

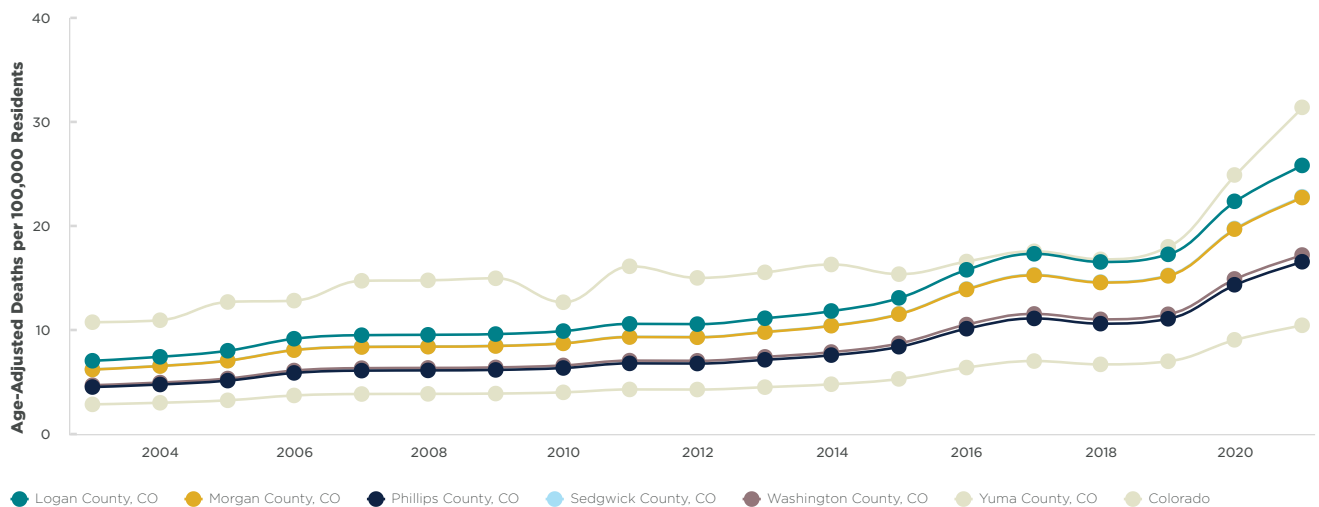
What do **health outcomes** reveal about residents' opportunity for behavioral health & substance misuse prevention?



How many deaths are caused by **drug overdose**?

In recent years, nonlinear upward trends in drug overdose death rates have been observed in the U.S., driven largely by increases in deaths due to heroin and synthetic opioids, such as fentanyl, fentanyl analogs, and tramadol. Our community has not been untouched by these issues. Better treatment and resources can help decrease addiction before it leads to overdose.

Drug Overdose Deaths



Sources: CDC

How prevalent is **poor mental health** among adults in our community?

Poor mental health may stem from behavioral disorders that affect a person's mood, thinking, and behavior. Types of mental illnesses include depression, anxiety disorders, bipolar disorder, eating disorders, schizophrenia, ADHD, and post traumatic stress disorder. Having a mental illness can affect your ability to function at work or school, hurt personal relationships, and have negative affects on your physical health. One way to measure this impact on quality of life is the average number of unhealthy days residents experience in a typical month.



Mentally Unhealthy Days in Past Month

6

Average Days

Washington County, CO

6

Average Days

Sedgwick County, CO

6

Average Days

Colorado

6

Average Days

Logan County, CO

6

Average Days

Morgan County, CO

6

Average Days

Phillips County, CO

6

Average Days

Yuma County, CO

Sources: Behavioral Risk Factor Surveillance System 2023 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

Mentally Unhealthy Days in Past Month

 Region 1 (NCHD Service Area)

Average Mentally Unhealthy Days in Past Month



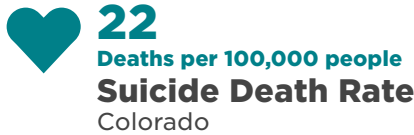
Sources: Behavioral Risk Factor Surveillance System 2023 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

How is **suicide** affecting residents?

Suicide is a major public health problem and a leading cause of death in the United States. The effects of suicide go beyond the person who acts to take their life. It can have a lasting effect on family, friends, and communities.

