

**Metro Denver 2007:**  
A Report on the Health & Wellness  
of Our Community



**Metro Denver**

HEALTH & WELLNESS COMMISSION

Creating America's Healthiest Community



## Introduction

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Is Metro Denver America's healthiest community? According to many key obesity-related indicators, the answer is, "Yes." But with our obesity rates continuing to climb, we are not ready to claim victory yet. The purpose of this report, *Metro Denver 2007: A Report on the Health & Wellness of Our Community*, is to establish a baseline to track our progress in turning that trend around.

Despite the fact that our state is known for its outdoor recreational opportunities—the Metro Denver area alone boasts nearly 1,800 miles of bike lanes and trails and more than 765,000 acres of parks and open space—our obesity rates continue to climb. According to the Colorado Department of Public Health and Environment (CDHPE) obesity among Colorado adults more than doubled between 1990 and 2001. In 2002, over 450,000 Colorado adults were obese. The numbers for Metro Denver are no better: The percentage of adults who were at a healthy weight decreased by 9.2 percent between 1995 and 2005; in 2005, the percent of adults who were overweight or obese was 53.5 percent. In addition, in 2005, almost 29 percent of Denver Metro area children ages 2 to 14 were at risk of being overweight or were overweight. Although Metro Denver is ranked as one of the least obese areas in the country, we are clearly headed in the wrong direction.

The health consequences of obesity are startling: According to the U.S. Department of Health and Human Services (HHS), obese adults have a 50 to 100 percent increased risk of premature death compared to adults of healthy weight. In addition, obese people have an increased risk of high blood pressure, high cholesterol, diabetes, arthritis and asthma, as well as many other medical conditions. The economic costs of obesity are also staggering: Overweight and obesity status have a direct link to ten of the top 15 costliest medical conditions,<sup>1</sup> and related health costs exceed those associated with tobacco use.<sup>2</sup> In fact, the Centers for Disease Control and Prevention reports that the direct health care costs of obesity in the United States were over \$75 billion.<sup>3</sup>

To combat this growing epidemic, several groups—including the Center for Human Nutrition at the University of Colorado at Denver and Health Sciences Center, the Metro Denver Economic Development Corporation, the Metro Mayors Caucus and the Metro Denver Sports Commission—met in early 2006 to discuss the need for a metro-wide healthy living initiative. These groups recognized that the costs of poor health affect everyone—from individual residents to large-scale employers—and that conversations about how to improve the health of metro area residents need to take place at every level and across every sector. The result of these conversations was the creation of the Metro Denver Health and Wellness Commission (MDHWC), which will spearhead healthy eating and active living initiatives in our schools, early childcare programs, worksites and communities. Those comprehensive initiatives are laid out in the *MDHWC Strategic Plan: 2007-2012 Our Recipe to Create America's Healthiest Community* adopted in May 2008.

<sup>1</sup> Cohen, J. and Krauss, N. 2003. "Spending and Service Use Among People With the Fifteen Most Costly Medical Conditions, 1997." *Health Affairs* 22, (2):129-138.

<sup>2</sup> Sturm, R. 2002. "The Effects of Obesity, Smoking, and Drinking on Medical Problems and Cost. Obesity Outranks Both Smoking and Drinking in its Deleterious Effects on Health and Health Costs." *Health Affairs* Mar-Apr;21(2):245-53.

<sup>3</sup> Quick Facts: Economic and Health Burden of Chronic Disease, National Center for Chronic Disease Prevention and Health Promotion, <http://www.cdc.gov/nccdphp/press>.

## What is the Metro Denver Health and Wellness Commission?

The Metro Denver Health and Wellness Commission, chaired by Lieutenant Governor Barbara O'Brien, is a coalition of nearly 80 community leaders from government, non-profit organizations, business, and education. In June 2006, the commission identified its goals for the 2006-07 planning year: develop and adopt a strategic plan; build organizational capacity; and create this first *Metro Denver 2007: A Report on the Health & Wellness of Our Community* report.

The commission's vision is simple: to make Metro Denver America's healthiest community. Our mission is to promote policies and programs that support a culture of healthy eating and active living in schools, worksites and communities. We are embracing small steps to bring big change.

The MDHWC is different from other broad-based health and wellness initiatives because of its focus on both improving the health of its residents and on strengthening the metro area economy through lower health care costs and increased productivity. The geographic scope of the MDHWC includes Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson Counties.

Despite the fact that the metro area has relatively low obesity rates, we are in a negative trend. Before this trend can be reversed, it needs to be stopped. Combating obesity means more than just helping people lose weight. It means changing people's behaviors and lifestyles and creating both a culture and environment that support healthy lifestyle choices. This takes time—and the commission's long-term goals reflect the challenges that lie ahead:

- Maintain the percentage of residents who are healthy weight by 2012; and
- Increase percentage of healthy weight residents by 2017.

*Metro Denver 2007: A Report on the Health & Wellness of Our Community* was created as a baseline against which to measure the outcomes of these goals. How does the metro area measure up in terms of health and wellness?



### Overview of the MDHWC Report

The *Metro Denver 2007: A Report on the Health & Wellness of Our Community* report has three parts: 1) a brief look at the population of the Metro Denver area; 2) a comparison of our metro area to other areas across the country; and 3) data on where we stand on health and wellness, as well as on environmental measures which are not readily available for comparison to other metro areas.

