

# 2019 Colorado Behavioral Risk Factor Surveillance System (BRFSS)

Colorado Department of Public Health and Environment  
Center for Health and Environmental Data, Health Statistics and Evaluation Branch  
Adults ages 18 and older (unless otherwise noted)

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Environment, Health Statistics and Evaluation  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Alcohol Consumption

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HEAVY ALCOHOL CONSUMPTION	Frequency	Percent	95% Confidence Limits for Percent	
Yes	521	6.5	5.9	7.2
No	8016	93.5	92.8	94.1
Total	8537	100.0		

Frequency Missing = 780

BINGE DRINKING	Frequency	Percent	95% Confidence Limits for Percent	
Yes	1189	18.2	17.2	19.3
No	7347	81.8	80.7	82.8
Total	8536	100.0		

Frequency Missing = 781

*Heavy drinking defined as 14+ drinks for males and 7+ drinks for females per week*

*Binge drinking defined as 5+ drinks for males and 4+ drinks for females on an occasion*

**Statistics and Evaluation Branch**  
**Colorado Behavioral Risk Factor Surveillance System, 2019**  
**Cholesterol Awareness**

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CHOLESTEROL CHECKED IN PAST 5 YEARS	Frequency	Percent	95% Confidence Limits for Percent	
Yes	7831	86.2	85.2	87.2
No	878	13.8	12.8	14.8
Total	8709	100.0		

Frequency Missing = 608

EVER TOLD BLOOD CHOLESTEROL HIGH	Frequency	Percent	95% Confidence Limits for Percent	
Yes	2891	29.9	28.7	31.0
No	5177	70.1	69.0	71.3
Total	8068	100.0		

Frequency Missing = 1249

High cholesterol is among those who have ever had it checked

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Chronic Health Conditions

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EVER DIAGNOSED WITH HEART ATTACK	Frequency	Percent	95% Confidence Limits for Percent	
Yes	366	2.7	2.4	3.1
No	8909	97.3	96.9	97.6
Total	9275	100.0		

Frequency Missing = 42

EVER DIAGNOSED WITH ANGINA OR CORONARY HEART DISEASE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	320	2.3	2.0	2.6
No	8916	97.7	97.4	98.0
Total	9236	100.0		

Frequency Missing = 81

EVER DIAGNOSED WITH A STROKE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	279	2.2	1.9	2.5
No	9012	97.8	97.5	98.1
Total	9291	100.0		

Frequency Missing = 26

EVER TOLD HAVE DIABETES	Frequency	Percent	95% Confidence Limits for Percent	
Yes	834	7.0	6.4	7.6
No	8463	93.0	92.4	93.6
Total	9297	100.0		

Frequency Missing = 20

AGE TOLD HAVE DIABETES	Frequency	Percent	95% Confidence Limits for Percent	
17 years or younger	27	5.4	3.1	7.6
18 to 44 years	174	27.8	23.8	31.9
45 to 54 years	218	25.9	22.4	29.5
55 to 64 years	211	23.9	20.5	27.4
65 years or older	139	11.7	9.5	13.8

Don't know/Not sure	61	5.3	3.7	6.8
Total	830	100.0		

Frequency Missing = 8487

	Frequency	Percent	95% Confidence Limits for Percent	
<b>(EVER TOLD) YOU HAD SKIN CANCER?</b>				
Yes	1024	7.1	6.6	7.6
No	8265	92.9	92.4	93.4
Total	9289	100.0		

Frequency Missing = 28

	Frequency	Percent	95% Confidence Limits for Percent	
<b>(EVER TOLD) YOU HAD ANY OTHER TYPES OF CANCER?</b>				
Yes	904	6.6	6.1	7.1
No	8385	93.4	92.9	93.9
Total	9289	100.0		

Frequency Missing = 28

	Frequency	Percent	95% Confidence Limits for Percent	
<b>TOLD HAVE ARTHRITIS</b>				
Yes	2758	22.3	21.4	23.3
No	6504	77.7	76.7	78.6
Total	9262	100.0		

Frequency Missing = 55

	Frequency	Percent	95% Confidence Limits for Percent	
<b>EVER TOLD YOU HAVE KIDNEY DISEASE?</b>				
Yes	234	1.8	1.5	2.1
No	9058	98.2	97.9	98.5
Total	9292	100.0		

