

OBESITY IN PUEBLO COUNTY



Prevent • Promote • Protect

Facts and figures
related to the 2018-
2022 Community
Health Assessment
priority.
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Introduction

The Center for Disease Control and Prevention (CDC) recognizes that “obesity is a complex health issue to address. Obesity results from a combination of causes and contributing factors, including individual factors such as behavior and genetics. Behaviors can include dietary patterns, physical activity, inactivity, medication use, and other exposures¹.” Factors in the environment contributing to obesity include food advertising, access to food, education, and skills in selecting and preparing foods. Environmental factors also affect the opportunity to participate in physical activity.²

“People who are obese, compared to those with a normal or healthy weight, are at increased risk for many serious diseases and health conditions, including the following¹:

- All-causes of death
- High blood pressure
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning”

Additionally, children who are obese are more likely to become obese adults².

Obesity and associated conditions were selected as one of the top community health priorities in Pueblo County to address during 2018-2022. This priority was selected after the Pueblo City-County Health Department (PCCHD) led a comprehensive community health assessment. The assessment took into consideration data, as well as input and feedback from community leaders and community members.

Utilizing This Report

There are multiple goals the Health Department hopes to achieve with this report.

- Allow the community to examine an issue from a similar perspective and knowledgebase in order to determine common efforts to address the issue.
- Celebrate successes through pinpointing areas where Pueblo County excels. The Health Department firmly believes the data should not be used only to highlight shortcomings, but also to spur action.

- Use this information in order to create a five-year action plan detailing actions to be taken by the community to make positive impacts.

Understanding the impact of an issue on the community is vital for making crucial decisions related to policies, services, programs, funding, and organizational efforts. The data contained in this report should be used to examine the issue of obesity in-depth. This analysis examined how obesity is impacting different segments of the population disproportionately and what community resources are currently available to improve the health of Pueblo County residents.

Moving forward, data should also be used to track progress and determine if efforts are making a difference and achieving the desired outcome. Thus, the data within this report will be updated on a regular basis by the Health Department and analyzed by the Community Health Assessment Steering Committee to determine trends, changes and discuss how the data is driving efforts.

Data Related to Obesity and Associated Conditions

The information below provides a snapshot of the most recent data available on obesity and associated health conditions in Pueblo County. The data represents the adult or high school population in Pueblo County. Additionally, PCCHD further analyzed the available data to determine if, and where, disparities and inequalities existed. A health disparity exists when there is a statistically significant difference between data points for two populations. According to the CDC, a health inequity exists when the disparity is due to differences in social, economic, or healthcare resources³.

When analyzing the data, significant variations were noted when sufficient data was available to determine statistical differences. When available, differences were examined based on age, gender, race/ethnicity, income, and education. Based on Pueblo County's size and survey participation numbers, data is limited and further stratification is not possible.

The following sections summarize the data specific to various obesity and associated health concerns.

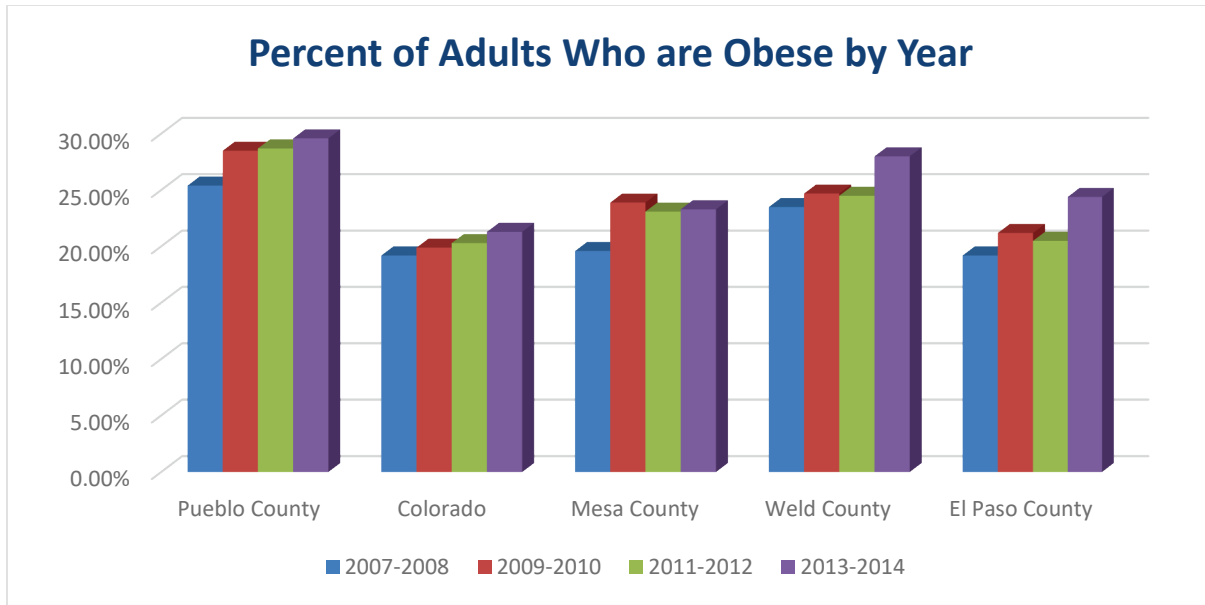


Figure 1: Adult Obesity⁵

Notes on adult obesity data⁵:

- The good news is Colorado and Pueblo County’s adult obesity data is lower than Healthy People 2020 goal of 30.6%⁵. However, the alarming fact is Colorado obesity rates have “more than doubled during the past 15 years, and childhood overweight and obesity has increased at alarming rates” as well⁴.
- Specific to Pueblo County, adult obesity rates are trending up and overweight data is trending down⁵.
- Individuals 18-24 years old are significantly less likely to be obese than those 35 and older⁵.
- Almost an equal number of males and females are obese⁵.
 - However, significantly more males are overweight than females.