Twenty-five metropolitan areas, including Metro Denver, were compared. The other 24 metro areas chosen for comparison are comparable in size and/or are our top economic competitors. Among these areas, Metro Denver ranks number 13—right in the middle—in terms of size, with a total population of 2,599,835 in 2005. Whites make up the majority with 2,170,205 (83 percent) compared to 143,106 (six percent) Blacks/African Americans, 107,834 (four percent) Asians, and 20,796 (less than one percent) American Indians. Twenty-one percent, or 540,332, of metro area residents are Hispanic/Latino. (The percentages add to over 100 percent because Latino survey respondents may select both Hispanic/Latino ethnicity and a racial category.)

Photo: Denver Metro Convention & Visitors Bureau



The median age of our population is 34.6 years with 736,724 (28 percent) under 20, 1,632,799 (63 percent) ages 20 to 64, and 230,312 (9 percent) ages 65 or older.<sup>4</sup> The number of metro area adults 60 or older, a population directly linked to increased incidence of chronic disease and related medical costs, is expected to nearly double between 2004 and 2020.<sup>5</sup>

The seven-county metro area has over 1.3 million employees working for nearly 80,000 government, private and non-profit employers. According to the Colorado Department of Education, in fall of 2006, 438,136 kindergarten through 12th grade students attended public schools in the 15 metro area school districts. Thousands of children attend pre-kindergarten early childhood education and care programs throughout the Metro Denver area.

## How Metro Denver Compares

Eight behavioral and health condition indicators were selected to measure where Metro Denver stands in comparison to other metro areas in terms of health and wellness. (See Charts 2 and 3 for a list of the rankings and percentages for each metro area relative to each indicator.) The eight indicators encompass many of the nationally recognized leading health indicators directly linked to the mission of the MDHWC. And, if we are successful, a healthier community will lead to lower health care costs and, it is hoped, greater access to care. More indicators may be added in future reports based upon availability of new data.

Metro Denver ranks at or near the top on several of the indicators—particularly in lowest prevalence of diabetes, where we ranked first. Of the eight indicators, Metro Denver ranked in the top 10 on six—diabetes, overweight/obesity, high blood pressure (hypertension), limitations in activities due to health, and fruit and vegetable consumption.

### The eight indicators are:<sup>6</sup>

1. Physical Activity - Percentage of adults engaged in 30 or more minutes of moderate physical activity five or more days per week, or in vigorous physical activity for 20 or more minutes three or more days per week
2. Fruits and Vegetables - Percentage of adults consuming fruit and vegetables five or more times per day
3. Health Care Coverage - Percentage of adults with any kind of health care coverage
4. Overweight and Obesity - Percentage of adults with a body mass index (BMI)\* of greater than or equal to 25
5. Diabetes - Percentage of adults who have been told by a doctor that they have diabetes
6. Hypertension - Percentage of adults who have been told they have hypertension (high blood pressure)
7. Asthma - Percentage of adults who have been told that they currently have asthma
8. Limitations on Activities Due to Health - Percentage of adults who are limited in any activities due to physical, mental or emotional health

\*BMI = (weight (lbs)/ height (inches)<sup>2</sup>) x 703

4 U.S. Census Bureau, 2005 American Community Survey

5 Strengths and Needs Assessment of Older Adults in the Denver Metro Area, Denver Regional Council of Governments, October 2004.

6 National Center for Chronic Disease Prevention and Health Promotion and Behavioral Risk Factor Surveillance System (BRFSS), 2005. BRFSS data is based on an annual telephone survey conducted by state health departments. All data is for adults 18 and over; data for children and adolescents is unavailable.

The following chart shows how Metro Denver ranks on each indicator and which areas rank first and last with “1” being the best:

CHART 1			
Indicator	Metro Denver Ranking (1 = Best)	Best	Worst
More Physical Activity	4	Portland-Vancouver-Beaverton, OR-WA	Tampa-St. Petersburg-Clearwater, FL
More Fruit and Vegetable Consumption	8	San Francisco-Oakland-Fremont, CA	Albuquerque, NM
More with Health Care Coverage	12	Minneapolis-St. Paul-Bloomington, MN-WI	Dallas-Plano-Irving, TX
Fewer Overweight or Obese	2	San Francisco-Oakland-Fremont, CA	San Antonio, TX
Fewer with Diabetes	1	Metro Denver, CO	San Antonio, TX
Fewer with Hypertension (High Blood Pressure)	3	Austin-Round Rock, TX	Pittsburgh, PA/ Tampa-St. Petersburg-Clearwater, FL
Fewer with Asthma	18	Austin-Round Rock, TX	Portland-Vancouver-Beaverton, OR-WA
Fewer with Limitations on Activities Due to Health	3	Dallas-Plano-Irving, TX	Portland-Vancouver-Beaverton, OR-WA/ Minneapolis-St. Paul-Bloomington, MN-WI/ Seattle-Bellevue-Everett, WA

Compared to the other 24 metro areas, Metro Denver ranks in the top half on all but one of the indicators—prevalence of asthma—where it ranks 18th. The good news is that we rank first in having the lowest prevalence of diabetes at 4.5 percent. Metro Denver also ranks:

- ✦ 2nd in having the lowest rates of overweight or obese adults;
- ✦ 3rd in both rates of hypertension and adults who are limited in activities due to health; and
- ✦ 4th in rate of adults getting the recommended amount of physical activity.

However, although the metro area ranks second best for overweight/obesity, that ranking translates to 53.5 percent of our adult population being overweight or obese and, as the statistics in the introduction show, that number is increasing. Obese metro area residents are less likely to be physically active, consume fewer fruits and vegetables, and are more likely to report a fair or poor health status and poor physical health in particular. Obese people also have a higher prevalence of high blood pressure, high cholesterol, arthritis, disability and other health conditions.