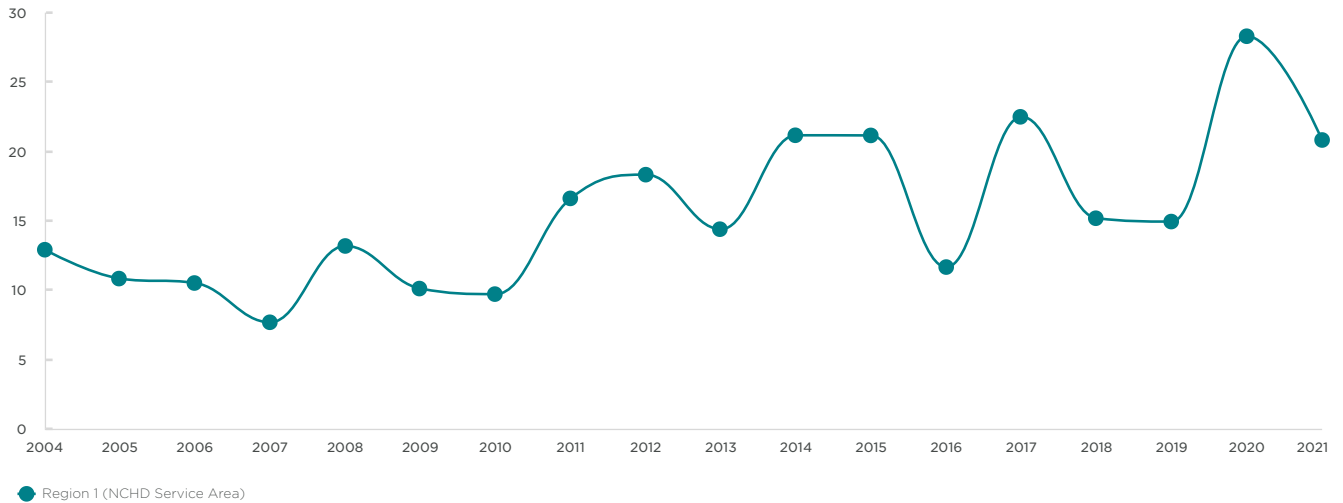


Sources: CDPHE 2024



Sources: CDC WONDER Cause of Death 2024 Crude

Suicide Death Rate Over Time



Sources: CDPHE

How many deaths are caused by **motor vehicle crashes**?

Motor vehicle crashes are a leading cause of death in the US for younger age groups. Distracted driving, fatigued driving, and alcohol-impaired driving are all dangerous conditions that can lead to a crash. Alcohol-impaired driving causes about a quarter of all traffic-related deaths.¹ Increased safety measures, as well as media campaigns and educational programs can help reduce the number of motor vehicle crashes each year.

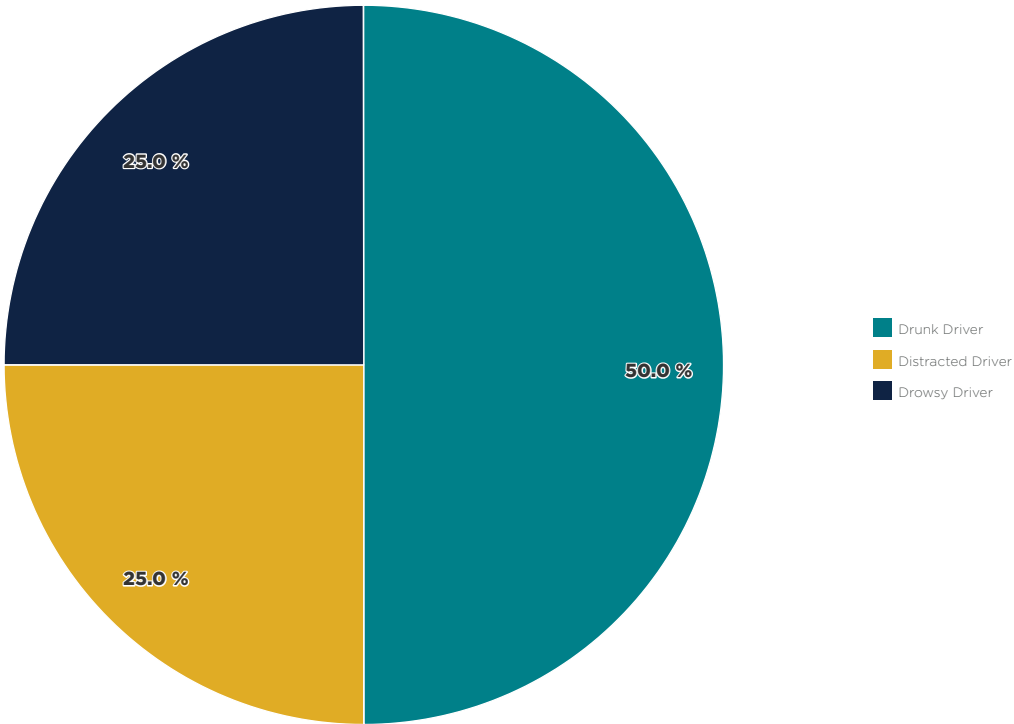
Crash Fatalities



Sources: NHTSA FARS 2024

Selected Crash Factors

Fatal Car Accidents by Selected Factors



Region 1 (NCHD Service Area)

Sources: NHTSA FARS 2024

What are the **top causes of death** in our community?

The role of public health is no longer limited to preventing acute illnesses linked to sanitation issues and environmental health. In our community, the most pressing challenges to longer, healthier lives are related to preventable chronic diseases and premature deaths. Preventing these incidents isn't entirely about educating people to make the right choices. It's about **creating places where it's possible**.