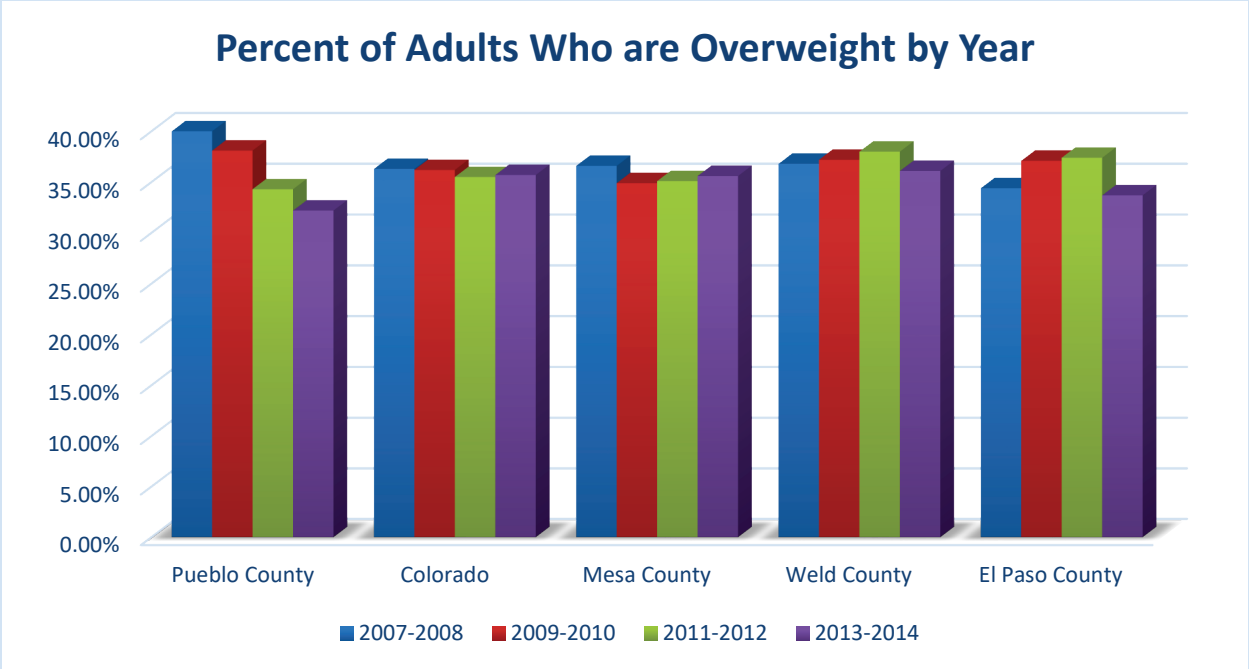


Figure 2: Adult Overweight⁵

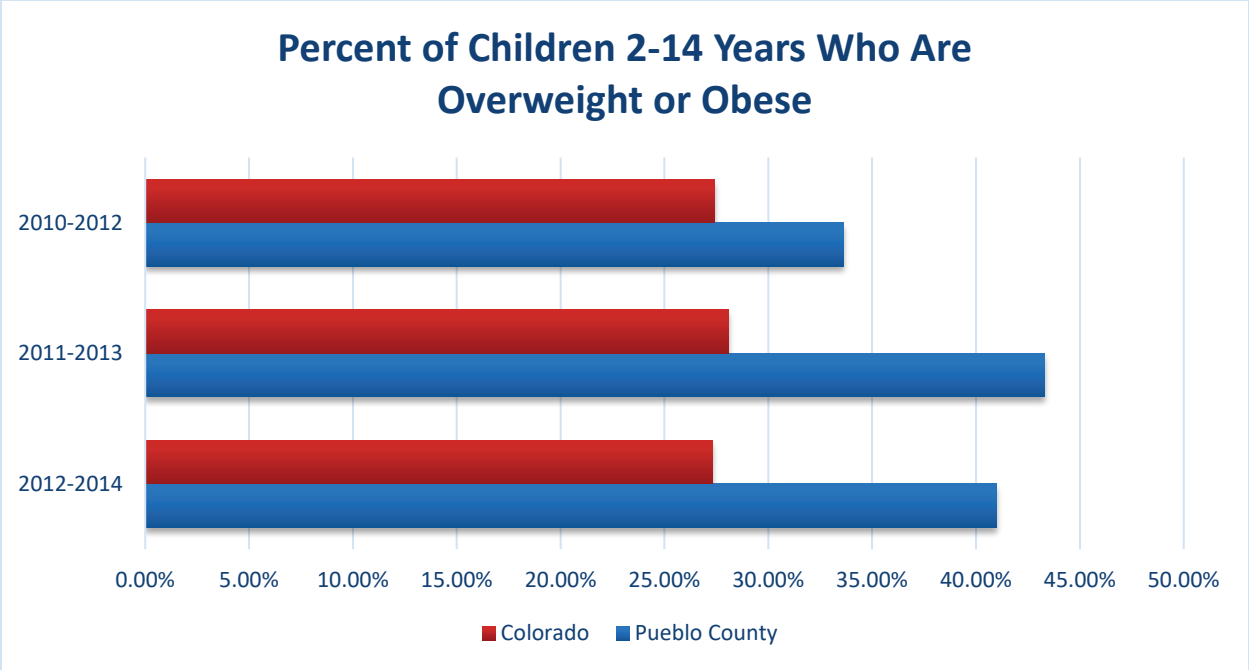


Figure 3: Childhood Obesity and Overweight⁷

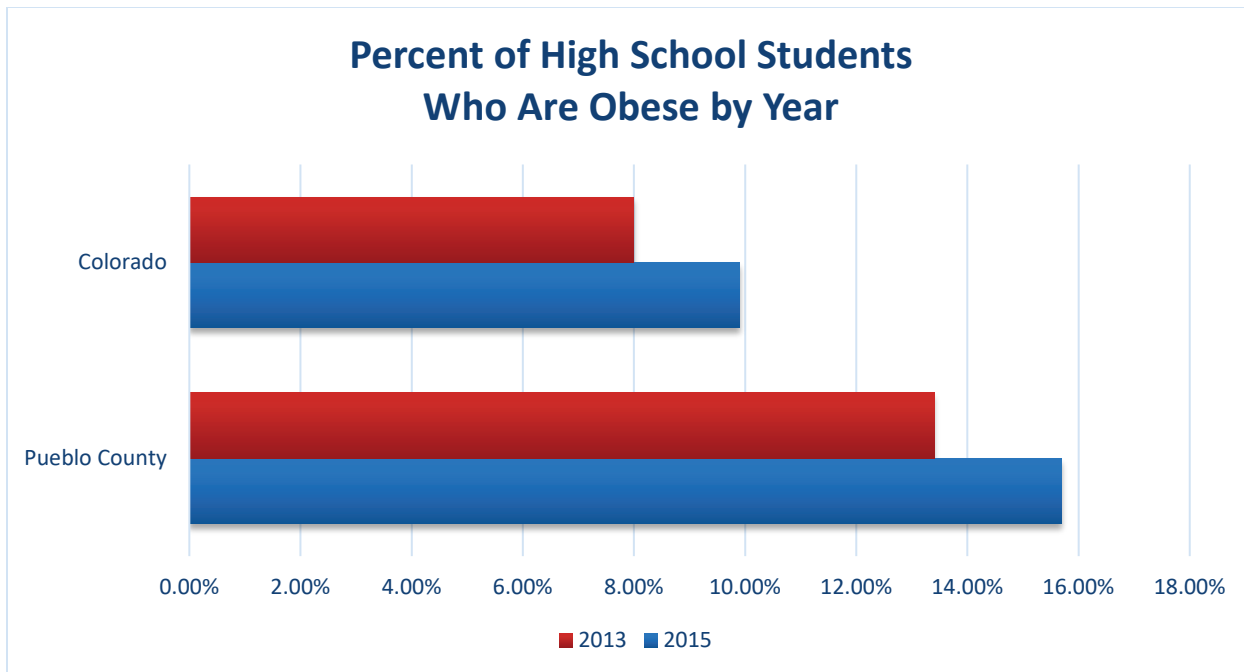


Figure 4: High School Obesity⁸

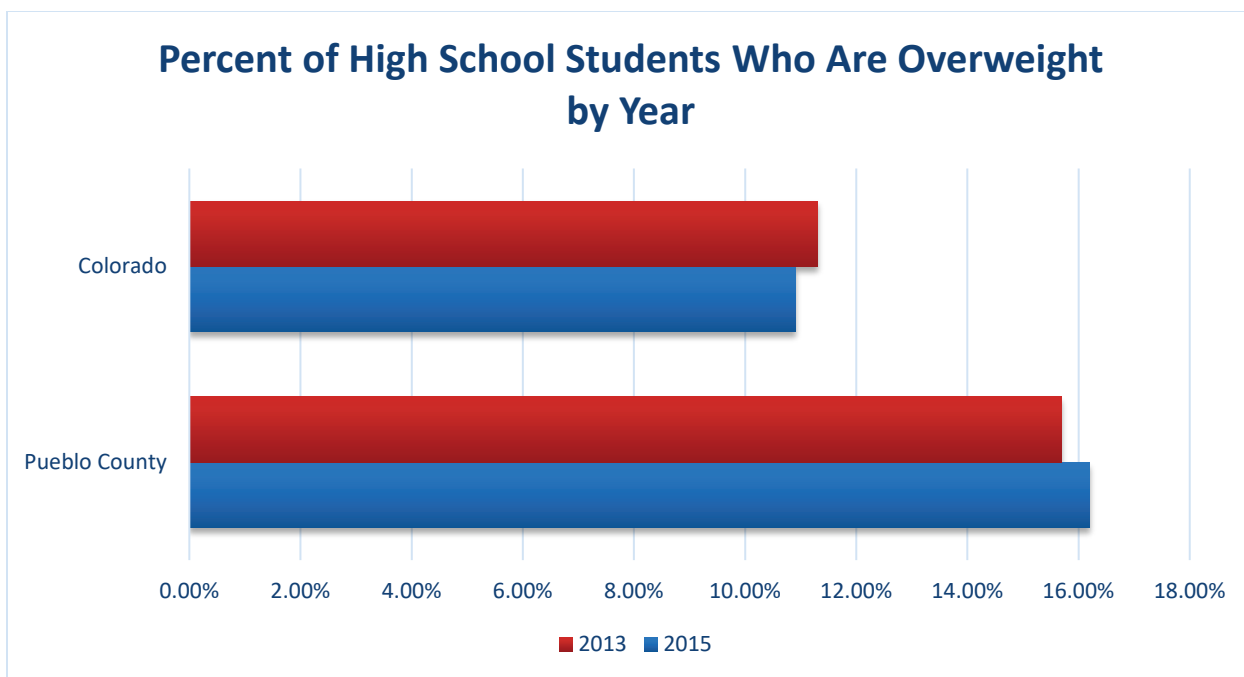


Figure 5: High School Overweight⁸

Notes on high school obesity and overweight data⁸:

- Those graduating high school are significantly more likely to have high cholesterol than those who do not graduate or who have at least some college education.