### Percentage of Adults With Physical Activity Under Recommended Level

Portland-Vancouver-Beaverton, OR-WA	44.0
San Francisco-Oakland-Fremont, CA	44.2
Salt Lake City, UT	44.3
<b>Metro Denver, CO</b>	<b>45.7</b>
San Diego-Carlsbad-San Marcos, CA	46.0
Phoenix-Mesa-Scottsdale, AZ	46.2
Seattle-Bellevue-Everett, WA	46.5
Albuquerque, NM	48.0
Minneapolis-St. Paul-Bloomington, MN-WI	48.1
Cleveland-Elyria-Mentor, OH	49.2
Riverside-San Bernardino-Ontario, CA	49.6
San Antonio, TX	49.7
Columbus, OH	50.2
Las Vegas-Paradise, NV	50.5
Baltimore-Towson, MD	51.0
Austin-Round Rock, TX	51.5
Cincinnati-Middletown, OH-KY-IN	51.7
Pittsburgh, PA	52.0
Orlando-Kissimmee, FL	53.0
Kansas City, MO-KS	53.0
St. Louis, MO-IL	53.0
Houston-Sugar Land-Baytown, TX	55.6
Atlanta-Sandy Springs-Marietta, GA	56.2
Tampa-St. Petersburg-Clearwater, FL	57.8
Dallas-Plano-Irving, TX	57.8

### Percentage of Adults Consuming Less Than 5 Servings of Vegetables & Fruit Daily

San Francisco-Oakland-Fremont, CA	68.7
San Diego-Carlsbad-San Marcos, CA	71.5
Portland-Vancouver-Beaverton, OR-WA	72.3
Orlando-Kissimmee, FL	72.7
Seattle-Bellevue-Everett, WA	72.8
Baltimore-Towson, MD	73.1
Tampa-St. Petersburg-Clearwater, FL	73.3
<b>Metro Denver, CO</b>	<b>74.7</b>
Minneapolis-St. Paul-Bloomington, MN-WI	75.2
Cleveland-Elyria-Mentor, OH	75.5
Atlanta-Sandy Springs-Marietta, GA	75.7
Columbus, OH	76.2
San Antonio, TX	76.2
St. Louis, MO-IL	76.2
Phoenix-Mesa-Scottsdale, AZ	76.8
Riverside-San Bernardino-Ontario, CA	76.8
Salt Lake City, UT	77.0
Las Vegas-Paradise, NV	77.0
Pittsburgh, PA	77.2
Houston-Sugar Land-Baytown, TX	77.3
Cincinnati-Middletown, OH-KY-IN	77.5
Austin-Round Rock, TX	78.3
Kansas City, MO-KS	78.7
Dallas-Plano-Irving, TX	79.1
Albuquerque, NM	79.5

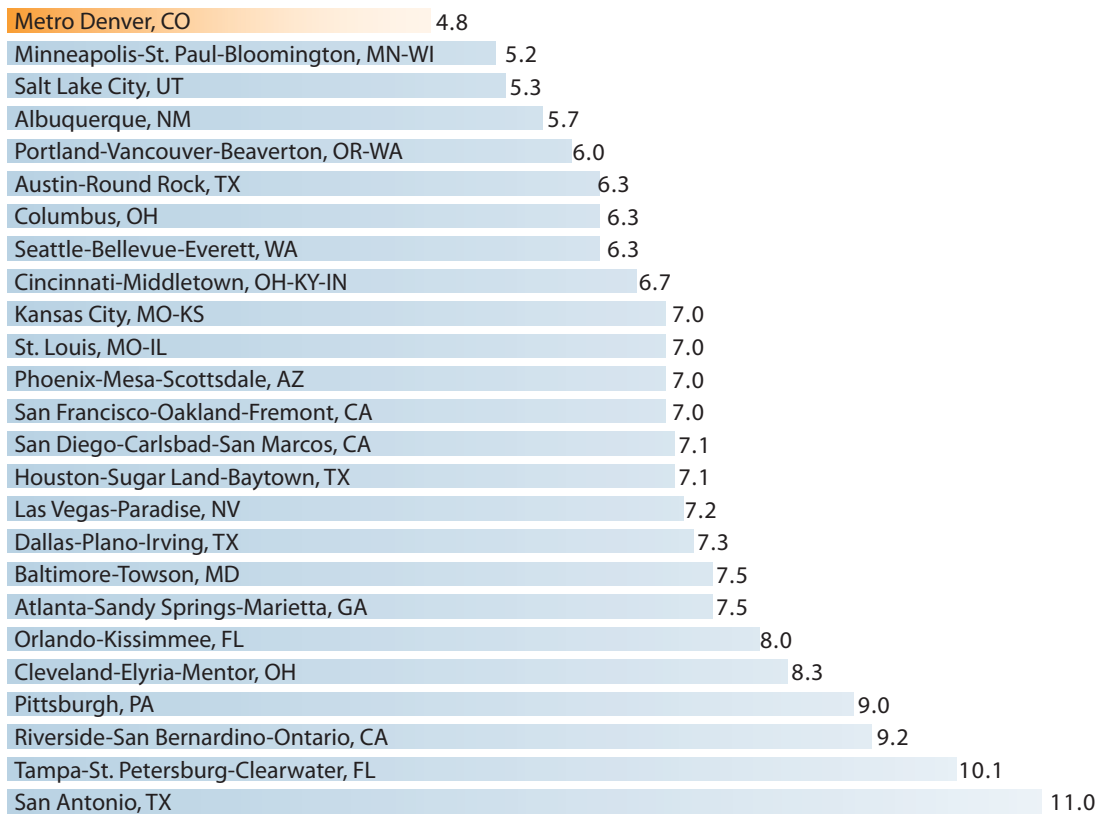
### Percentage of Adults Without Health Care Coverage