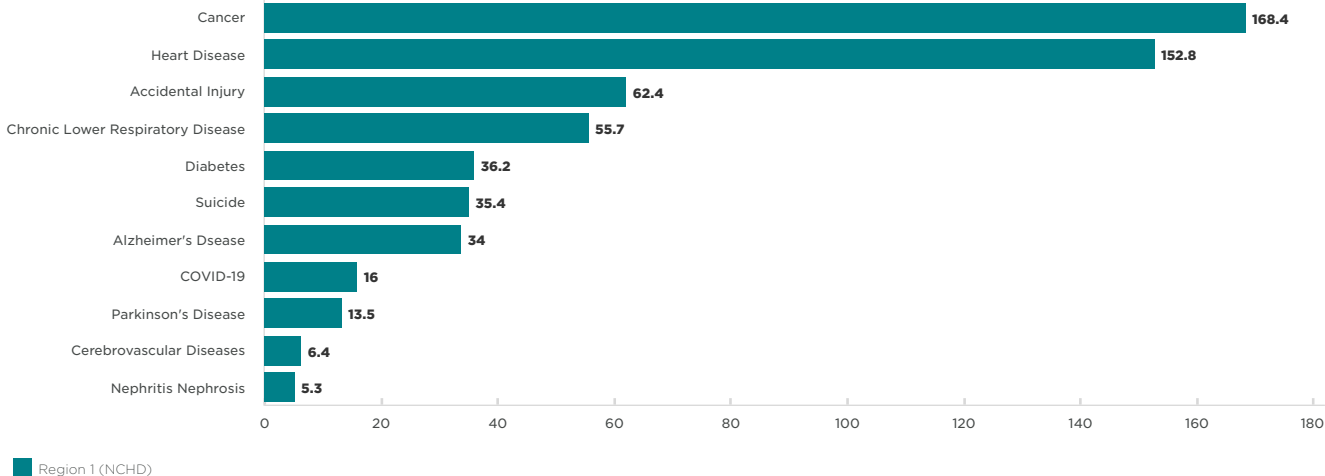


What are the **leading causes of death** in our community?

Understanding the leading causes of death in our state and community is key to identifying and addressing barriers to health. The data below indicates a greater need to support healthy lifestyles, safe environments, and access to preventative healthcare.