- High school students who are obese are more likely to be male
- White high school students are less likely to be obese. Additionally, obesity rates significantly rise with age and grade.
 - Conversely, overweight high school students are more likely to be female and less likely to be unsure of their sexual orientation. All other demographic factors show no significant difference.
- Data for children 2-14⁷ and high schoolers⁸ is trending up for those who are overweight or obese. These changes are not statistically significant for the data years available.

Data Indicator	Pueblo	Colorado
Percent of adults with high blood cholesterol, 2013-2014 ⁵ **	45.7%	34.9%
Percent of mothers who gained an appropriate amount of weight during pregnancy based on BMI, 2012-2014 ⁶ **	34.2%	34%
Percent of mothers who were overweight or obese before pregnancy, 2012-2014 ⁶	54.7%	44.9%

** Indicates data where Pueblo County is statistically higher than Colorado

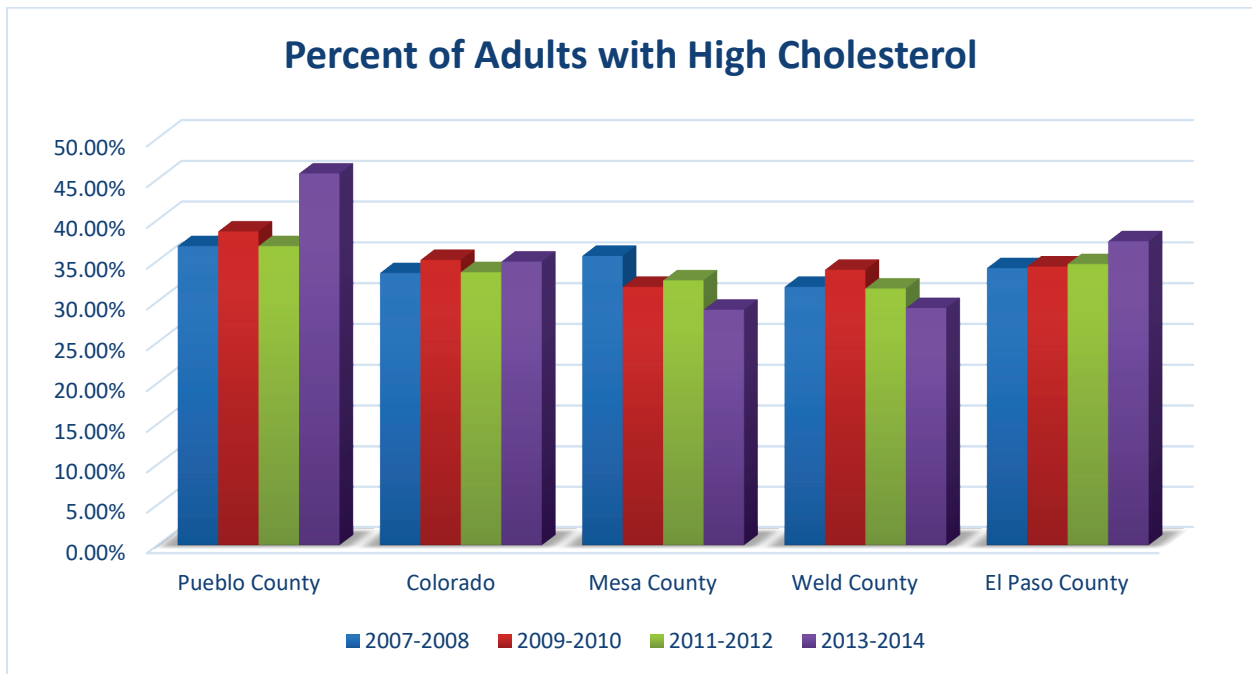


Figure 6: Adult Cholesterol⁵

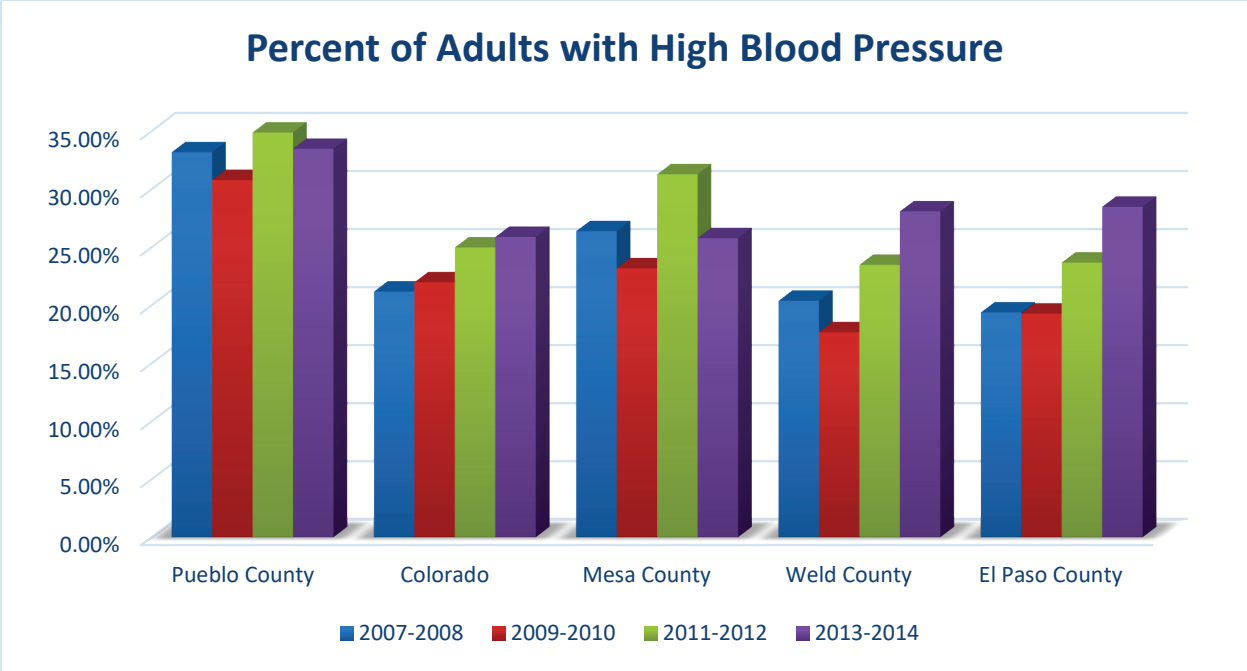


Figure 7: Adult Blood Pressure⁵

Pueblo County Heart Disease Hospitalizations per 100,000, 2012-2014 ⁹	
Heart Attack	167.08
Stroke	291.19
Heart Failure	725.47
Heart Disease	2493.53

- Percent of adults who have ever had a heart attack- 5.03% (2012-2014)⁵.
- Percent of adults who have ever had angina or coronary heart disease- 4.54% (2012-2014)⁵.
- Note on heart disease data: No significant change within this data since 2011⁵.