Minneapolis-St. Paul-Bloomington, MN-WI	5.8
St. Louis, MO-IL	8.7
Baltimore-Towson, MD	10.0
Columbus, OH	10.1
Cleveland-Elyria-Mentor, OH	11.0
Pittsburgh, PA	11.1
Cincinnati-Middletown, OH-KY-IN	11.5
San Francisco-Oakland-Fremont, CA	12.0
Kansas City, MO-KS	12.7
Seattle-Bellevue-Everett, WA	13.2
Atlanta-Sandy Springs-Marietta, GA	14.0
<b>Metro Denver, CO</b>	<b>15.0</b>
Portland-Vancouver-Beaverton, OR-WA	15.5
Salt Lake City, UT	16.5
Albuquerque, NM	17.2
Orlando-Kissimmee, FL	18.1
Tampa-St. Petersburg-Clearwater, FL	19.5
San Diego-Carlsbad-San Marcos, CA	20.7
Riverside-San Bernardino-Ontario, CA	21.7
Phoenix-Mesa-Scottsdale, AZ	22.0
San Antonio, TX	22.1
Las Vegas-Paradise, NV	22.2
Austin-Round Rock, TX	23.0
Houston-Sugar Land-Baytown, TX	26.3
Dallas-Plano-Irving, TX	27.2

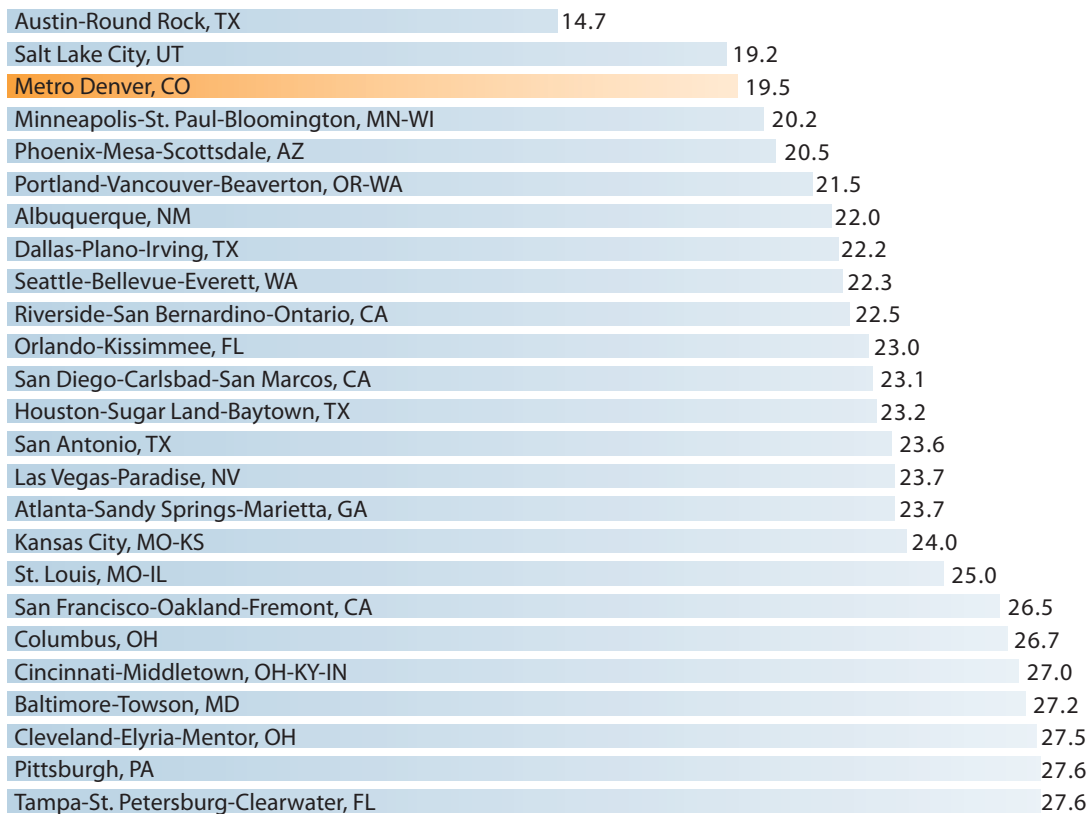
### Percentage of Adults Who Are Overweight or Obese

San Francisco-Oakland-Fremont, CA	52.1
<b>Metro Denver, CO</b>	<b>53.5</b>
Austin-Round Rock, TX	54.5
Phoenix-Mesa-Scottsdale, AZ	55.0
Seattle-Bellevue-Everett, WA	55.1
Salt Lake City, UT	57.6
Las Vegas-Paradise, NV	58.1
Portland-Vancouver-Beaverton, OR-WA	58.2
Albuquerque, NM	58.6
Minneapolis-St. Paul-Bloomington, MN-WI	59.1
Baltimore-Towson, MD	60.2
Cincinnati-Middletown, OH-KY-IN	60.4
Cleveland-Elyria-Mentor, OH	60.5
Riverside-San Bernardino-Ontario, CA	60.7
Orlando-Kissimmee, FL	60.8
Pittsburgh, PA	62.0
Kansas City, MO-KS	62.1
San Diego-Carlsbad-San Marcos, CA	62.1
Atlanta-Sandy Springs-Marietta, GA	62.2
Dallas-Plano-Irving, TX	62.3
St. Louis, MO-IL	62.5
Tampa-St. Petersburg-Clearwater, FL	63.1
Columbus, OH	63.7
Houston-Sugar Land-Baytown, TX	65.1
San Antonio, TX	67.7