Frequency Missing = 25

	Frequency	Percent	95% Confidence Limits for Percent	
<b>(EVER TOLD) YOU HAD (COPD) CHRONIC OBSTRUCTIVE PULMONARY DISEASE, EMPHYSEMA OR CHRONIC BRONCHITIS?</b>				
Yes	538	4.5	4.0	5.0
No	8737	95.5	95.0	96.0
Total	9275	100.0		

Frequency Missing = 42

	Frequency	Percent	95% Confidence Limits for Percent	
<b>EVER TOLD HAD ASTHMA</b>				

Yes	1335	15.2	14.3	16.1
No	7941	84.8	83.9	85.7
Total	9276	100.0		

Frequency Missing = 41

<b>CURRENT ASTHMA</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	863	9.7	9.0	10.5
No	8364	90.3	89.5	91.0
Total	9227	100.0		

Frequency Missing = 90

<b>(EVER TOLD) YOU HAD A DEPRESSIVE DISORDER</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	1527	17.2	16.2	18.1
No	7760	82.8	81.9	83.8
Total	9287	100.0		

Frequency Missing = 30

Colorado Department of Public Health and Environment,  
Health Statistics and Evaluation Branch

Colorado Behavioral Risk Factor Surveillance System,  
2019

Health Care Access

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HAVE ANY HEALTH CARE COVERAGE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	8383	87.7	86.8	88.5
No	891	12.3	11.5	13.2
Total	9274	100.0		

Frequency Missing = 43

ADULTS AGED 18-64 WHO HAVE ANY HEALTH CARE COVERAGE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	5087	85.1	84.0	86.1
No	832	14.9	13.9	16.0
Total	5919	100.0		

Frequency Missing = 3398

HAVE 1+ REGULAR HEALTH CARE PROVIDERS	Frequency	Percent	95% Confidence Limits for Percent	
Yes	7359	73.4	72.3	74.5
No	1923	26.6	25.5	27.7
Total	9282	100.0		

Frequency Missing = 35

COULD NOT SEE DR. BECAUSE OF COST	Frequency	Percent	95% Confidence Limits for Percent	
Yes	947	12.1	11.3	12.9
No	8339	87.9	87.1	88.7
Total	9286	100.0		

Frequency Missing = 31

HAD ROUTINE CHECKUP WITHIN PAST YEAR	Frequency	Percent	95% Confidence Limits for Percent	
Yes	6766	68.7	67.6	69.9
No	2411	31.3	30.1	32.4
Total	9177	100.0		

Frequency Missing = 140

Colorado Department of Public Health and Environment, Health  
 Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Health Status

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SELF-REPORTED HEALTH STATUS	Frequency	Percent	95% Confidence Limits for Percent	
Good or better	7907	86.0	85.1	86.8
Fair or poor	1382	14.0	13.2	14.9
Total	9289	100.0		

Frequency Missing = 28

NUMBER OF DAYS MENTAL HEALTH NOT GOOD IN PAST 30 DAYS	Frequency	Percent	95% Confidence Limits for Percent	
0 days	5906	59.7	58.4	60.9
1-7 days	1987	24.1	23.0	25.2
8-13 days	325	3.9	3.4	4.4
14+ days	961	12.3	11.4	13.1
Total	9179	100.0		

Frequency Missing = 138

NUMBER OF DAYS PHYSICAL HEALTH NOT GOOD IN PAST 30 DAYS	Frequency	Percent	95% Confidence Limits for Percent	
0 days	5779	63.7	62.5	64.9
1-7 days	2076	23.8	22.7	24.9
8-13 days	256	2.5	2.1	2.9
14+ days	1048	10.0	9.3	10.7
Total	9159	100.0		

Frequency Missing = 158

NUMBER OF DAYS WITH ACTIVITY LIMITATIONS IN PAST 30 DAYS DUE TO POOR MENTAL OR PHYSICAL HEALTH	Frequency	Percent	95% Confidence Limits for Percent	
0 days	7018	74.6	73.5	75.7
1-7 days	1246	15.4	14.5	16.4
8-13 days	223	2.4	2.0	2.7
14+ days	752	7.6	7.0	8.2
Total	9239	100.0		

