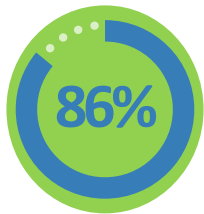




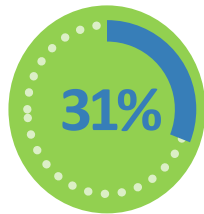
2016 Weld Community Health Survey

Top 10 Takeaways

The overall health status of Weld County's adult population is mixed. While many residents say they are in good to excellent health, since 2010, more people have become overweight and obese. The **obesity rate increased 24%**; the percent of residents with high blood pressure has increased 19%; and the percent of residents with diabetes increased 36%.



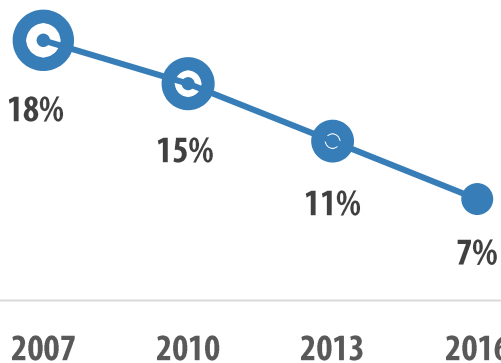
Good to Excellent Health



Obesity Rate

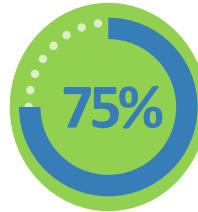
More Weld County residents than ever (93%) had some type of health insurance in 2016. There was also a large reduction in the gap in uninsured between Hispanic/Latino and non-Hispanic/Latino residents. But there is still room for improvement because 15% of very low-income residents remain uninsured.

Uninsured

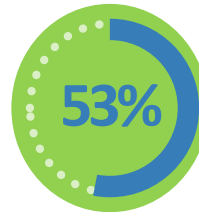


Costs and scheduling barriers are still major barriers to accessing health care. Regardless of income status, over 5 in 10 residents said the cost of health care was a reason for not getting needed health care. Almost 3 in 10 residents cited scheduling barriers as a reason for delayed care.

People are engaging in healthy behaviors but there is still room for improvement, especially in terms of dietary habits. Only 2 in 10 residents eat two fruit and three vegetable servings every day.

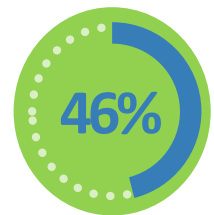


Get Regular Exercise



Never or Rarely Drink Sugar Sweetened Beverages

Eat Two or More Servings of Fruit Every Day

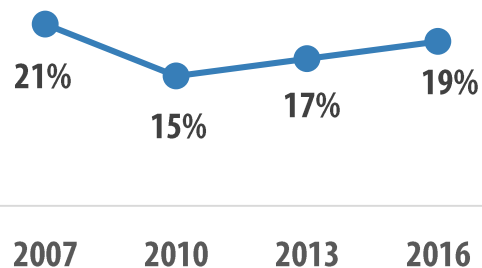


Eat Three or More Servings of Vegetables Every Day



Residents are not immune to experiencing mental health conditions. In 2016, about 2 in 10 residents said they thought they needed mental health care or counseling in the past 12 months. Only about one half of those who thought they needed mental health care actually sought care.

Needed Mental Health Care



2016 Weld Community Health Survey

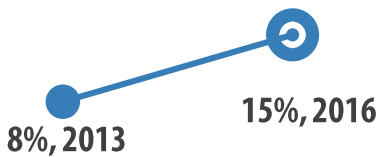
People do partake in risky behaviors of smoking and drinking.

About 1 in 6 adults use one or more tobacco products. Binge drinking is high in Weld County at 31% compared to 18% statewide.

About 10% of residents use marijuana,

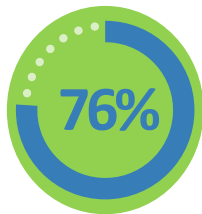
which is lower than Colorado's rate of 14% but marijuana use among 18 to 34-year-old has nearly doubled from about 8% in 2013 to about 15% in 2016.

18-34 Year Old Marijuana Use

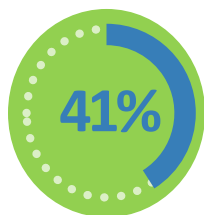


Distracted driving is also a problem

with 76% saying they talk on the phone while driving and 41% saying they text or email while driving.



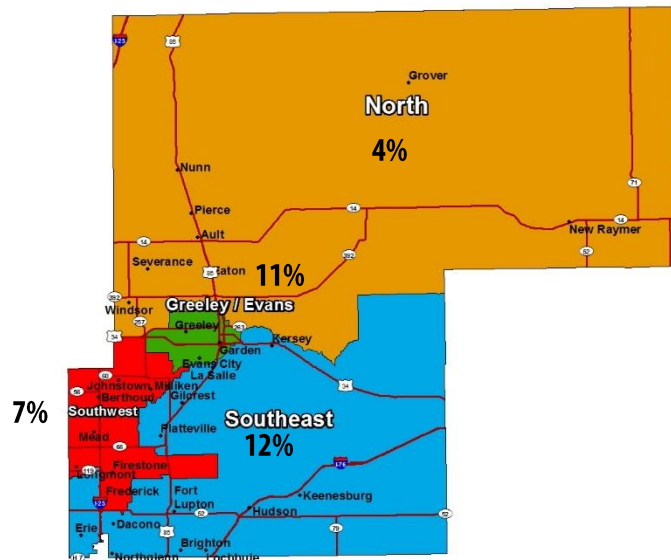
Talk on the Phone and Drive



Text or Email and Drive

Health status varies by where we live, our income and education level, and other factors.

One health variable is frequent mental distress which is defined as reporting 14 or more days in the past month when mental health is not good. Rates of frequent mental distress in the Southeast part of the county are three times higher than rates in the North part of the county. Rates are five times higher for adults with less than a high school education (20%) than for college graduates (4%). And, over 20% of residents living in poverty report frequent mental distress compared to only 8% of residents not living in poverty.



Frequent Mental Distress

Our environment matters too. Many residents said Weld County is a great place to live. The overwhelming theme in the 1,300 comments expressed by residents, however, about making the county an even healthier place to live, work, and play was to improve the built environment through either supporting bike and/or pedestrian infrastructure; desiring more parks and recreation facilities; having better access to and preservation of open spaces; or suggesting either road, trail, or sidewalk improvements, maintenance, or construction so that individuals in communities can get around more actively and safely. This was the overwhelming theme in all parts of the county. Survey respondents said:

"Continue to add to the trails for biking, running, walking, etc. so we have more places to exercise safely away from traffic."

"More family friendly activities, trails, bigger parks to encourage activity."

"Better bike and walking trails that are integrated throughout city, ... allowing movement throughout the city."

"More bike trails that go on for miles and miles. I think you would see a healthier community if you gave people the means to be healthy..."