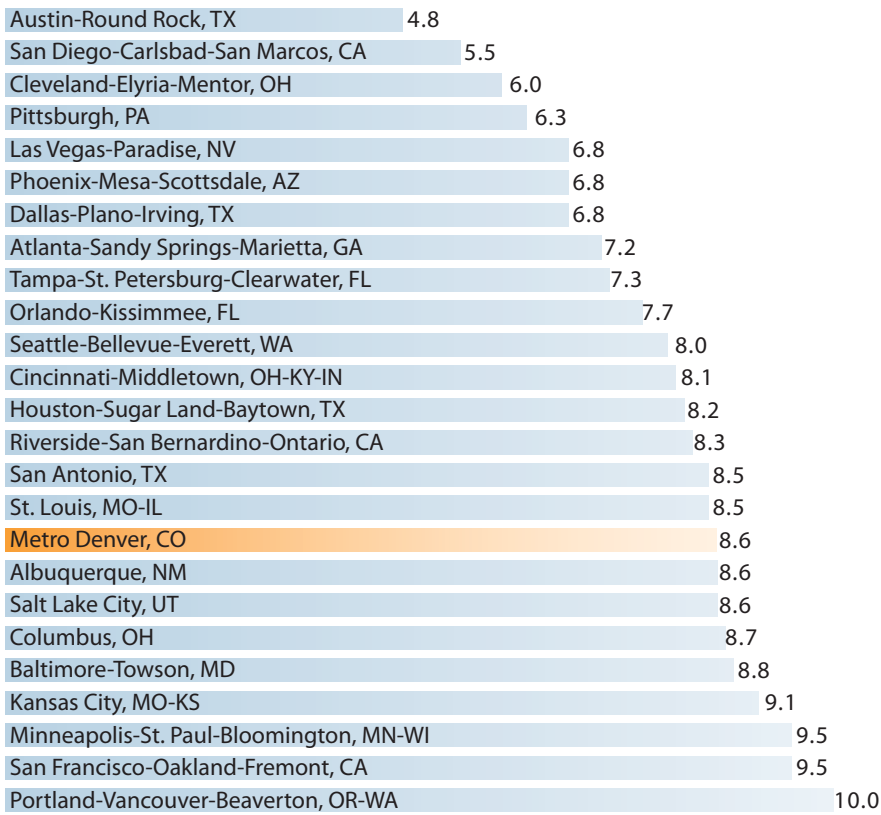
### Percentage of Adults With Diabetes



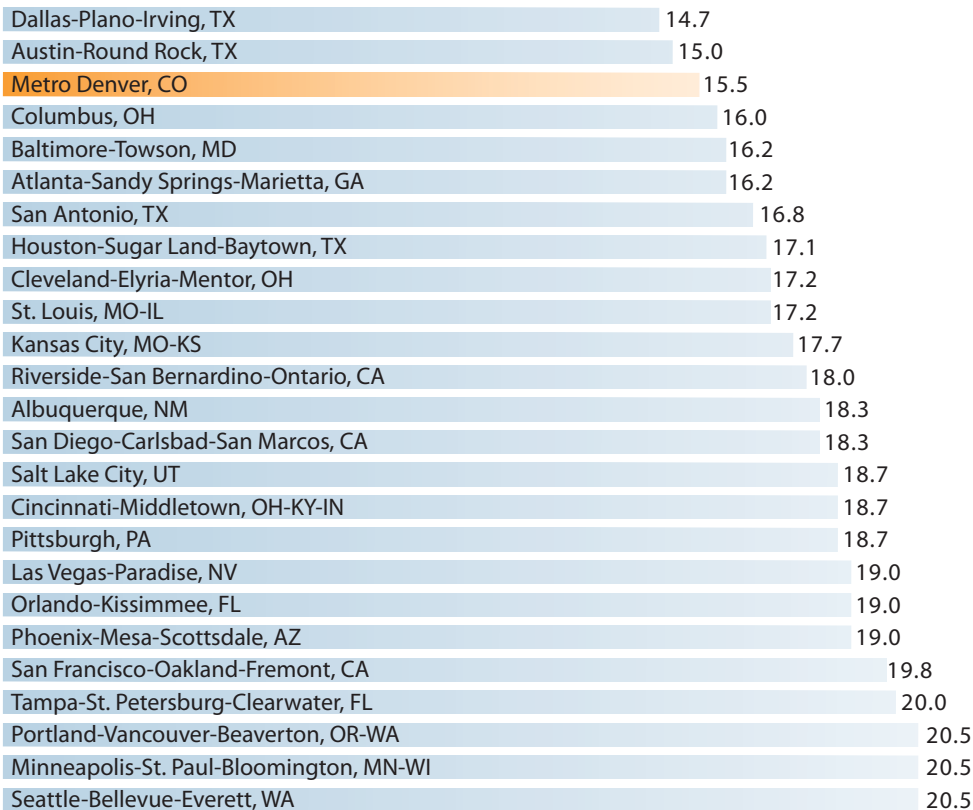
### Percentage of Adults With Hypertension



Percentage of Adults With Asthma



Percentage of Adults With Fewer Limitations on Activities Due to Health





## Other Key Measures of Metro Area Health and Wellness

Other data reveals that health care costs per employee in the Metro Denver area are in step with the rest of the country: \$7,482 for the Metro Denver area compared to \$7,744 for the nation.<sup>7</sup> But, Metro Denver has seen a bigger increase in average cost of health insurance premiums than the rest of the country: 9.2 percent compared to 7.9 percent nationwide.

