



Colorado Department  
of Public Health  
and Environment

► Introduction

Perinatal and  
Infant Health

Child Health

Adolescent  
Health

Adult Health

Summary

## Introduction

### About the Report

The information contained here illustrates the health status of the Colorado population on certain key indicators by life cycle. The format was chosen to demonstrate the clear link between health risk behaviors, morbidity (illness conditions), and death and how behaviors engaged in at one point in the life cycle can impact health outcomes at a later point in life. The life cycle approach also highlights critical health threats and challenges that face people at different times in life.

A key role of public health is to monitor the health status of the population, thereby providing data that allow individuals, educators, health care professionals, and policy makers to make informed decisions about personal and population health. This report should serve as one source of health data that can be used in prioritizing health issues, planning programs, developing policies, and evaluating population-based health efforts.

#### Healthy People 2010

This report is closely tied to Healthy People 2010: Understanding and Improving Health, a document published by the U.S. Department of Health and Human Services in 2000. This document serves as a health promotion and disease prevention agenda for the nation. The overarching goals of Healthy People 2010 are to:

- help individuals of all ages to increase life expectancy and improve their quality of life, and
- eliminate health disparities among segments of the population, including differences that occur by gender, race or ethnicity, education or income, disability, geographic location, or sexual orientation.

Healthy People 2010 is comprised of 28 focus areas supported by 467 health objectives. Naturally, all of these objectives are not covered in this report; however, corresponding objectives are listed wherever possible. In future reports we hope to broaden the scope to include measurement of more objectives in more focus areas.

#### Sources of data included in this report

Sources of data in this report include:

- Vital statistics data: Birth, fetal death, induced termination of pregnancy, and death are reportable vital events as outlined in Colorado state statute. These events are reported to the state health department via standardized forms, entered into databases, aggregated, and analyzed. The result is vital statistics data.
- Pregnancy Risk Assessment Monitoring System (PRAMS) data: PRAMS is a population-based risk factor surveillance system designed to identify and monitor behaviors and experiences of women before, during, and after pregnancy. Information is collected by surveying a sample of women who have recently given birth. Approximately 2,500 Colorado women are surveyed each year.

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- **Child Health Survey data:** Beginning in 2004, the Health Statistics Section partnered with several programs and organizations to develop and implement an annual Colorado Child Health Survey. Respondents to the Behavioral Risk Factor Surveillance System who have a child between ages 1-14 are asked a series of questions about the key health indicators and risk factors facing their children. Approximately 1000 surveys are collected each year.
- **Youth Risk Behavior Survey (YRBS) data:** The YRBS measures those behaviors related to the leading causes of mortality and morbidity among youth and assesses how these risk behaviors change over time. The YRBS measures behaviors that fall into six categories: behaviors that result in unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancies; dietary behaviors; and physical activity. The survey is conducted every other year among 9-12th graders in a randomly selected sample of Colorado public high schools.
- **Behavioral Risk Factor Surveillance System (BRFSS):** The BRFSS is a system of telephone surveys sponsored by the Centers for Disease Control and Prevention to monitor lifestyles and behaviors related to the leading causes of mortality and morbidity. Approximately 6,000 Colorado adults 18 years of age and older are surveyed each year.
- **Census of Fatal Occupational Injuries (CFOI):** The CFOI is a national census conducted in partnership with states to compile work-related fatality data. All fatal injuries that occurred while an employee was at work receiving pay or other compensation, was conducting work activity, or was present at the site of the incident as a condition of employment are included in the census.

### Data at the county level

In an attempt to restrict the length of this report, most data are presented at the state level. However, many of these data are available at the regional, county, or subcounty level as well. There are several online sources for county-level data related to the indicators in this report:

Colorado Vital Statistics: [www.cdphe.state.co.us/hs/vs](http://www.cdphe.state.co.us/hs/vs)

Colorado PRAMS: [www.cdphe.state.co.us/hs/prams/](http://www.cdphe.state.co.us/hs/prams/)

Colorado BRFSS: [www.cdphe.state.co.us/hs/brfss/](http://www.cdphe.state.co.us/hs/brfss/)

Colorado Health Information Dataset (CoHID): [www.cdphe.state.co.us/cohid/](http://www.cdphe.state.co.us/cohid/)