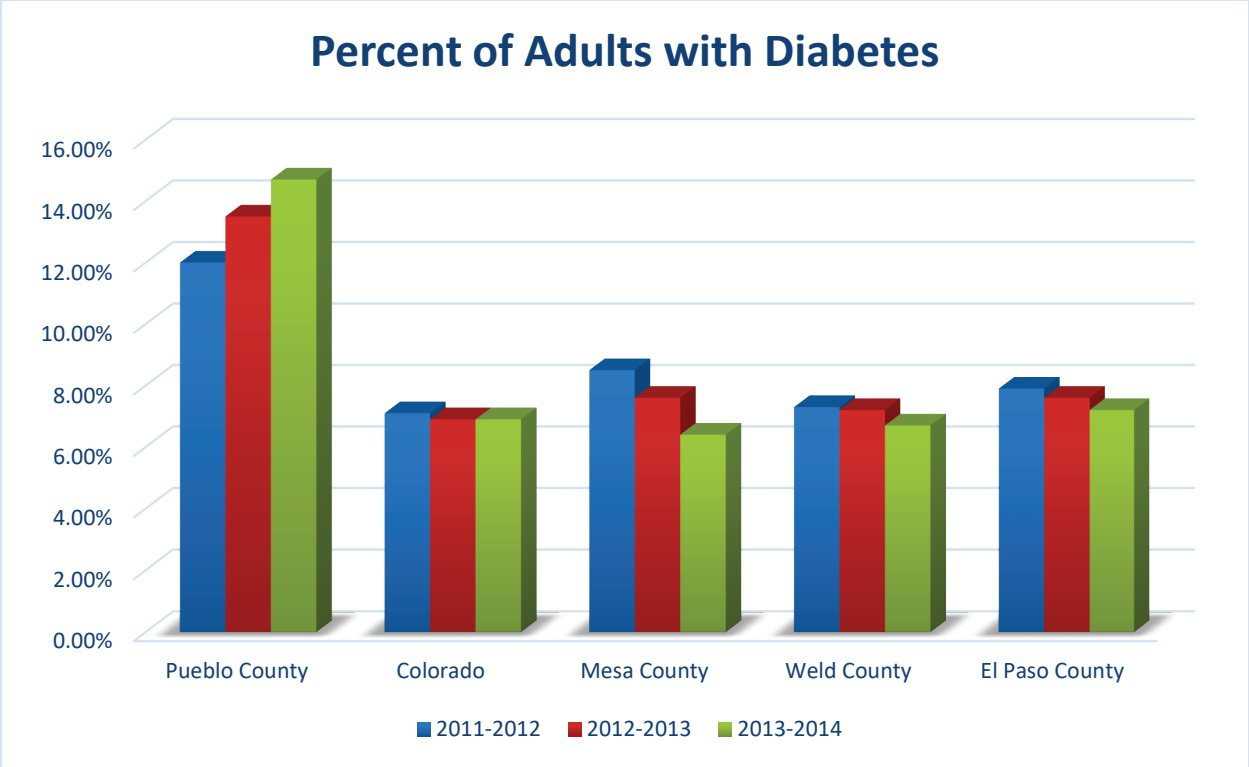


Figure 8: Adult Diabetes⁵

Note on diabetes data⁵:

- Diabetes rates have not changed significantly since 2011.
- Significantly more Hispanic individuals have diabetes than Whites.
- Individuals making over \$50,000 are significantly less likely to develop diabetes.