Metro Denver residents are also comparable to the rest of the state as far as health and wellness. According to the CDPHE, heart disease accounted for 164.1 per 100,000 deaths in Metro Denver in 2005, as compared to just over 169 deaths statewide and 217 nationwide (2004 rate). Cancer prevalence in Metro Denver was 437.7 per 100,000 in 2003, according to the Colorado Central Cancer Registry, compared to 453.1 statewide and 454.7 nationwide.<sup>8</sup> Denver area adults are about as likely to die of heart disease or to have cancer as the rest of the state or nation.

Statistics for children reveal similar trends: In Metro Denver, 14.6 percent of children ages 2 to 14 are at risk of overweight (85th to less than 95th percentile, according to BMI), compared to 15.1 percent statewide; 14.1 percent are overweight (equal to or greater than the 95th percentile), compared to 13.7 percent statewide.<sup>9</sup>

Other health-related statistics for children in the Metro Denver area include:

- ♦ 27.7 percent of Metro Denver area children play sports, bicycling or other physical activities less than 5 hours a week.
- ♦ 12.3 percent of children eat five servings of fruits and/or vegetables per day.
- ♦ 66.3 percent of children say they drink less than one soda or sports drink per day.
- ♦ 22.9 percent of children eat fast food more than twice a week.
- ♦ 28.9 percent of children say they play video games or use the computer one to two hours per day. However, 30.5 percent report playing no video games or using the computer.

(See Chart 4, on page 14, for more Metro Denver health and wellness statistics and how we compare to the rest of the state and nation.)

The good news is that over 72 percent of the children in the Metro Denver area play some kind of sports or other physical activity five or more hours a week, and more than 65 percent drink less than one soda or sports drink per day. The not so good news is that only 12 percent of children are eating the recommended amount of fruits and/or vegetables each day, and almost 23 percent eat fast food more than twice a week. In addition, more than 43 percent are sitting in front of a computer screen for one or more hours a day. If we do not work now to stop these unhealthy trends among our children, their weight will continue to increase as their health continues to decline.

<sup>7</sup> Hewitt Health Value Initiative, 2006

<sup>8</sup> North American Association of Central Cancer Registries (NAACCR), 2003

<sup>9</sup> CDPHE/Child Health Survey, 2005



## Where We Are Headed

Although Denver has been named one of the least obese cities in the country, more than 53 percent of adults in Metro Denver are still overweight—and that number is increasing.

The challenge before the Metro Denver Health and Wellness Commission is to reverse this trend. And the only way we can do that is to first stop it. That is why our goals address first *maintaining*, and then *increasing*, the percentage of healthy weight residents. Everyone plays a role in making Metro Denver America's healthiest community through our schools and early childhood programs, our places of work, and our communities. The commission's *MDHWC Strategic plan: 2007-2012 Our Recipe to Create America's Healthiest Community* outlines how we can create a culture of healthy eating and active living. Together, we can take small steps to make big change. Our physical, mental and economic health depends on it.



CHART 2 — HEALTHIEST COMMUNITY COMPARISON: RANKING 1=BEST; 25=WORST

Metropolitan Statistical Area	Do these things...				To lower the incidence of...				With these results...					Average Rank
	More Physical Activity	Higher Fruit & Vegetable Consumption	More with Health Care Coverage	Overweight/Obesity	Lower Diabetes Rate	Lower Hypertension Rate	Lower Asthma Rate	Fewer with Limitations on Activities Due to Health						
Metro Denver*, CO	4	8	12	2	1	3	18	3						6.4
Austin-Round Rock, TX	16	22	23	3	6	1	1	2						9.3
Seattle-Bellevue-Everett, WA	7	5	10	5	6	9	12	23						9.6
Salt Lake City, UT	3	17	14	6	3	2	18	15						9.8
Minneapolis-St. Paul-Bloomington, MN-WI	9	9	1	10	2	4	24	23						10.3
San Diego-Carlsbad-San Marcos, CA	5	2	18	17	14	12	2	13						10.4
Phoenix-Mesa-Scottsdale, AZ	6	15	20	4	10	5	5	18						10.4
Portland-Vancouver-Beaverton, OR-WA	1	3	13	8	5	6	25	23						10.5
San Francisco-Oakland-Fremont, CA	2	1	8	1	10	19	24	21						10.8
Cleveland-Elyria-Mentor, OH	10	10	5	13	21	23	3	9						11.8
Albuquerque, NM	8	25	15	9	4	7	18	13						12.4
Baltimore-Towson, MD	15	6	3	11	18	22	22	5						12.8
Columbus, OH	13	12	4	23	6	20	21	4						12.9
St. Louis, MO-IL	19	12	2	21	10	18	16	9						13.4
Atlanta-Sandy Springs-Marietta, GA	23	11	11	19	18	15	9	5						13.9
Las Vegas-Paradise, NV	14	17	22	7	16	15	5	18						14.3
Cincinnati-Middletown, OH-KY-IN	17	21	7	12	9	21	13	15						14.4
Orlando-Kissimmee, FL	20	4	16	15	20	11	11	18						14.4
Riverside-San Bernardino-Ontario, CA	11	15	19	14	23	10	15	12						14.9
Dallas-Plano-Irving, TX	24	24	25	20	17	8	5	1						15.5
Pittsburgh, PA	18	19	6	16	22	24	4	15						15.5
Kansas City, MO-KS	20	23	9	17	10	17	23	11						16.3
San Antonio, TX	12	12	21	25	25	14	16	7						16.5
Houston-Sugar Land-Baytown, TX	22	20	24	24	14	13	14	8						17.4
Tampa-St. Petersburg-Clearwater, FL	24	7	17	22	24	24	10	22						18.8