Frequency Missing = 78

CALCULATED DISABILITY* STATUS	Frequency	Percent	95% Confidence Limits for Percent	
Yes	2093	20.6	19.6	21.6
No	6567	79.4	78.4	80.4
Total	8660	100.0		

Frequency Missing = 657

\*Disability includes cognitive, mobility, vision, hearing, self-care, or

Disability includes cognitive, mobility, vision, hearing, self-care, or independent living difficulties



Colorado Department of Public Health and Environment, Health  
Statistics and Evaluation Branch

Colorado Behavioral Risk Factor Surveillance System, 2019  
HIV/AIDS

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EVER TESTED FOR HIV	Frequency	Percent	95% Confidence Limits for Percent	
Yes	2852	42.0	40.6	43.3
No	5068	58.0	56.7	59.4
Total	7920	100.0		

Frequency Missing = 1397

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Hypertension Awareness

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EVER TOLD BLOOD PRESSURE HIGH	Frequency	Percent	95% Confidence Limits for Percent	
Yes	3049	25.8	24.8	26.8
No	6217	74.2	73.2	75.2
Total	9266	100.0		

Frequency Missing = 51

CURRENTLY TAKING MEDS FOR HIGH BP	Frequency	Percent	95% Confidence Limits for Percent	
Yes	2287	67.5	65.3	69.6
No	750	32.5	30.4	34.7
Total	3037	100.0		

Frequency Missing = 6280

Colorado Department of Public Health and Environment, Health  
 Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Immunization

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ADULT FLU SHOT/SPRAY PAST 12 MOS	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes	4344	46.4	45.1	47.7
No	4001	53.6	52.3	54.9
Total	8345	100.0		

Frequency Missing = 972

PNEUMONIA SHOT EVER	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes	3367	37.8	36.5	39.1
No	3874	62.2	60.9	63.5
Total	7241	100.0		

Frequency Missing = 2076

HAVE YOU EVER HAD THE SHINGLES OR ZOSTER VACCINE?	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes	977	32.1	30.1	34.1
No	1508	67.9	65.9	69.9
Total	2485	100.0		

Frequency Missing = 1903

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Physical Activity

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ANY LEISURE TIME PHYSICAL ACTIVITY IN PAST 30 DAYS	Frequency	Percent	95% Confidence Limits for Percent	
Yes	7045	81.3	80.3	82.3
No	1594	18.7	17.7	19.7
Total	8639	100.0		

Frequency Missing = 678

MET AEROBIC PHYSICAL ACTIVITY RECOMMENDATIONS*	Frequency	Percent	95% Confidence Limits for Percent	
Yes	5030	58.4	57.1	59.7
No	3263	41.6	40.3	42.9
Total	8293	100.0		

Frequency Missing = 1024

*\*Current recommendations are 150+ minutes of moderate intensity (or 75+ minutes of vigorous intensity) aerobic physical activity per week*

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Tobacco Use

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<b>CURRENT SMOKING</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	1024	13.5	12.6	14.4
No	7640	86.5	85.6	87.4
Total	8664	100.0		

Frequency Missing = 653

<b>CIGARETTE SMOKERS AND FORMER SMOKERS ABSTINENT &lt;365 DAYS WHO QUIT SMOKING FOR 1+ DAYS IN PAST 12 MONTHS</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	823	66.9	63.9	69.9
No	452	33.1	30.1	36.1
Total	1275	100.0		

Frequency Missing = 8042

<b>CURRENT SMOKELESS TOBACCO USE</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	289	3.9	3.4	4.4
No	8421	96.1	95.6	96.6
Total	8710	100.0		

Frequency Missing = 607

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Weight Status and Nutrition

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CALCULATED WEIGHT STATUS (BMI)	Frequency	Percent	95% Confidence Limits for Percent	
Underweight	166	2.0	1.6	2.4
Healthy weight	3251	38.9	37.6	40.2
Overweight	3150	35.3	34.1	36.5
Obese	2077	23.8	22.7	24.9
Total	8644	100.0		

Frequency Missing = 673

OVERWEIGHT OR OBESE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	5227	59.1	57.8	60.4
No	3417	40.9	39.6	42.2
Total	8644	100.0		