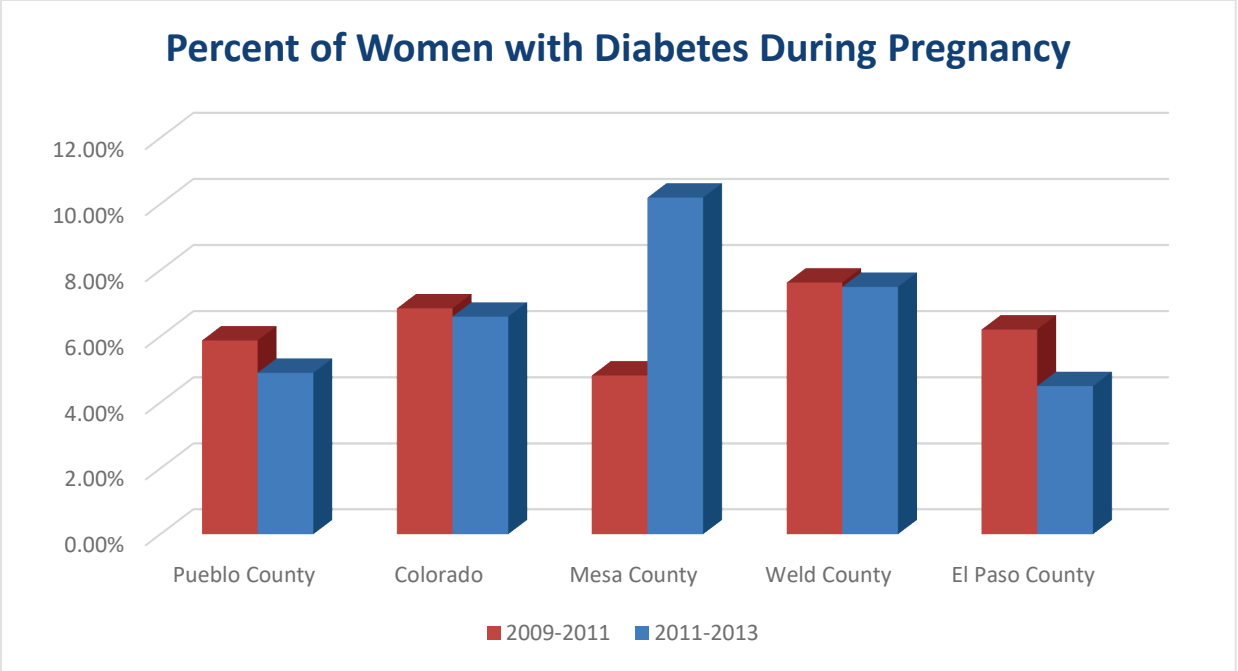


Figure 9: Gestational Diabetes⁵

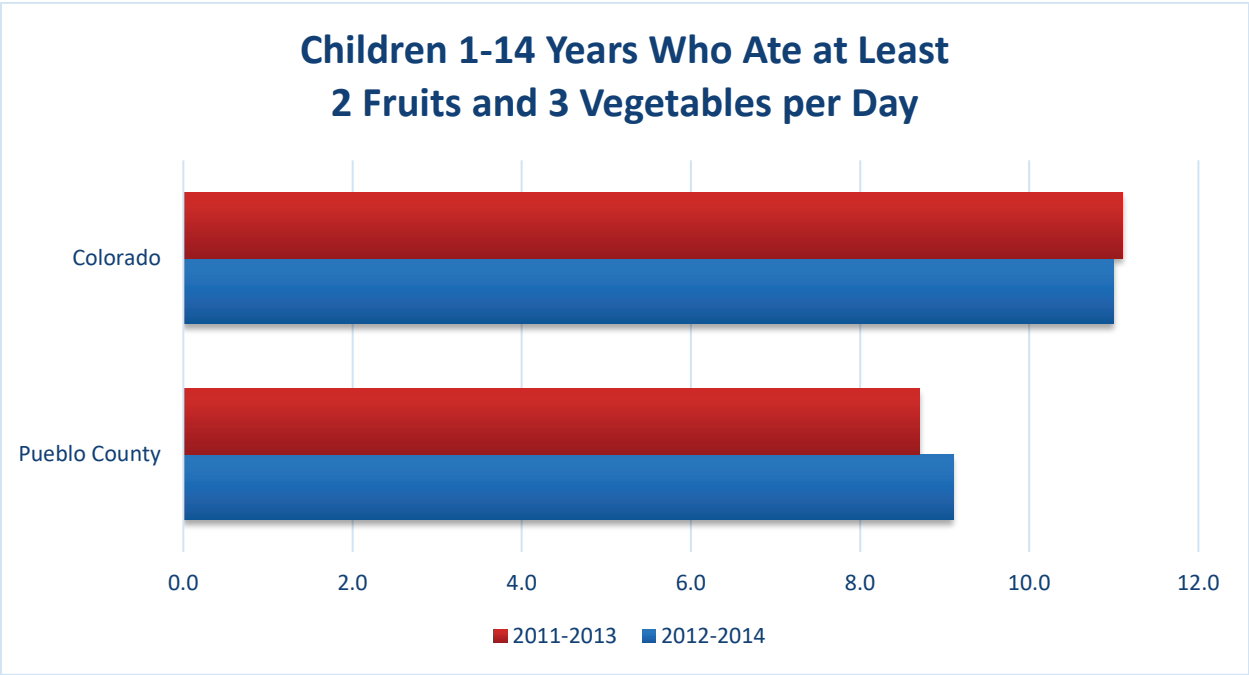


Figure 10: Child Fruit and Vegetable Consumption⁷

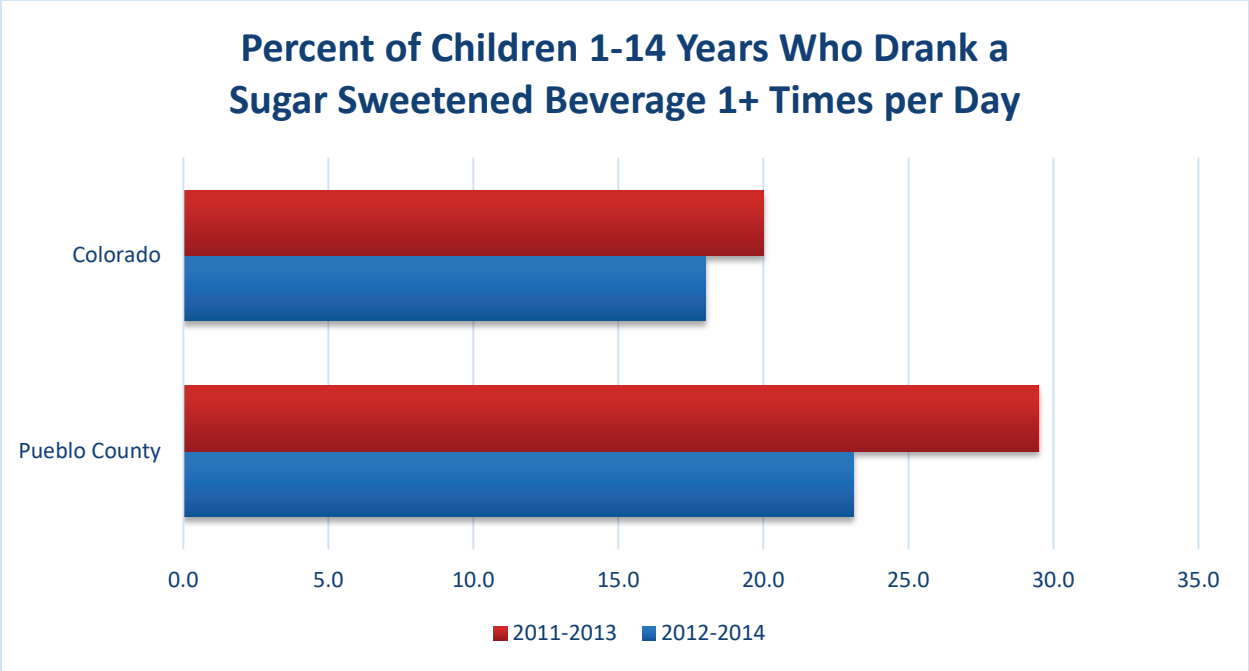


Figure 11: Child Beverage Consumption⁷

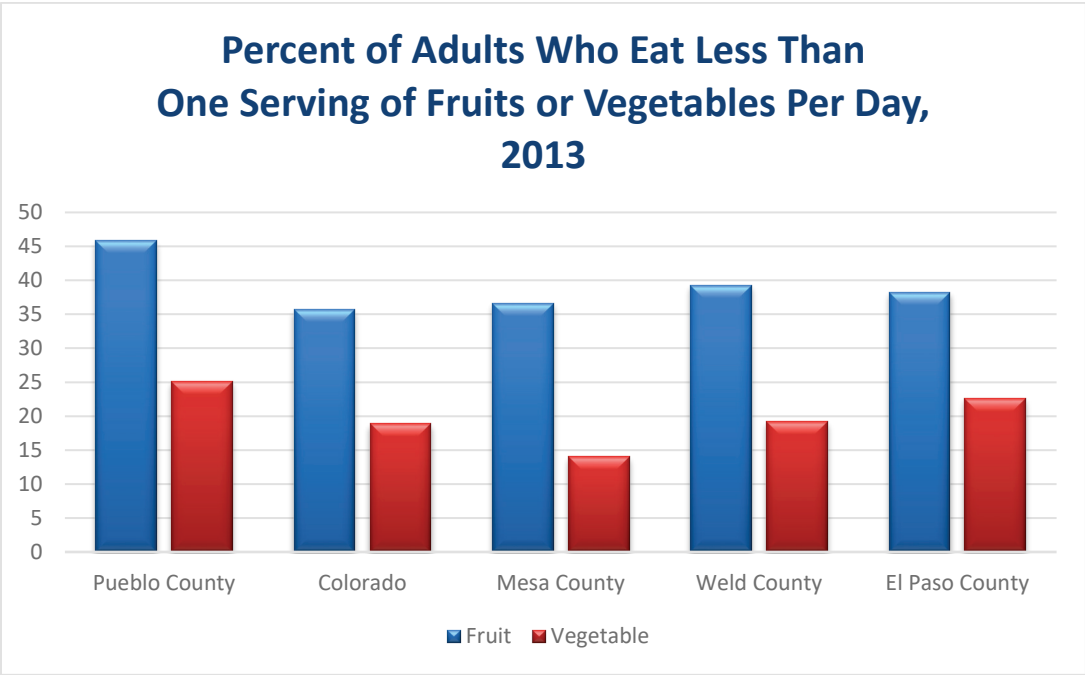


Figure 12: Adult Fruit and Vegetable Consumption⁵

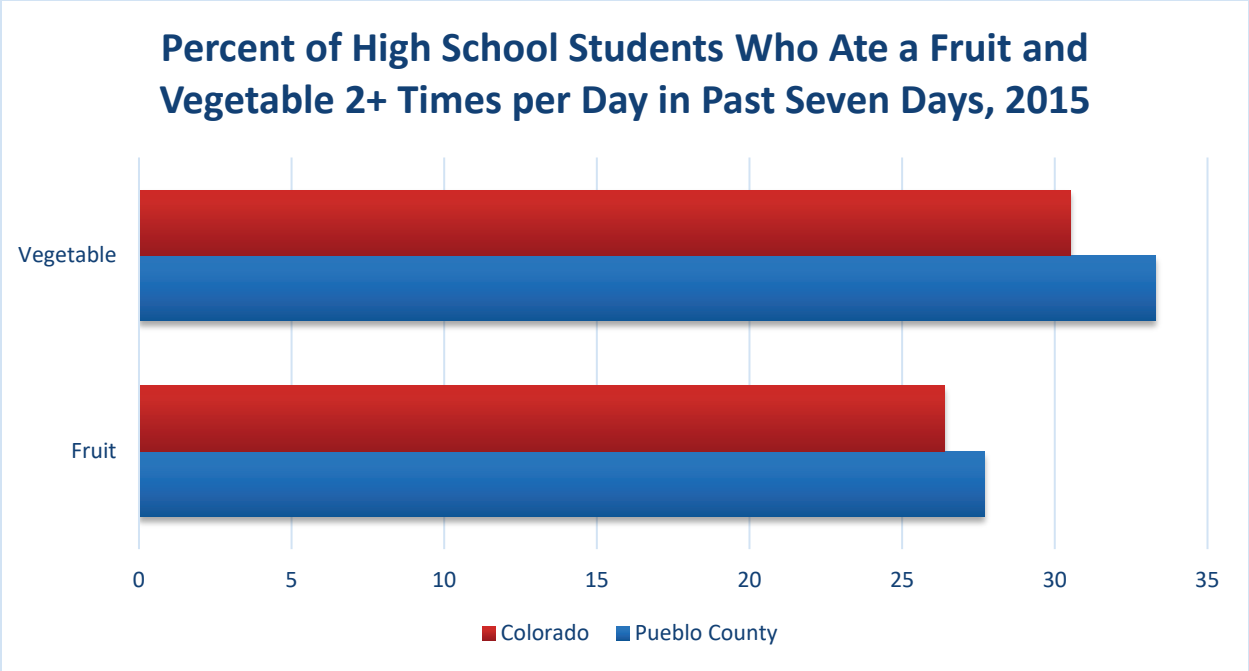


Figure 13: High School Fruit and Vegetable Consumption⁸

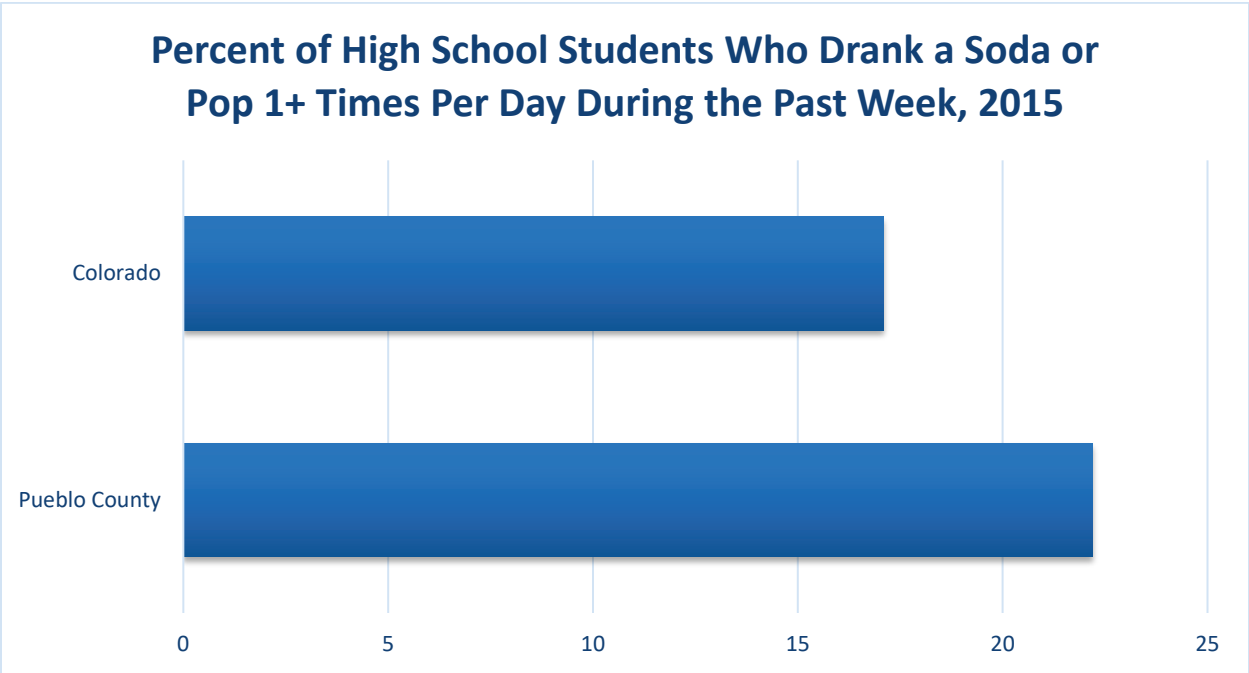


Figure 14: High school beverage consumption⁸

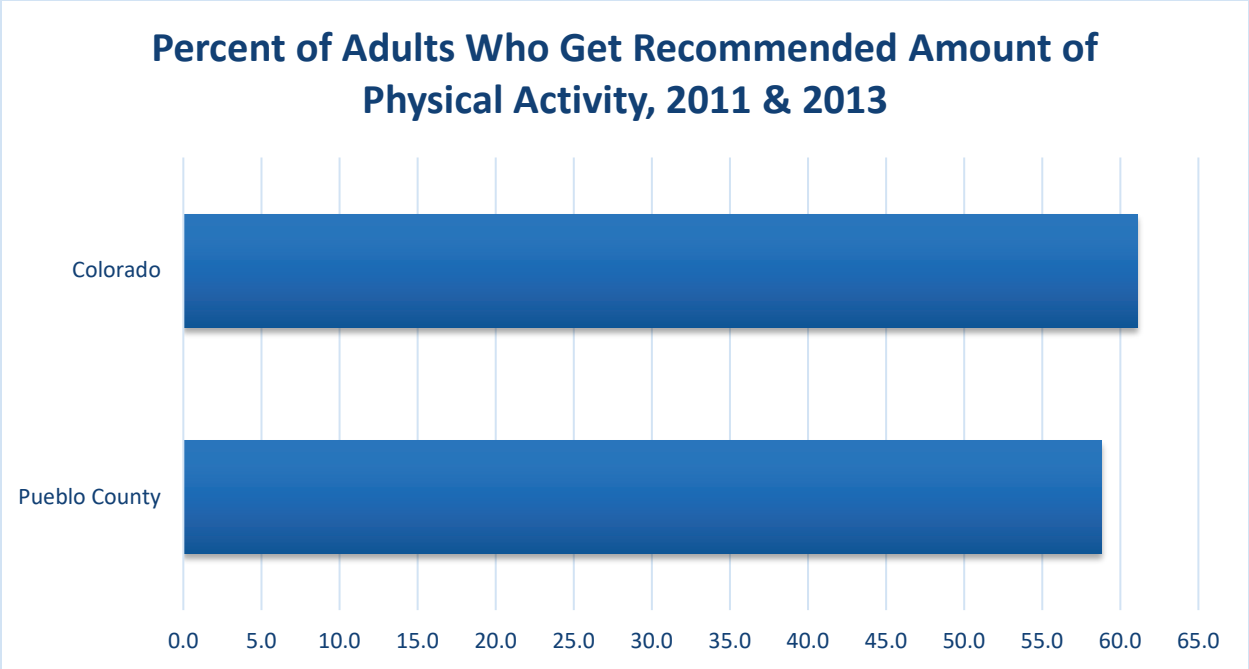


Figure 15: Adult Activity Levels⁵