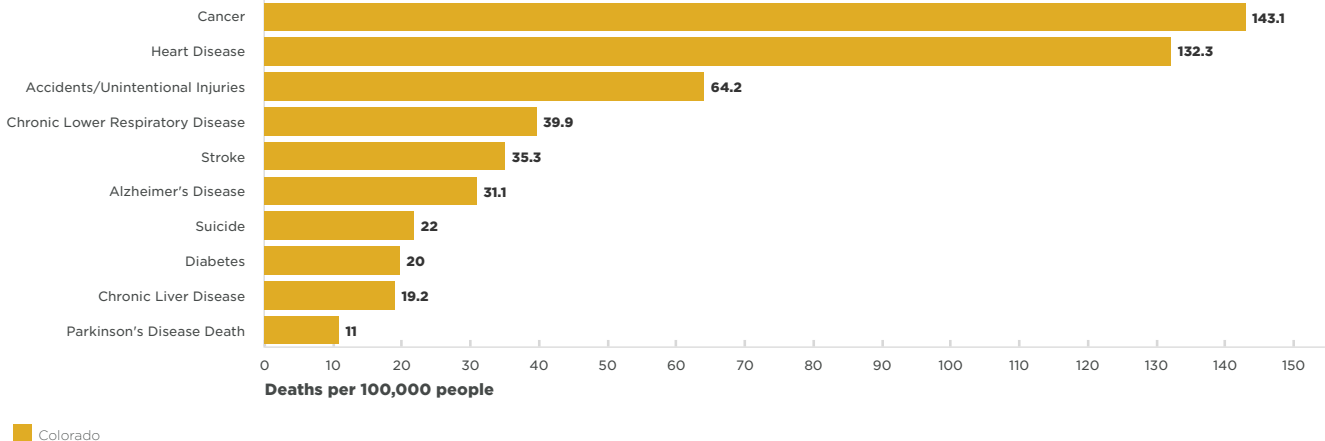
Overall Mortality

Leading Causes of Death



Sources: Vital Statistics Program CDPHE 2024

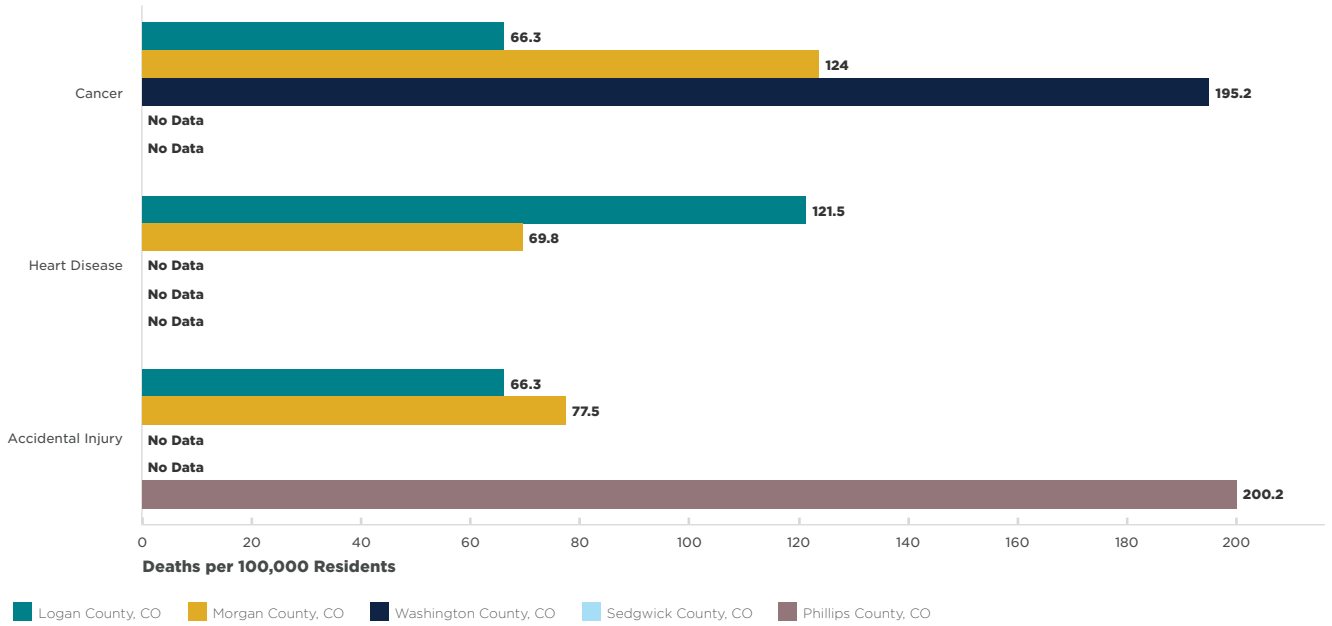
Leading Causes of Death



Sources: CDC WONDER Cause of Death 2024 Crude

Mortality by Age

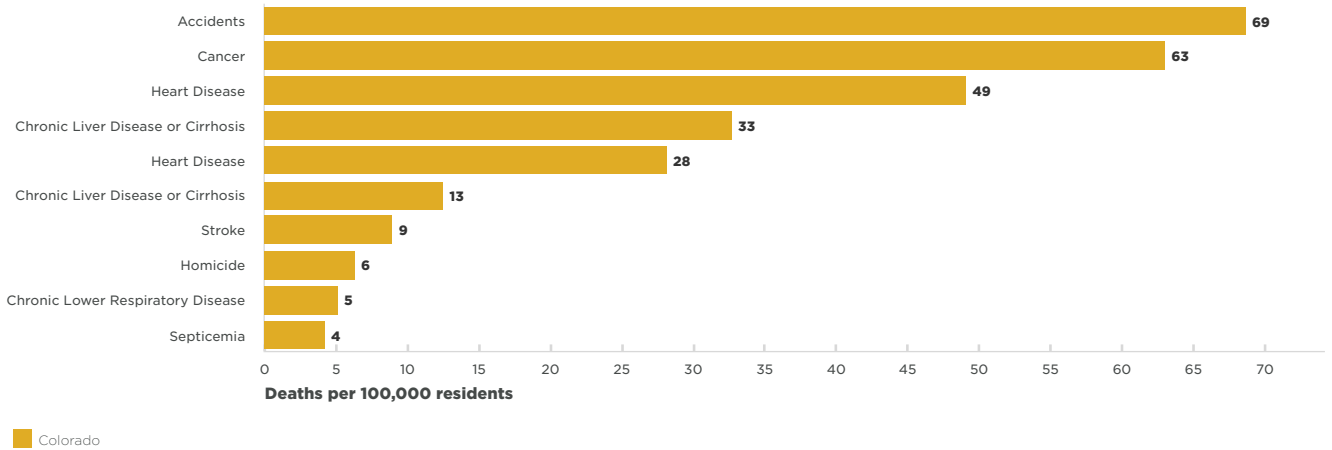