Frequency Missing = 673

CONSUME FRUIT 1+ TIMES/DAY	Frequency	Percent	95% Confidence Limits for Percent	
Yes	5273	63.0	61.8	64.3
No	2898	37.0	35.7	38.2
Total	8171	100.0		

Frequency Missing = 1146

CONSUME VEGETABLES 1+ TIMES/DAY	Frequency	Percent	95% Confidence Limits for Percent	
Yes	6534	80.5	79.4	81.6
No	1491	19.5	18.4	20.6
Total	8025	100.0		

Frequency Missing = 1292

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Marijuana use

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USED MARIJUANA ON 1+ DAYS IN PAST 30 DAYS	Frequency	Percent	95% Confidence Limits for Percent	
Yes	1218	19.0	17.8	20.1
No	6475	81.0	79.9	82.2
Total	7693	100.0		

Frequency Missing = 1624

THINKS ADULTS WHO USE MARIJUANA DAILY/NEAR DAILY HAVE MODERATE/GREAT RISK OF HARMING THEMSELVES	Frequency	Percent	95% Confidence Limits for Percent	
Moderate/Great risk	3504	47.7	46.2	49.1
Slight/No risk	3265	52.3	50.9	53.8
Total	6769	100.0		

Frequency Missing = 2548

DAYS USED MARIJUANA (AMONG PAST 30 DAY USERS)	Frequency	Percent	95% Confidence Limits for Percent	
Monthly (1-3 days)	270	20.2	17.6	22.8
Weekly (4-19 days)	390	31.6	28.5	34.6
Daily/near daily (20-30 days)	558	48.2	44.9	51.5
Total	1218	100.0		

Frequency Missing = 8099

NUMBER OF TIMES USED MARIJUANA PER DAY USED	Frequency	Percent	95% Confidence Limits for Percent	
1 time/day	743	59.2	55.9	62.5
2 times/day	210	18.7	16.1	21.4
3 times/day	104	9.6	7.6	11.6
4+ times/day	131	12.5	10.2	14.7
Total	1188	100.0		

Frequency Missing = 8129

TOTAL NUMBER OF TIMES USED MARIJUANA PAST 30 DAYS	Frequency	Percent	95% Confidence Limits for Percent	
1-10 times	499	39.1	35.8	42.3
11-20 times	148	12.5	10.3	14.7
21-30 times	179	15.0	12.6	17.4
31-60 times	160	14.2	11.9	16.6
61-90 times	80	7.5	5.6	9.3
More than 90 times	122	11.7	9.5	13.9

Total	1188	100.0		
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Frequency Missing = 8129

USED MARIJUANA IN PAST 30 DAYS AND SMOKED IT	Frequency	Percent	95% Confidence Limits for Percent	
Yes	876	76.1	73.3	78.8
No	338	23.9	21.2	26.7
Total	1214	100.0		

Frequency Missing = 8103

USED MARIJUANA IN PAST 30 DAYS AND ATE IT	Frequency	Percent	95% Confidence Limits for Percent	
Yes	491	41.5	38.3	44.8
No	723	58.5	55.2	61.7
Total	1214	100.0		

Frequency Missing = 8103

USED MARIJUANA IN PAST 30 DAYS AND DRANK IT	Frequency	Percent	95% Confidence Limits for Percent	
Yes	71	6.0	4.5	7.5
No	1143	94.0	92.5	95.5
Total	1214	100.0		

Frequency Missing = 8103

USED MARIJUANA IN PAST 30 DAYS AND VAPORIZED IT	Frequency	Percent	95% Confidence Limits for Percent	
Yes	343	32.0	28.9	35.1
No	871	68.0	64.9	71.1
Total	1214	100.0		

Frequency Missing = 8103

USED MARIJUANA PAST 30 DAYS AND DABBED IT	Frequency	Percent	95% Confidence Limits for Percent	
Yes	185	19.6	16.9	22.4
No	1029	80.4	77.6	83.1
Total	1214	100.0		

Frequency Missing = 8103

USED MARIJUANA PAST 30 DAYS AND USED IT IN SOME OTHER WAY	Frequency	Percent	95% Confidence Limits for Percent	
Yes	165	11.7	9.7	13.7
No	1049	88.3	86.3	90.3
Total	1214	100.0		