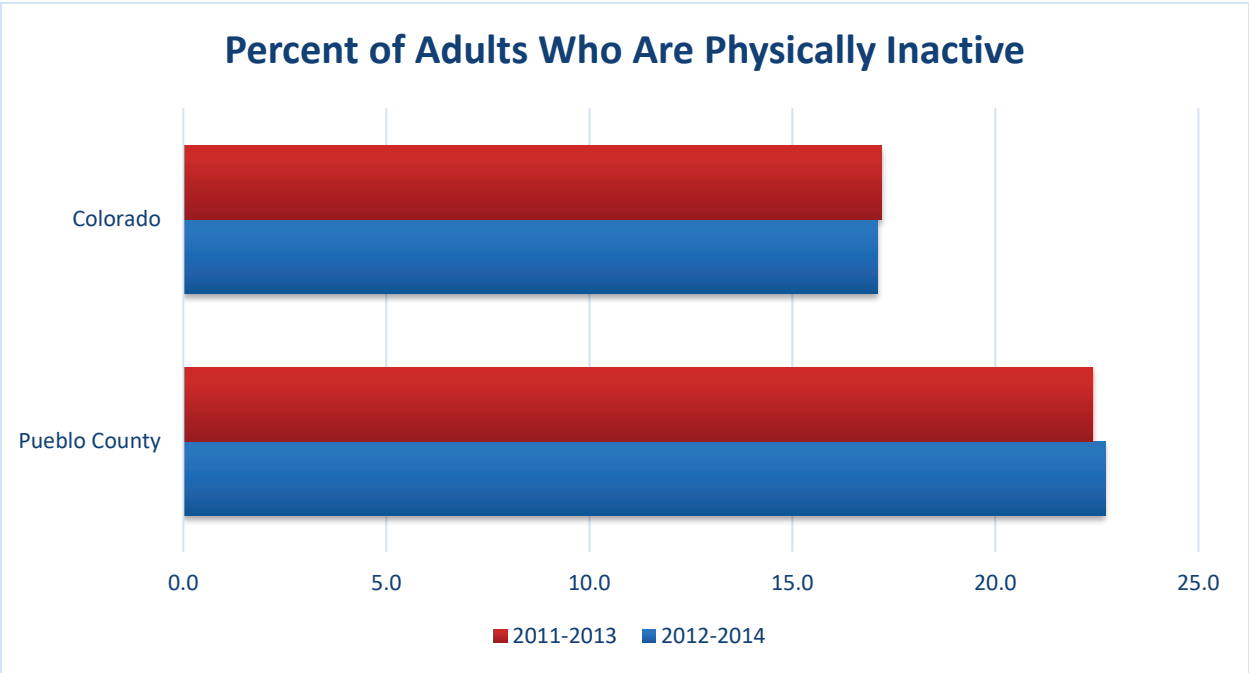


Figure 16: Adult Activity Levels⁵

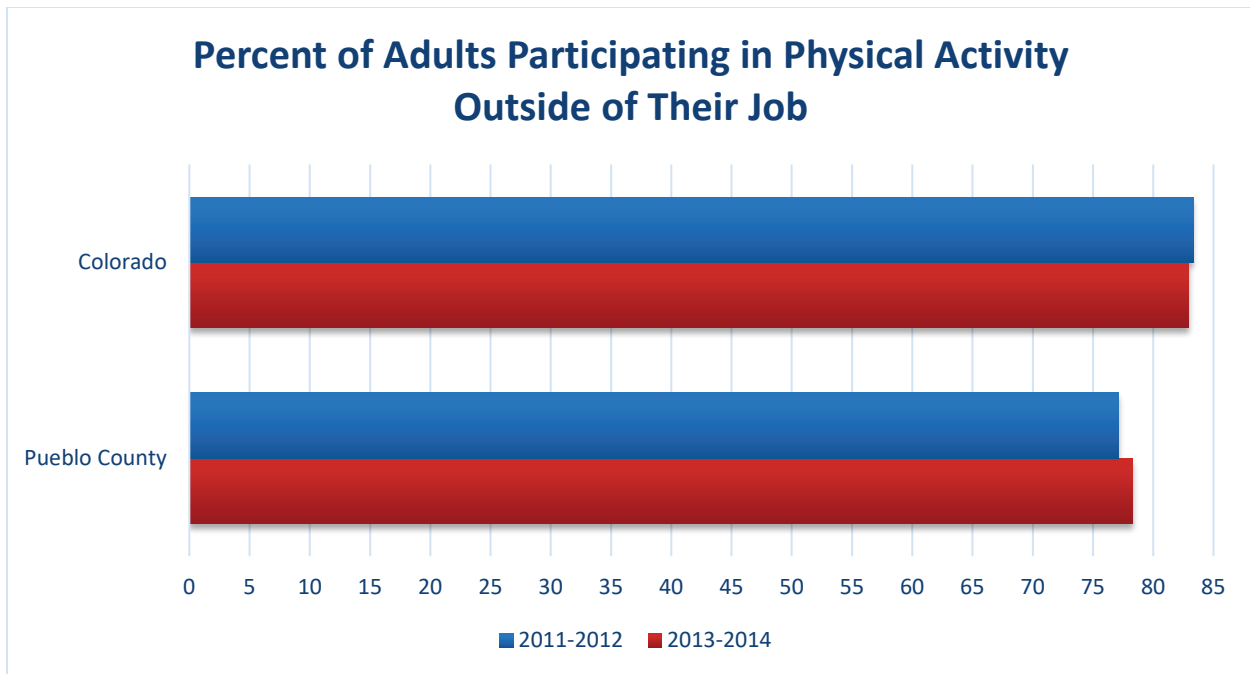


Figure 17: Adult Activity Levels⁵

Percent of Youth Who Met Physical Activity Guidelines			
	Year	Age	Percent
Pueblo County	2015	High School ⁸	48.9%
Colorado	2015	High School ⁸	51.9%
Pueblo County	2013	High School ⁸	33.6%
Colorado	2013	High School ⁸	26.4%
Pueblo County	2012-2014	5-14 Year Olds ⁷	58.6%
Colorado	2012-2014	5-14 Year Olds ⁷	44.7%
Pueblo County	2011-2013	5-14 Year Olds ⁷	67.8%
Colorado	2011-2013	5-14 Year Olds ⁷	45.3%

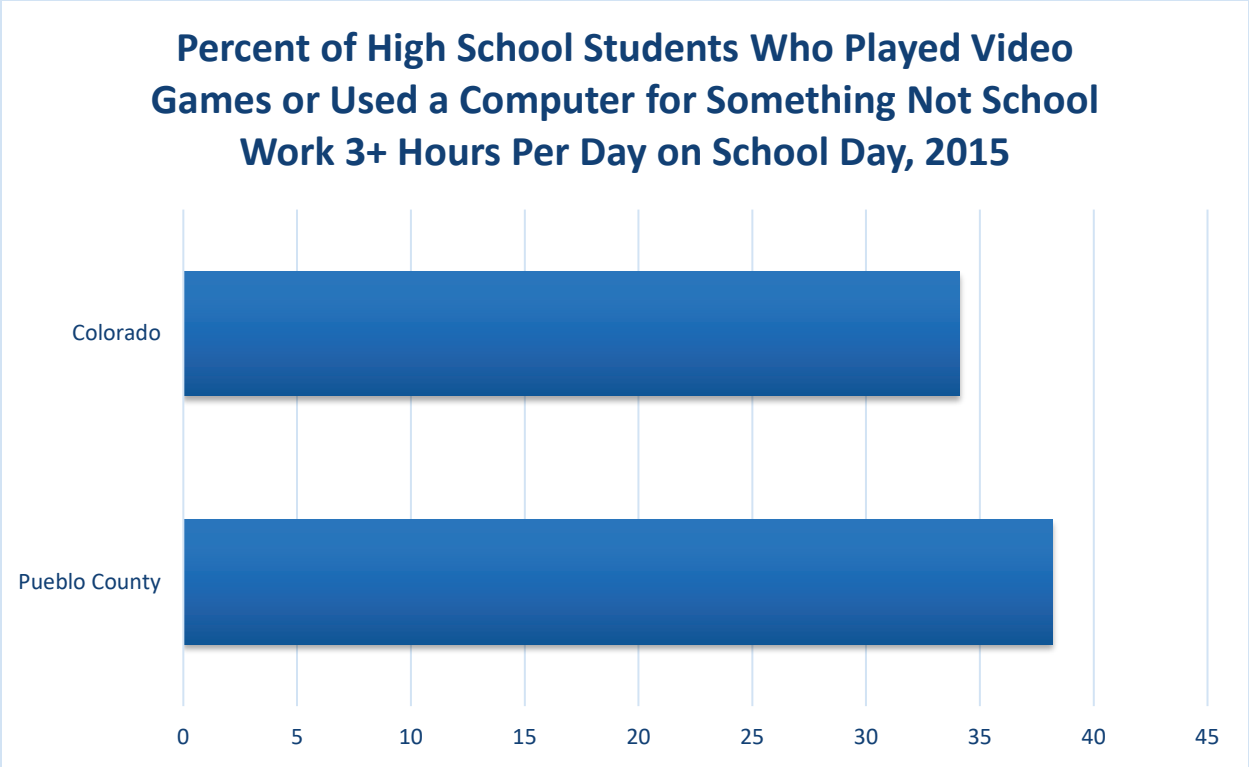


Figure 18: High School Screen Time⁸

Factors Contributing to Health Challenges

Risk factors for obesity include calorie-rich and high-fat diets, alcohol consumption, physical inactivity, genetics, stress, and poor emotional health. People are especially vulnerable to obesity when they face additional risk factors such as limited financial resources and reduced access to healthy and affordable foods⁴. Additional environmental factors contributing to obesity and associated risk factors include the lack of safe and appealing places to play or be active, increasing portion sizes, and the lack of breastfeeding support.