Leading Causes of Death Age 45-54



Sources: CDC Wonder 2021-2024

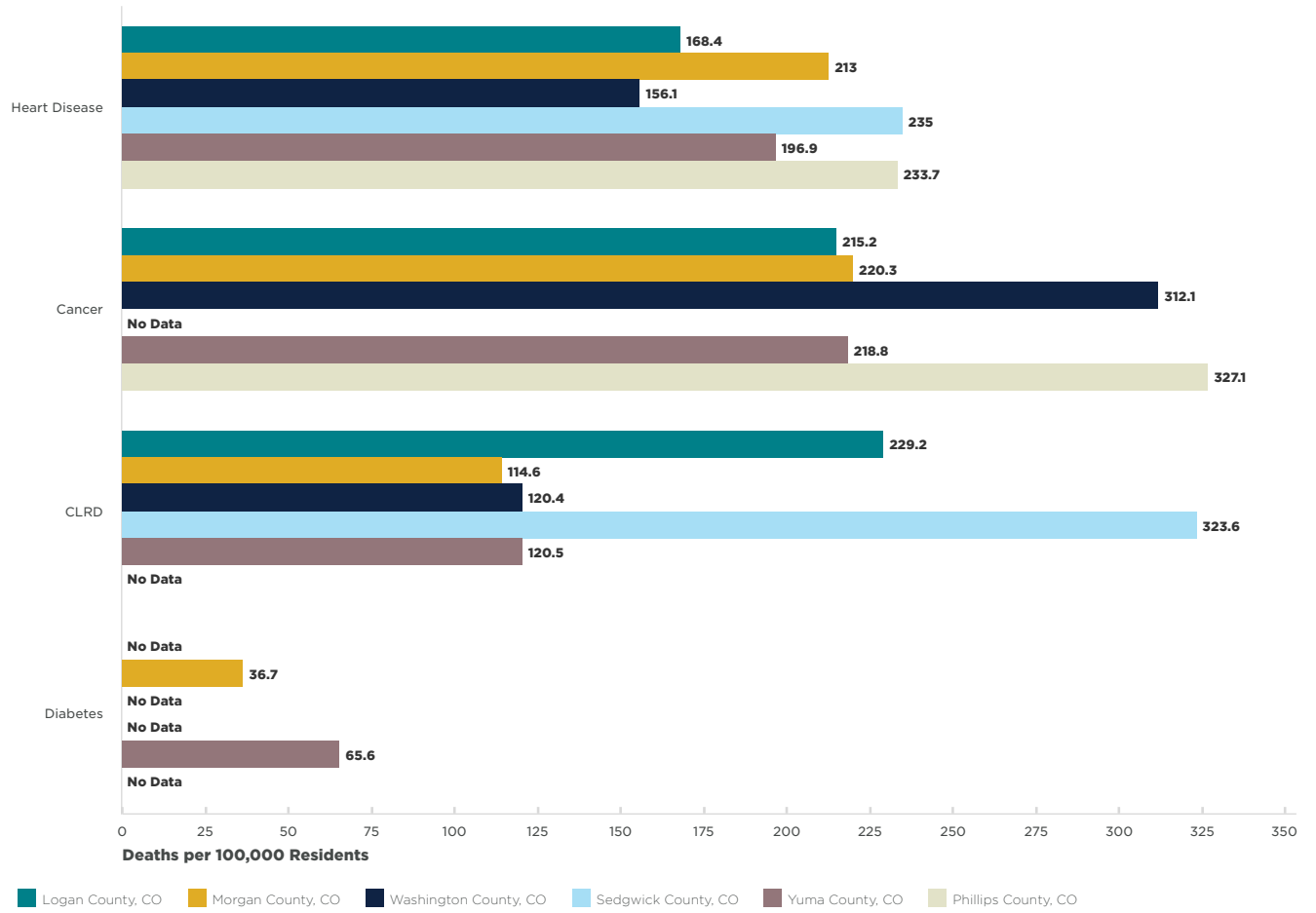
Note: No data available for Sedgwick County, CO.

Leading Causes of Death Age 45-54



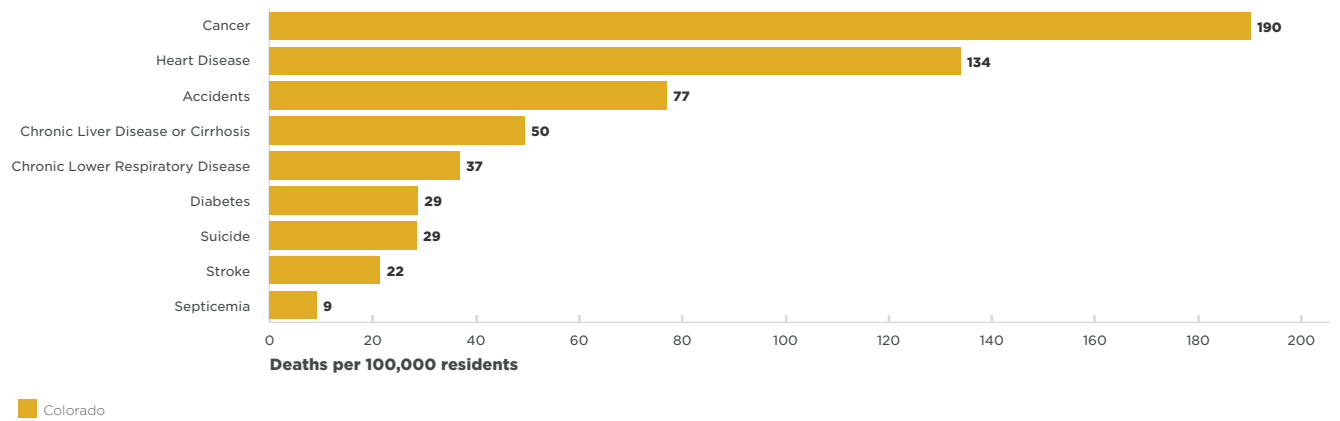
Sources: CDC WONDER Cause of Death 2020-2024 Crude