Based on National Center for Chronic Disease Prevention and Health Promotion Behavioral Risk Factor Surveillance System, 2005 Data for All MSAs

\*Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson Counties

CHART 3 — HEALTHIEST COMMUNITY COMPARISON - RATES

Metropolitan Statistical Area	Decrease these rates...			To lower the incidence of...			With fewer of these....			
	Physical Activity Under Recommended Level	Fruit & Vegetable Consumption Less than 5 Servings Per Day	No Health Care Coverage	Overweight or Obesity	Individuals with Diabetes	Individuals with Hypertension	Individuals with Asthma	Individuals with Limited Activities Due to Health		
Metro Denver*, CO	45.7	74.7	15.0	53.5	4.8	19.5	8.6	15.5		
Albuquerque, NM	48.0	79.5	17.2	58.6	5.7	22.0	8.6	18.3		
Atlanta-Sandy Springs-Marietta, GA	56.2	75.7	14.0	62.2	7.5	23.7	7.2	16.2		
Austin-Round Rock, TX	51.5	78.3	23.0	54.5	6.3	14.7	4.8	15.0		
Baltimore-Towson, MD	51.0	73.1	10.0	60.2	7.5	27.2	8.8	16.2		
Cincinnati-Middletown, OH-KY-IN	51.7	77.5	11.5	60.4	6.7	27.0	8.1	18.7		
Cleveland-Elyria-Mentor, OH	49.2	75.5	11.0	60.5	8.3	27.5	6.0	17.2		
Columbus, OH	50.2	76.2	10.1	63.7	6.3	26.7	8.7	16.0		
Dallas-Plano-Irving, TX	57.8	79.1	27.2	62.3	7.3	22.2	6.8	14.7		
Houston-Sugar Land-Baytown, TX	55.6	77.3	26.3	65.1	7.1	23.2	8.2	17.1		
Kansas City, MO-KS	53.0	78.7	12.7	62.1	7.0	24.0	9.1	17.7		
Las Vegas-Paradise, NV	50.5	77.0	22.2	58.1	7.2	23.7	6.8	19.0		
Minneapolis-St. Paul-Bloomington, MN-WI	48.1	75.2	5.8	59.1	5.2	20.2	9.5	20.5		
Orlando-Kissimmee, FL	53.0	72.7	18.1	60.8	8.0	23.0	7.7	19.0		
Phoenix-Mesa-Scottsdale, AZ	46.2	76.8	22.0	55.0	7.0	20.5	6.8	19.0		
Pittsburgh, PA	52.0	77.2	11.1	62.0	9.0	27.6	6.3	18.7		
Portland-Vancouver-Beaverton, OR-WA	44.0	72.3	15.5	58.2	6.0	21.5	10.0	20.5		
Riverside-San Bernardino-Ontario, CA	49.6	76.8	21.7	60.7	9.2	22.5	8.3	18.0		
St. Louis, MO-IL	53.0	76.2	8.7	62.5	7.0	25.0	8.5	17.2		
Salt Lake City, UT	44.3	77.0	16.5	57.6	5.3	19.2	8.6	18.7		
San Antonio, TX	49.7	76.2	22.1	67.7	11.0	23.6	8.5	16.8		
San Diego-Carlsbad-San Marcos, CA	46.0	71.5	20.7	62.1	7.1	23.1	5.5	18.3		
San Francisco-Oakland-Fremont, CA	44.2	68.7	12.0	52.1	7.0	26.5	9.5	19.8		
Seattle-Bellevue-Everett, WA	46.5	72.8	13.2	55.1	6.3	22.3	8.0	20.5		
Tampa-St. Petersburg-Clearwater, FL	57.8	73.3	19.5	63.1	10.1	27.6	7.3	20.0		

National Center for Chronic Disease Prevention and Health Promotion, Behavioral Risk Factor Surveillance System, 2005 Data for All MSAs

