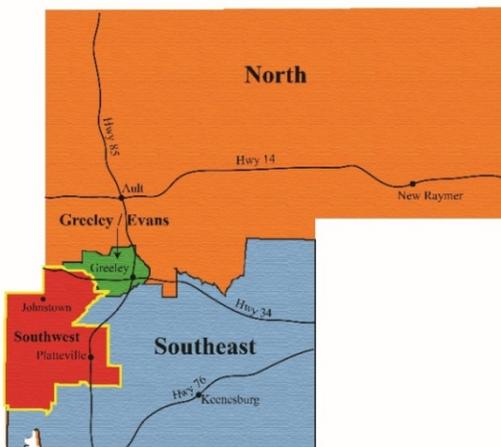


# Weld County

## 2013 Community Health Survey

### Regional Health Brief

# Southwest Weld County



Demographics	Southwest Region (%)	Weld County (%)
Age 18-24	2.1	5.6
Age 25-34	27.9	28.2
Age 35-44	21.0	17.9
Age 45-54	23.5	20.8
Age 55-64	12.0	11.9
Age 65-74	8.8	9.1
Age 75+	4.7	6.6
White (Non-Hispanic)	81.5	72.9
Hispanic or Latino	15.9	24.9
Black/African American	0.4	0.3
American Indian/Alaska Native	0.0	0.2
Asian	1.4	0.5
Native Hawaiian/Pacific Islander	0.0	0.2
Other/Multiple Races	0.8	1.0
Household Income less than or equal to 185% FPL <sup>1</sup>	13.2	23.8
College Graduate	40.9	41.9
Disabled, Unable to Work	1.7	5.8
Speaks Language Other than English at Home	5.0	10.1
Average Years Lived in Weld	11.9 years	17.4 years

Insurance and Healthcare Use	Southwest Region (%)	Weld County (%)
Uninsured	7.0	10.7
Has a Regular Health Care Provider	87.2	81.2
Regular Care is in Weld County	51.4 <sup>†</sup>	70.8
Average Visits to Provider in Past Year (mean)	2.1 visits	2.3 visits
Delayed or Went Without Care in the Past Year	30.1	29.6
One or More ER Visits in the Past Year	16.5	19.7
Average ER Visits in the Past Year (mean)	1.5 visits	1.9 visits

# Weld County

## 2013 Community Health Survey

### Southwest Weld County Regional Brief

Preventive Exams	Southwest Region (%)	Weld County (%)
Routine Checkup in Past Year	70.0	67.1
Dental Exam or Cleaning in Past Year	65.1	61.4
Blood Pressure Check in Past Year	86.1	82.2
Pap Smear (Women 21-65 Only) in Past Year	46.9	50.2
Mammogram (Women 50-74 Only) in Past Year	61.5	58.0
Blood Cholesterol Check (Men 35+) in Past Year	63.9	66.8
Flu Shot Last Flu Season (Oct. 2012-April 2013)	51.7	52.4

Health Status and Conditions	Southwest Region (%)	Weld County (%)
Health is Fair or Poor	5.0 <sup>†</sup>	11.1
Frequent Mental Health Distress	8.2	9.8
Average Unhealthy Days	5.8 days	6.6 days
Average Limitation Days	0.85 days	0.97 days
Has been told by a health professional they had...		
High Cholesterol	26.1	25.6
High Blood Pressure	25.3	28.1
Heart Attack	2.2	2.8
Congestive Heart Failure	2.0	1.5
Stroke	2.1	2.5
Cancer	5.4	6.0
Asthma	12.9	13.2
COPD	3.2	5.2
Depression	19.8	22.8
Anxiety or PTSD	12.4	15.1
Alcohol or Drug Dependence	1.5	2.4
Diabetes	9.1	8.9
Obesity	17.8	17.6
Arthritis	17.2	19.8
Obesity (BMI of 30 or greater)	25.2	29.0
Adults with Hypertension Currently Taking Blood Pressure Medication	67.8	71.1
Currently has...		
Depression, anxiety, or other mental health problem	16.7	19.3
Toothache/problems with teeth or gums	17.0	21.2
Asthma	11.3	10.5
Drug or alcohol dependence	2.8	2.5

# Weld County 2013 Community Health Survey

## Southwest Weld County Regional Brief

Risk and Health Behaviors	Southwest Region (%)	Weld County (%)
Always Uses a Seatbelt When Driving	92.7	88.2
Never Talks on Phone When Driving	9.6 <sup>†</sup>	16.2
Never Texts or Emails When Driving	61.4	60.7
Current Cigarette Smoker	8.6	13.4
Current Smokeless Tobacco User	4.9	4.8
Current E-Cigarette User	5.8	4.4
Current Tobacco User	15.1	19.4
Current Marijuana User	5.6	6.3
Binge Drinker (Among Current Alcohol Users)	45.8	49.5
Ate less than one serving of vegetable per day	6.6	7.1
Ate less than one serving of fruit per day	20.2	17.5
Ate three or more vegetables per day	28.9	27.1
Ate two or more fruits per day (fruit juice excluded)	42.3	46.2
Met recommended daily intake of fruits and vegetables (5/day)	21.3	21.6
Adults who consume sugar sweetened beverage one or more times per day	41.0	45.1
Participated in physical activity for exercise in past month	77.6	75.1
Met recommended moderate physical activity guideline	48.1	51.0

### Notes

<sup>1</sup> 185% Federal Poverty Level (185% FPL) in 2012 was \$20,665 for single person, \$27,326 for each additional person, and \$42,643 for a family of four is a definition of low income.

<sup>2</sup> The weekly recommendation for physical activity is 150 minutes of moderate activity or 75 minutes of vigorous activity.

<sup>†</sup> Indicates region rate was significantly higher or lower than county rate.

Source: Weld County Department of Public Health and Environment, 2013 Community Health Survey

**For more data and information go to: [www.weldhealth.org](http://www.weldhealth.org)**

