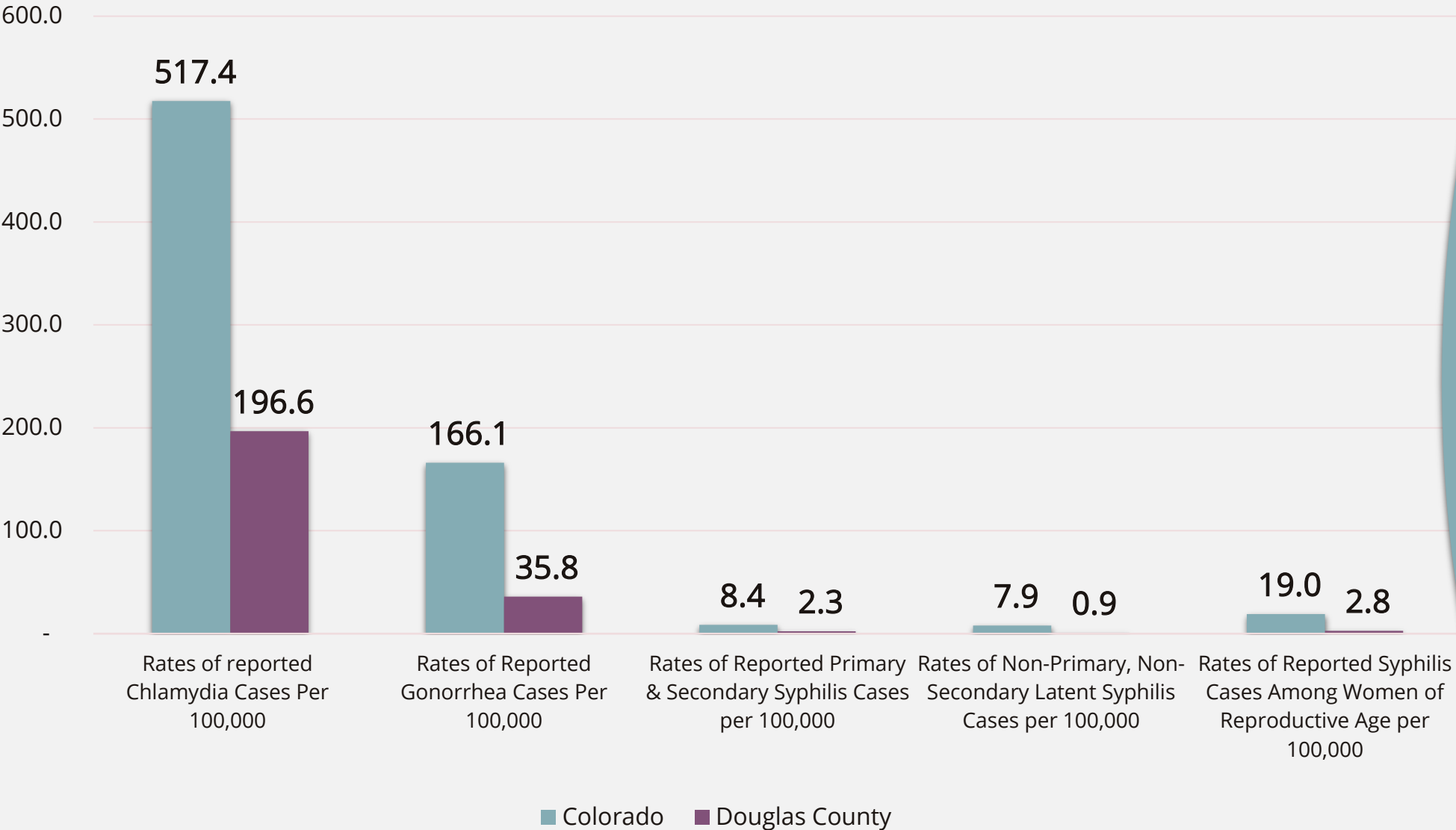


Overall, immunization rates among kindergarteners have increased between 2017/18 to 2020/21, with a faster rate of increase in Douglas County for all disease types.

**Douglas County**  
2017/18 to 2020/21  
Range of Increase:  
1.6 to 3.9%

**Colorado**  
2017/18 to 2020/21  
Range of Increase:  
0.8 to 1.5%

# Rate of Sexually Transmitted Infections (STIs), 2019



Overall, the rate of STIs is lower in Douglas County compared to Colorado.

As in Colorado, Chlamydia and Gonorrhea are the most commonly reported STI.