Frequency Missing = 8103



<b>DROVE AFTER USING MARIJUANA 1+ TIMES IN PAST 30 DAYS</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	216	18.6	16.1	21.2
No	971	81.4	78.8	83.9
Total	1187	100.0		

Frequency Missing = 8130

Colorado Department of Public Health and Environment,  
Health Statistics and Evaluation Branch

Colorado Behavioral Risk Factor Surveillance System, 2019  
Active Transportation and Physical Activity

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PARTICIPATE IN 150+ MIN OF ACTIVE TRANSPORTATION PER WEEK	Frequency	Percent	95% Confidence Limits for Percent	
Yes	622	17.1	15.6	18.6
No	3179	82.9	81.4	84.4
Total	3801	100.0		

Frequency Missing = 576

*Responses of <10min/day were recoded to 0.*

*Responses of >10hrs/day were excluded.*

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Blood Pressure

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A HEALTHCARE PROFESSIONAL RECOMMENDED YOU CHECK YOUR BP AT HOME OR OUTSIDE OF THE DR.'S OFFICE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	861	49.5	46.6	52.4
No	824	50.5	47.6	53.4
Total	1685	100.0		

Frequency Missing = 2692

YOU REGULARLY CHECK YOUR BP AT HOME OR OUTSIDE OF THE DR.'S OFFICE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	683	38.1	35.3	40.9
No	1004	61.9	59.1	64.7
Total	1687	100.0		

Frequency Missing = 2690

HOW YOU TELL YOUR HEALTHCARE PROFESSIONAL WHAT YOUR BP NUMBERS ARE	Frequency	Percent	95% Confidence Limits for Percent	
Telephone	40	6.3	4.0	8.6
Other methods(email, internet portal, or fax)	71	10.6	8.0	13.2
In person	501	74.0	70.0	77.9
Do not share info	68	9.1	6.6	11.7
Total	680	100.0		

Frequency Missing = 3697

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Cardiac/Stroke Rehab

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HAD ANY SORT OF OUTPATIENT REHAB FOLLOWING A HEART ATTACK	Frequency	Percent	95% Confidence Limits for Percent	
Yes	130	44.3	37.3	51.3
No	165	55.7	48.7	62.7
Total	295	100.0		

Frequency Missing = 9022

HAD ANY SORT OF OUTPATIENT REHAB FOLLOWING A STROKE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	84	40.4	33.1	47.7
No	150	59.6	52.3	66.9
Total	234	100.0		

Frequency Missing = 9083

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Diabetes Management

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NUMBER OF DR. VISITS FOR DIABETES IN PAST YEAR	Frequency	Percent	95% Confidence Limits for Percent	
One visit	135	18.1	14.8	21.4
2+ visits	536	70.2	66.4	74.0
None	111	11.7	9.2	14.2
Total	782	100.0		

Frequency Missing = 8535

NUMBER OF A1C CHECKS IN PAST YEAR	Frequency	Percent	95% Confidence Limits for Percent	
Once	120	17.8	14.3	21.3
2+ times	544	79.5	75.9	83.1
None	18	2.0	1.1	3.0
Never heard of "A one C" test	7	0.7	0.0	1.3
Total	689	100.0		

Frequency Missing = 8628

TIME SINCE TAKING A COURSE ON HOW TO MANAGE DIABETES	Frequency	Percent	95% Confidence Limits for Percent	
Within the past year	103	18.9	15.0	22.8
Between 1-3 years ago	98	15.7	12.3	19.1
3+ years ago	222	28.6	24.6	32.7
Never	256	36.8	32.3	41.3
Total	679	100.0		

Frequency Missing = 8638

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Family Planning

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SEXUALLY ACTIVE (ages 18-44)	Frequency	Percent	95% Confidence Limits for Percent	
Yes	1536	77.7	75.6	79.8
No	434	22.3	20.2	24.4
Total	1970	100.0		

Frequency Missing = 7347

SEXUALLY ACTIVE AND USING AN EFFECTIVE BIRTH CONTROL METHOD TO PREVENT PREGNANCY (ages 18-44)	Frequency	Percent	95% Confidence Limits for Percent	
Yes	856	66.8	64.0	69.6
No	436	33.2	30.4	36.0
Total	1292	100.0		