Within Pueblo County, community participants noted several other contributing challenges related to obesity during a SWOT (strengths, weaknesses, opportunities and threats) assessment. Those include the lack of physical activity in schools due to decreasing physical education requirements, health care providers not making this concern a priority, access to affordable activities and healthy food options, the culture around food, using technology that reduces physical activity, fast food advertisement and availability, poverty, stress, and a lack of education.

According to the *Chronic Disease and Access to Care* report, the available education and prevention efforts in Pueblo County for diabetes are very centered around the hospitals in the community. The overall ability to find appropriate resources for patients is difficult and often limited. In addition, the

number of pediatricians in Pueblo County is lower than the national standard. This may be impacting childhood obesity, nutrition and physical activity rates as the available health care providers do not have sufficient time to address family behaviors¹⁰.

All of these factors make understanding and addressing obesity and associated risk factors incredibly complex and difficult. In order to truly impact Pueblo County’s health, it will take efforts at all levels, neighborhoods, and demographic characteristics.

Resources

The following assets were identified during a public meeting in November of 2016. These assets already are, or could be deployed to address obesity and associated health concerns within the Pueblo community. Assets change quickly; PCCHD does not guarantee the accuracy of this list.

Assets in Pueblo County to Address Obesity and Associated Conditions (e.g. Diabetes, Blood Pressure and Cholesterol)		
Agency or Organization	Services/ Programs	Contact Name:
Boys & Girls Clubs of Pueblo County	Obesity prevention and education	Melanie Bravo
Care and Share	Cooking Matters Classes	Alexis Romero
Catholic Charities	Cooking Classes	Domonique Chavez
City of Pueblo	Parks and recreation programs and public improvements	Steven Meier
CSU-Extension	Food preservation/safety, nutrition education	Michael Fisher
CSU-Pueblo	Recreation Center/outdoor trips	Scott Robertshaw
CSU-Pueblo	EXHP Department	Carol Foust/Steve McClaran
Health Solutions Learning Center	Education centered around horticulture for body, mind and spiritual wellness	
Historic Arkansas Riverwalk of Pueblo (HARP)	Fitness on the Riverwalk	
Junior League of Pueblo	Kids in the Kitchen, Fit for Fun, Monster Dash	Kelly McLean
Kaiser Permanente	Weigh and Win program and kiosks	
Local Food Pueblo with support from Neighborworks	Organizing and promoting existing community and school gardens	Frank Cordova

Mountain Park Environmental Center	Physical activity programs	
National Alliance on Mental Illness (NAMI)	Mental Health	Nami.org
Parkview Medical Center	Diabetes self-management classes	
Pueblo Active Community Environments	Promoting walking and biking through infrastructure changes, events, etc.	Kim Arline
Pueblo City Schools	Healthy School Meals	Jill Kidd
Pueblo City Schools	School Wellness Centers	
Pueblo City-County Health Department	WIC	Nicole Cawrse
Pueblo Community Health Center	Integrated healthcare	Donald Moore
Pueblo County Department of Social Services	Food Assistance (SNAP, TANF)	Tim Hart
Pueblo County Dept. of Planning and Development	Planning and zoning for physical activity (e.g. bike racks at businesses)	Joan Armstrong
Pueblo Fire	Neighborhood program promoting physical activity with youth: Fire Fit Kids	Tim Trujillo
Pueblo Fire	Public education, point of access for treatment and education	Shawn Shelton
Senior Resource Development Agency (SRDA)	Fitness classes and equipment for seniors	
SoCO Runners	Walking, running and triathlon events and workouts	Socorunners.org
SoCol Racing	Motorcycle mentoring for youth	Socolracing.com
Southeastern CO Area Health Education Center (SECAHEC)	Diabetes and Chronic Disease Self-Management Classes	
St. Mary-Corwin Medical Center	Diabetes prevention and intervention classes	
St. Mary-Corwin Medical Center	Walk with a Doc	Linda Stetter
YMCA	Scholarship program for families, Family/community case managers	Cameron Giebell
YWCA Pueblo	Warm water therapeutic pool, public classes, programs for seniors (Silver Sneakers, etc.)	Megan McClure
<u>Overarching Resources:</u> gyms, farmers' markets, bike lanes, medical providers, medical clinics		

Within Pueblo County, community participants noted several other community strengths and assets related to obesity during a SWOT (strengths, weaknesses, opportunities and threats) assessment. Those include organizations providing recreation opportunities (YMCA, Parks and Recreation, etc.), parental involvement in child's physical activity, local farmers' markets, healthy school meals at no cost, natural resources (Lake Pueblo, parks, etc.), bike and trail system, a climate supportive of outdoor activities, WIC services, childcare programs providing healthy food options, and worksite wellness.

Call to Action

In order to truly improve the health of Pueblo County and create a community that values, supports, engages in and seeks out health, it will take action from every person, organization, and leader. Engagement could include actions such as promoting resources, ensuring policies and procedures do not create or worsen health inequities, supporting existing efforts or even starting new efforts to fill known gaps.

The Pueblo City-County Health Department along with community partners will use the information contained in this report along with knowledge of evidence-based strategies to create a community health improvement plan. The plan will outline specific strategies to be implemented along with who will be involved in those efforts and timelines for implementation. For more information on this process contact Shylo Dennison, PCCHD's Public Health Planner at 719-583-4353 or email dennison@pueblocounty.us.

Citations

¹ Center for Disease Control and Prevention [Internet]. **Adult Obesity Causes & Consequences**. Available from: <https://www.cdc.gov/obesity/adult/causes.html>

² Center for Disease Control and Prevention [Internet]. **Childhood Obesity Causes & Consequences**. Available from: <https://www.cdc.gov/obesity/childhood/causes.html>

³ Klein, R., Huang, D. [Internet]. **Defining and Measuring Disparities, Inequities, and Inequalities in the Healthy People Initiative**. Available at: https://www.cdc.gov/nchs/ppt/nchs2010/41_klein.pdf

⁴ Colorado Department of Public Health and Environment [Print]. **Healthy Colorado: Shaping a State of Health, Colorado's Plan for Improving Public Health and the Environment 2015-2019**.

⁵ Colorado Department of Public Health and Environment [Internet]. Colorado Health Indicators: **Behavioral Risk Factor Surveillance System**. Available from: http://www.chd.dphe.state.co.us/HealthIndicators/Indicators/_RegionMap/7?id2=101&id3=1&id4=1

⁶ Colorado Department of Public Health and Environment [Internet]. Colorado Health Indicators: **Colorado Vital Statistics**. Available from: http://www.chd.dphe.state.co.us/HealthIndicators/Indicators/_RegionMap/7?id2=101&id3=1&id4=1

⁷ Colorado Department of Public Health and Environment [Internet]. Colorado Health Indicators: **Colorado Child Health Survey**. Available from: http://www.chd.dphe.state.co.us/HealthIndicators/Indicators/_RegionMap/7?id2=101&id3=1&id4=1

⁸ Colorado Department of Public Health and Environment [Internet]. Colorado Health Indicators: **Healthy Kids CO Survey**. Available from: http://www.chd.dphe.state.co.us/HealthIndicators/Indicators/_RegionMap/7?id2=101&id3=1&id4=1

⁹ Colorado Department of Public Health and Environment [Internet]. Colorado Health Indicators: **Colorado Health and Hospitalization Association**. Available from: http://www.chd.dphe.state.co.us/HealthIndicators/Indicators/_RegionMap/7?id2=101&id3=1&id4=1

¹⁰ Hill, Anne and Jennifer Case [Print]. **Chronic Health Conditions and Access to Care In Pueblo County**. Pueblo City-County Health Department, 2015