\*Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas and Jefferson Counties

**CHART 4 – HOW METRO DENVER MEASURES UP TO COLORADO AND THE NATION**

<b>HEALTH &amp; WELLNESS</b>	<b>Metro Area</b>	<b>Colorado</b>	<b>U.S.</b>
<b>Economic</b>			
Health Cost Per Employee	\$7,482	NA	\$7,744
Health Care Cost Increases	9.2%	NA	7.9%
Unemployed	4.5%	4.3%	4.6%
Poverty rates	10.1%	11.1%	13.3%
<b>General Population</b>			
Good Air Quality Days	66%	NA	NA
Acres of Parks and Open Space	766,704	29,904,734	NA
Miles of Bicycle Routes, Trails and Lanes	1,798	NA	NA
Commuters Who Walk to Work	2.4%	NA	NA
Commuters Who Bike to Work	0.7%	NA	NA
Crashes Involving Pedestrians	1,981	NA	NA
Crashes Involving Bicyclists	1,459	NA	NA
<b>Children</b>			
Obesity Rate			
At Risk Of Overweight (85 <sup>th</sup> To Less Than The 95 <sup>th</sup> Percentile)	14.6%	15.1%	NA
Overweight (Equal To Or Greater Than The 95 <sup>th</sup> Percentile)	14.1%	13.7%	NA
Hours of Playing Sports, Dance or Other Physical Activity Per Week			
<5	23.2%	23.9%	NA
5+	72.1%	72.3%	NA
None	4.5%	3.7%	NA
On A Sports Team	60.5%	65.7%	NA
Walk To Or From School Per Week			
5	21.1%	21.1%	NA
1-4	9.4%	7.8%	NA
Ride the bus	21.1%	23.1%	NA
None	48.4%	48.0%	NA
Hours Per Week Riding A Bicycle			
<3	46.7%	47.4%	NA
3+	22.7%	22.7%	NA
No bike	6.0%	5.1%	NA
None	24.6%	24.8%	NA
Fruit And Vegetable Consumption (Meeting Consumption Of 5 Servings Fruits And/Or Vegetables Per Day)	12.3%	11.6%	NA
Exposure To Second-Hand Smoke (Car And Home)	10.5%	10.9%	NA
Reporting Of Difficulty With Emotions, Concentration, Behavior Or Getting Along With Others	28.6%	29.2%	NA
Soda/Sports Drink Consumption Per Day			
1+	16.8%	19.1%	NA
<1	66.3%	66.1%	NA
Never	16.8%	14.8%	NA
Fruit Juice Consumption Per Day			
1+	51.0%	53.6%	NA
<1	46.1%	42.4%	NA
Never	3.0%	4.0%	NA
Fast Food Consumption Per Week			
2+	22.9%	21.7%	NA
<2	72.7%	73.9%	NA
Never	4.4%	4.4%	NA
Hours Of Playing Games, Internet/Day			
2+	14.6%	14.3%	NA
1<2	28.9%	26.7%	NA
<1	56.4%	59.0%	NA
<b>Adolescents</b>			
Deaths Due To Suicide	16.2 (per 100,000)	16.9 (per 100,000)	10.9 (per 100,000)
<b>Adults</b>			
Overweight/Obesity Rate	55.0%	54.5%	61.4%
Diabetes Prevalence	4.5%	4.8%	7.3%
Deaths Due To Heart Disease	164.1 (per 100,000)	169.4 (per 100,000)	217.0 (per 100,000)
Cancer Incidence	437.7 (per 100,000)	453.1 (per 100,000)	454.7 (per 100,000)
Adults Who Have Had A Flu Shot Within The Past Year	32.6%	31.1%	NA
If No Health Insurance, Any Usual Health Care Provider	32.4%	40.3%	NA
If Health Insurance, Any Usual Health Care Provider	86.5%	86.1%	NA
No. Of Days During The Past 30 Days Mental Health Not Good			
No days	65.1%	65.8%	NA
<7 days	21.6%	21.2%	NA
7-21days	8.7%	8.1%	NA
>21days	4.6%	4.9%	NA
No. Of Days During The Past 30 Days Physical Health Not Good			
No Days	67.9%	66.5%	NA
<7days	20.2%	21.1%	NA
7-21days	6.7%	6.9%	NA
>21days	5.3%	5.5%	NA
No. Of Days During The Past 30 Days Poor Physical Or Mental Health Prevented Usual Activities			
No days	61.9%	62.4%	NA
<7days	24.3%	23.7%	NA
7-21days	8.0%	8.0%	NA
>21days	5.8%	5.9%	NA
<b>Frequency Of Availability Of Needed Social/Emotional Support</b>			
Always Or Usually	82.4%	82.3%	NA
Sometimes	12.3%	11.8%	NA
Rarely Or Never	5.2%	6.0%	NA
General Satisfaction With Life			
Very satisfied or Satisfied	95.9%	95.9%	NA
Dissatisfied or Very dissatisfied	4.1%	4.0%	NA

**Source Notes:**

**Economic:**

- Health cost data - *Hewitt Health Value Initiative* (2006)
- Metro area employment data - *Metro Denver Economic Development Corporation, The Metro Economy* (2006)
- Colorado and U.S. employment data - *U.S. Bureau of Labor Statistics* (2006)
- Poverty rates - *U.S. Census Bureau, American Community Survey* (2005)

**General Population:**

- Air quality data - *Environmental Protection Agency, Air Quality Index* (2006)

- Metro Denver parks and open space - *Denver Regional Council of Governments* (2004)

- State parks and open space - *2007 Open Space Inventory, Colorado State University, Natural Resource Ecology Lab* (2007)
- Bicycle lanes and trails (2006), commuting (2000), and crash data (2002-2003) - *Pedestrian and Bicycle Element of the 2030 Metro Vision Regional Transportation Plan, Denver Regional Council of Governments* (2005)

**Children:**

- All data from *Colorado Department of Public Health and Environment (CDPHE), Child Health Survey* (2005)

**Adolescents:**

- Metro area and Colorado deaths due to suicide - *CDPHE* (2005)
- U.S. deaths due to suicide - *CDPHE* (2004)

**Adults:**

- Metro area and Colorado deaths due to heart disease - *CDPHE* (2005)
- U.S. deaths due to heart disease - *CDPHE* (2004)
- Cancer incidence - *CDPHE, Colorado Cancer Registry* (2003)
- Other adult data - *Behavioral Risk Factor Surveillance System* (2005)



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