Leading Causes of Death Age 55-64



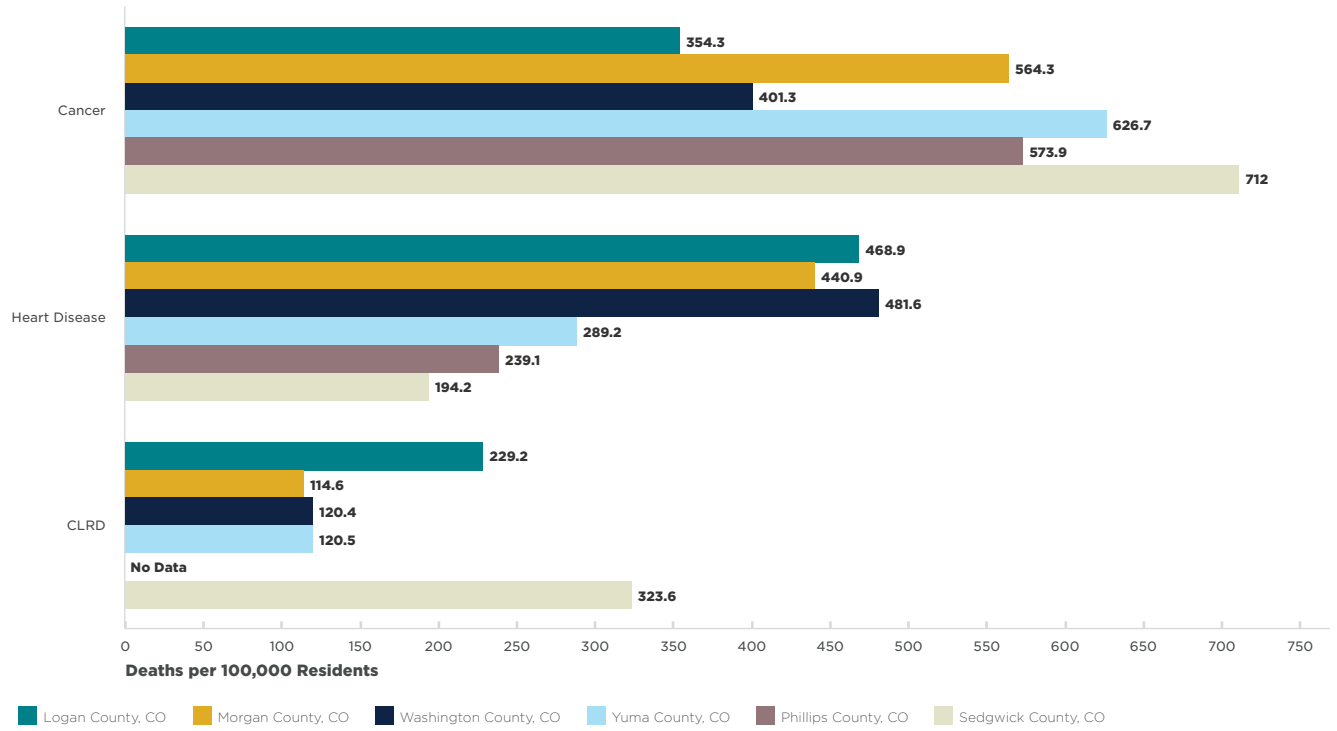
Sources: CDC Wonder 2021-2024

Leading Causes of Death Age 55-64



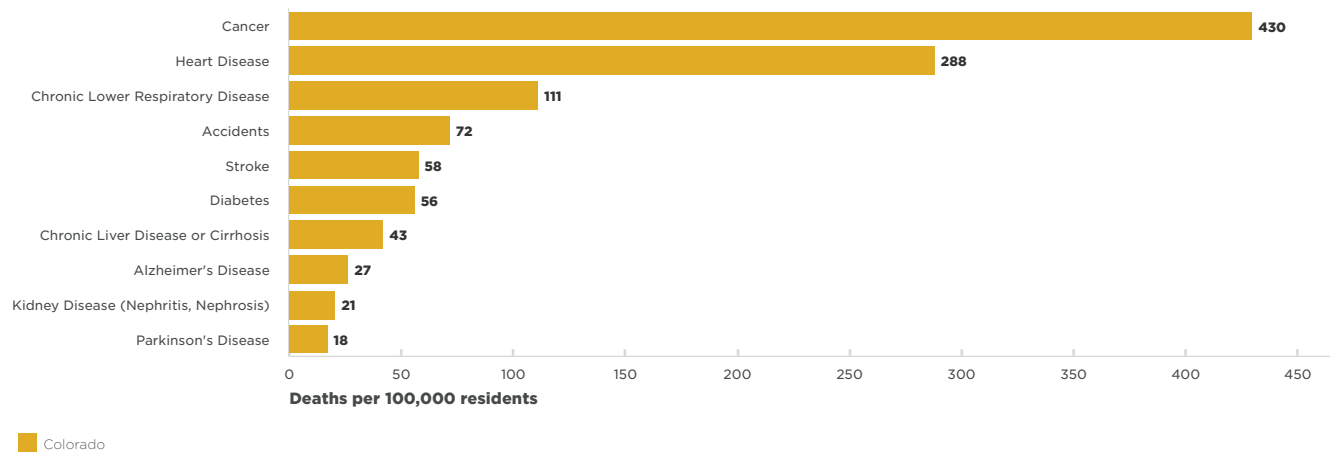
Sources: CDC WONDER Cause of Death 2020-2024 Crude