Frequency Missing = 8025

SEX	SEXUALLY ACTIVE AND USING AN EFFECTIVE BIRTH CONTROL METHOD TO PREVENT	Frequency	Row Percent	95% Confidence Limits for Row Percent	
Male	Yes	354	58.7	54.4	63.0
	No	248	41.3	37.0	45.6
	Total	602	100.0		
Female	Yes	502	73.5	69.9	77.1
	No	188	26.5	22.9	30.1
	Total	690	100.0		
Total	Yes	856			
	No	436			
	Total	1292			

Frequency Missing = 8025

BIRTH CONTROL METHOD AMONG SEXUALLY ACTIVE CONTRACEPTING ADULTS (ages 18-44)	Frequency	Percent	95% Confidence Limits for Percent	
Sterilization	361	30.8	27.9	33.7
Pill, patch, ring, shot	204	19.6	16.9	22.3
LARC	291	27.0	24.2	29.9
Condoms	186	16.7	14.3	19.1
Less effective methods	64	5.8	4.3	7.4
Total	1106	100.0		

Frequency Missing = 8211

SEX	BIRTH CONTROL METHOD AMONG SEXUALLY ACTIVE CONTRACEPTING ADULTS (ages 18-44)	Frequency	Row Percent	95% Confidence Limits for Row Percent	
Male	Sterilization	146	27.6	23.5	31.8
	Pill, patch, ring, shot	104	20.3	16.3	24.2
	LARC	104	22.5	18.4	26.6
	Condoms	106	20.7	16.9	24.6
	Less effective methods	42	8.9	6.1	11.6
	Total	502	100.0		
Female	Sterilization	215	33.3	29.3	37.3
	Pill, patch, ring, shot	100	19.1	15.3	22.8
	LARC	187	30.6	26.6	34.5
	Condoms	80	13.6	10.6	16.6
	Less effective methods	22	3.5	1.9	5.1
	Total	604	100.0		

Total	Sterilization	361			
	Pill, patch, ring, shot	204			
	LARC	291			
	Condoms	186			
	Less effective methods	64			
	Total	1106			

Frequency Missing = 8211

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Housing and Food Insecurity

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ALWAYS/USUALLY/SOMETIMES WORRY ABOUT AFFORDING RENT/MORTGAGE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	1321	27.4	26.0	28.9
No	4619	72.6	71.1	74.0
Total	5940	100.0		

Frequency Missing = 3377

ALWAYS/USUALLY/SOMETIMES WORRY ABOUT AFFORDING NUTRITIOUS MEALS	Frequency	Percent	95% Confidence Limits for Percent	
Yes	931	18.8	17.6	20.1
No	5326	81.2	79.9	82.4
Total	6257	100.0		

Frequency Missing = 3060



Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Injection Drug Use

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<b>EVER USED A NEEDLE TO INJECT A DRUG NOT PRESCRIBED BY YOUR DR., EVEN ONCE</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	136	1.7	1.3	2.0
No	7556	98.3	98.0	98.7
Total	7692	100.0		

Frequency Missing = 1625

<b>TIME SINCE LAST USED A NEEDLE TO INJECT A DRUG NOT PRESCRIBED BY A DR.</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Within the past 30 days	8	5.8	1.1	10.5
> than 30 days ago but within 12 months	4	3.8	0.9	6.7
More than a year ago	123	90.4	85.0	95.8
Total	135	100.0		

Frequency Missing = 9182

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Mental Health

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IF HAD MENTAL HEALTH CONDITION OR EMOTIONAL PROBLEM, WOULD FEEL SAFE SHARING WITH YOUR FAMILY	Frequency	Percent	95% Confidence Limits for Percent	
Yes	3424	92.1	91.1	93.1
No	331	7.9	6.9	8.9
Total	3755	100.0		

Frequency Missing = 633

RECEIVING MEDICINE/TREATMENT FOR MENTAL HEALTH CONDITION OR EMOTIONAL PROBLEM	Frequency	Percent	95% Confidence Limits for Percent	
Yes	559	14.3	13.0	15.7
No	3268	85.7	84.3	87.0
Total	3827	100.0		

Frequency Missing = 561

EVER A TIME COULD NOT ACCESS CARE WHEN MENTAL HEALTH CARE OR COUNSELING SERVICES WERE NEEDED	Frequency	Percent	95% Confidence Limits for Percent	
Yes	257	8.7	7.5	9.9
No	3563	91.3	90.1	92.5
Total	3820	100.0		