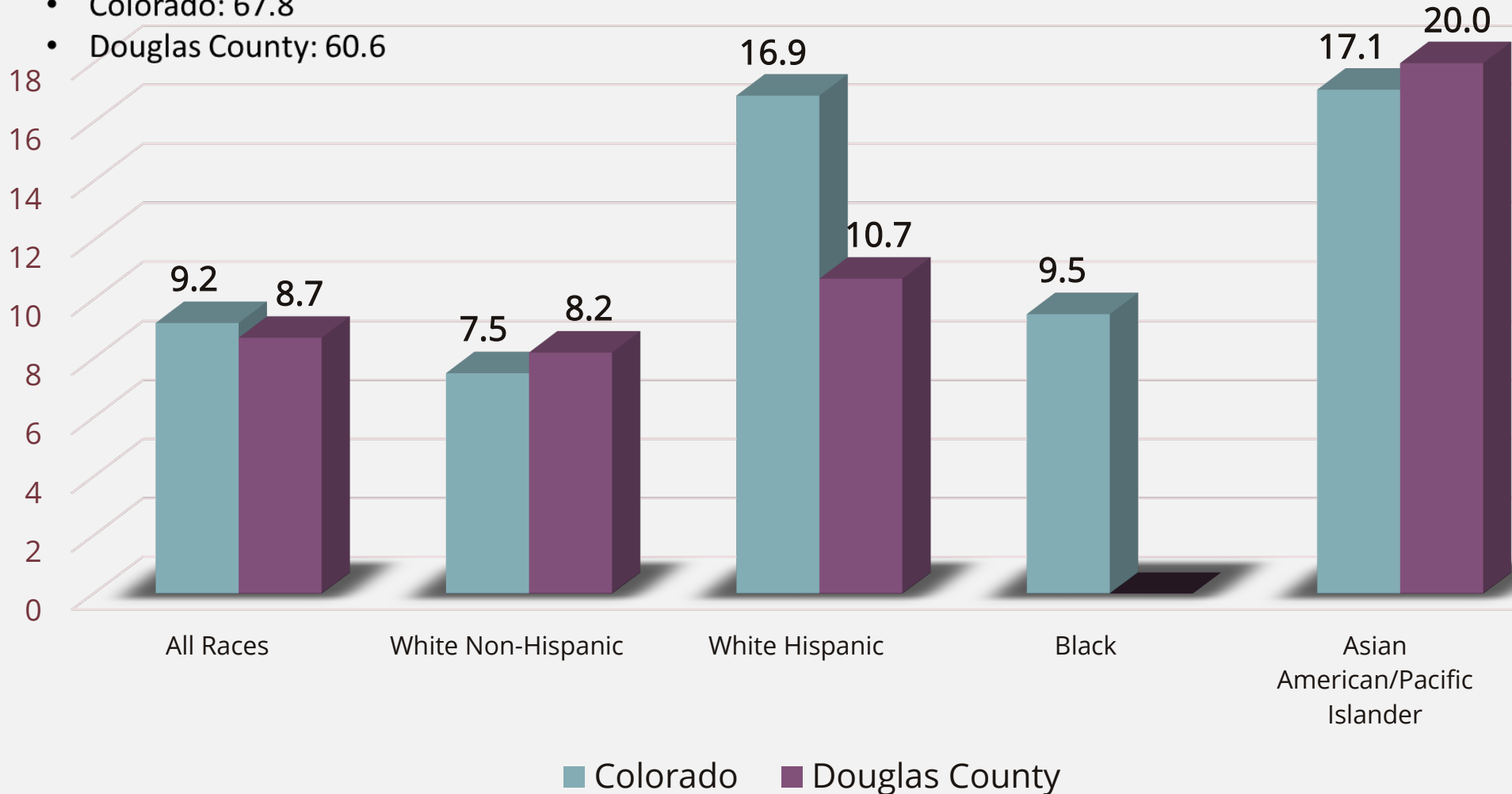
The rate of Chlamydia increased 91% between 2007 (107 per 100,000) and 2018 (205 per 100,000) (not shown)

# Cause of Death: COVID-19

## Percent of total deaths of each race/ethnicity category, 2020

Age Adjusted Rate for COVID-19 Deaths in 2020

- Colorado: 67.8
- Douglas County: 60.6



Douglas County has lower percent of death due to COVID-19 compared to Colorado

AA/PI have the highest percent of deaths due to COVID-19 in Douglas County, and experienced the highest percent among all race/ethnicity populations in Colorado, followed by White Hispanic individuals





Time to discuss!

Your facilitator will provide instructions.



# Time to Vote!

Now that you've seen what the data says about the health of the community, we want you to identify the:

- ✓ Top three health problems
- ✓ Top three risky or harmful behaviors
- ✓ Three most important factors for a health community

## Step One

Open the CAMERA on your phone or tablet.

## Step Two

Hold the camera up to the screen like you want to take a picture of the QR code.

## Step Three

Click on your screen to "Open in Chrome/Safari etc."





# Thank you for joining us!

Don't forget, you can send your questions and/or comments  
via the Douglas County Citizen Connect website at  
<https://www.douglas.co.us/citizenconnect/>