Leading Causes of Death Age 65-74



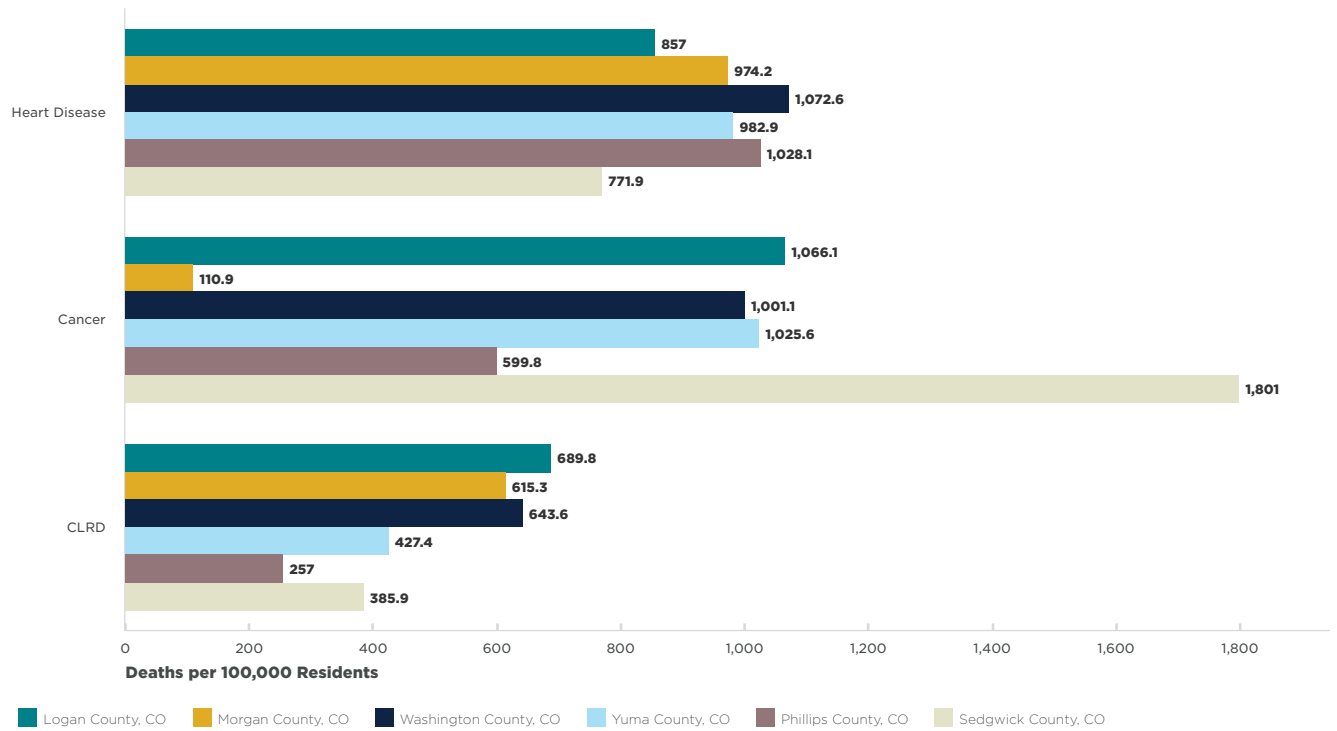
Sources: CDC Wonder 2021-2024

Leading Causes of Death Age 65-74



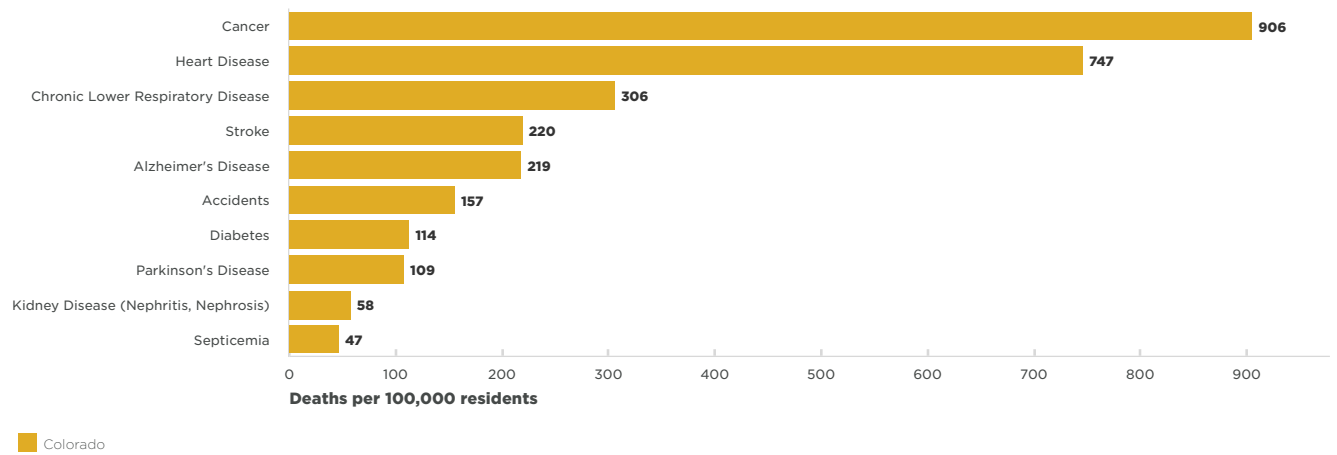
Sources: CDC WONDER Cause of Death 2020-2024 Crude