Frequency Missing = 568

DID NOT SEEK MENTAL HEALTH CARE BECAUSE OF CONCERN ABOUT THE COST OF TREATMENT	Frequency	Percent	95% Confidence Limits for Percent	
Yes	148	58.6	51.4	65.8
No	108	41.4	34.2	48.6
Total	256	100.0		

Frequency Missing = 4132

DID NOT SEEK MENTAL HEALTH CARE BECAUSE DID NOT FEEL COMFORTABLE TALKING TO A HEALTH PROFESSIONAL	Frequency	Percent	95% Confidence Limits for Percent	
Yes	81	36.5	29.4	43.6
No	172	63.5	56.4	70.6
Total	253	100.0		

Frequency Missing = 4135

DID NOT SEEK MENTAL HEALTH CARE BECAUSE CONCERNS ABOUT WHAT WOULD HAPPEN IF SOMEONE FOUND OUT YOU HAD A PROBLEM	Frequency	Percent	95% Confidence Limits for Percent	
Yes	70	30.2	23.2	37.1
No	185	69.8	62.9	76.8
Total	255	100.0		

Frequency Missing = 4133

DID NOT SEEK MENTAL HEALTH CARE BECAUSE HAD A BAD EXPERIENCE IN THE PAST	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes	94	40.1	32.8	47.4
No	159	59.9	52.6	67.2
Total	253	100.0		

Frequency Missing = 4135

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Sexual Orientation/Gender Identity

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GENDER IDENTITY	Frequency	Percent	95% Confidence Limits for Percent	
Transgender	31	0.6	0.4	0.8
Cisgender (not Transgender)	7660	99.4	99.2	99.6
Total	7691	100.0		

Frequency Missing = 1626

SEXUAL ORIENTATION	Frequency	Percent	95% Confidence Limits for Percent	
Lesbian or Gay	151	1.9	1.6	2.3
Straight (not gay)	7134	93.0	92.2	93.8
Bisexual	203	3.9	3.3	4.6
Something else	84	1.2	0.9	1.5
Total	7572	100.0		

Frequency Missing = 1745

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Suicidal Ideation

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<b>EVER SERIOUSLY THOUGHT ABOUT HURTING SELF IN A WAY THAT MIGHT HAVE RESULTED IN DEATH IN PAST YEAR</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	363	6.1	5.4	6.8
No	7298	93.9	93.2	94.6
Total	7661	100.0		

Frequency Missing = 1656

<b>EVER ACTUALLY TRIED HURTING SELF IN A WAY THAT MIGHT HAVE RESULTED IN DEATH IN PAST YEAR</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	64	20.6	15.5	25.8
No	297	79.4	74.2	84.5
Total	361	100.0		

Frequency Missing = 8956

Colorado Department of Public Health and Environment, Health  
 Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Electronic Vaping Products

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EVER USED ELECTRONIC VAPING PRODUCT, EVEN JUST ONCE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	732	28.1	26.3	30.0
No	3081	71.9	70.0	73.7
Total	3813	100.0		

Frequency Missing = 564

CURRENT ELECTRONIC VAPOR PRODUCT USE	Frequency	Percent	95% Confidence Limits for Percent	
Yes	147	6.4	5.3	7.5
No	3664	93.6	92.5	94.7
Total	3811	100.0		

Frequency Missing = 896

Colorado Department of Public Health and Environment,  
 Health Statistics and Evaluation Branch  
 Colorado Behavioral Risk Factor Surveillance System, 2019  
 Sugar-sweetened Beverages

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<b>DRINK 1+ SUGAR-SWEETENED BEVERAGES PER DAY</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
Yes	850	27.5	25.6	29.3
No	2943	72.5	70.7	74.4
Total	3793	100.0		

Frequency Missing = 584

<b>NUMBER OF SUGAR-SWEETENED BEVERAGES CONSUMED PER DAY</b>	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
None	1671	36.5	34.7	38.3
<1 per day	1272	36.0	34.1	37.9
1 per day	502	16.0	14.5	17.5
2+ per day	348	11.4	10.1	12.7
Total	3793	100.0		

Frequency Missing = 584