Leading Causes of Death Age 75-84



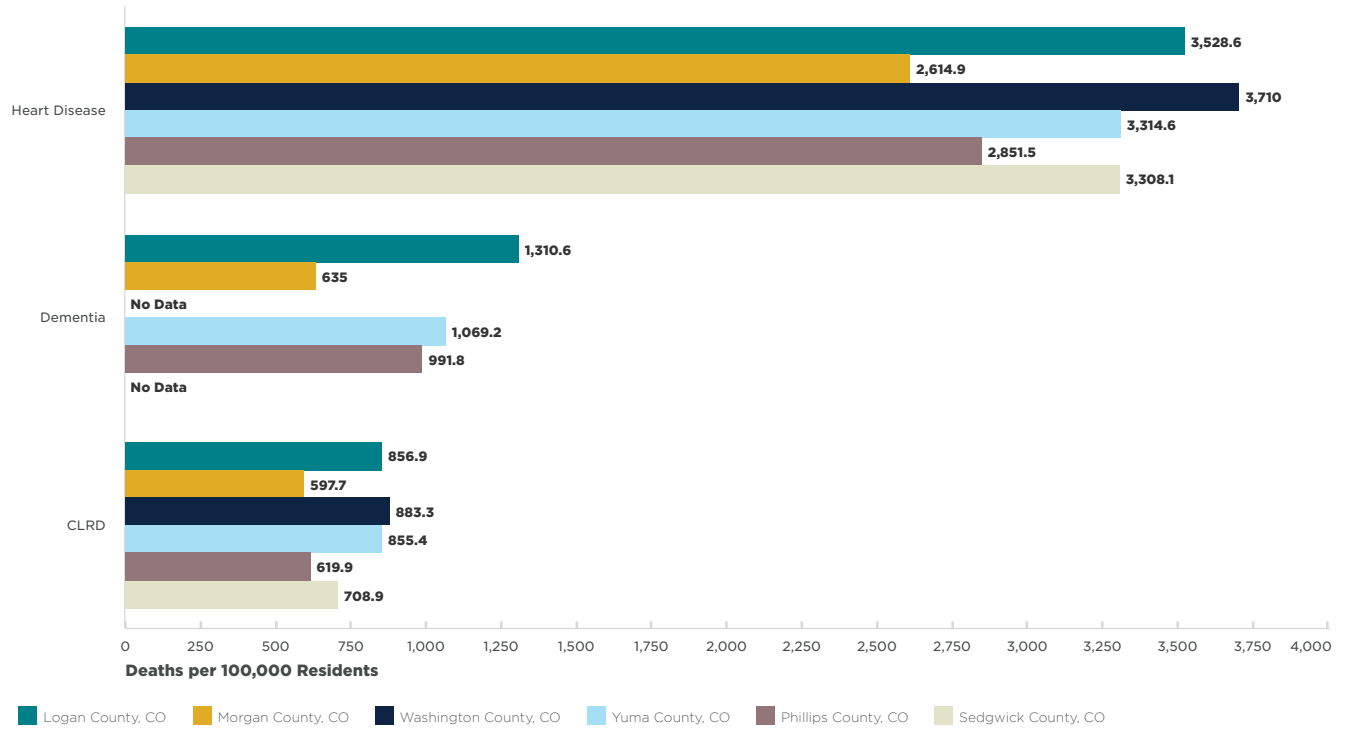
Sources: CDC Wonder 2021-2024

Leading Causes of Death Age 75-84



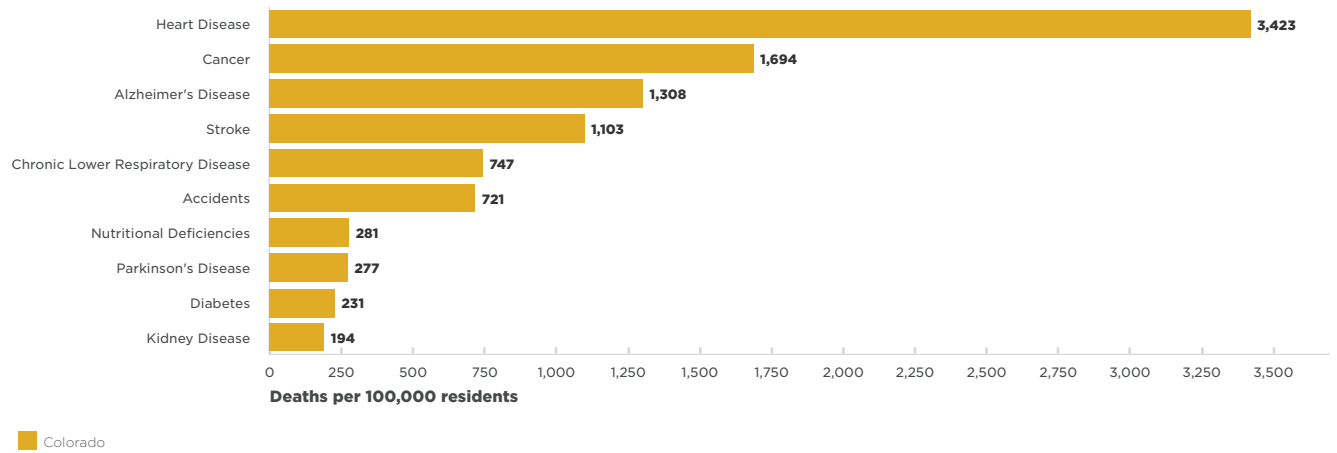
Sources: CDC WONDER Cause of Death 2020-2024 Crude

Leading Causes of Death Age 85+



Sources: CDC Wonder 2021-2024

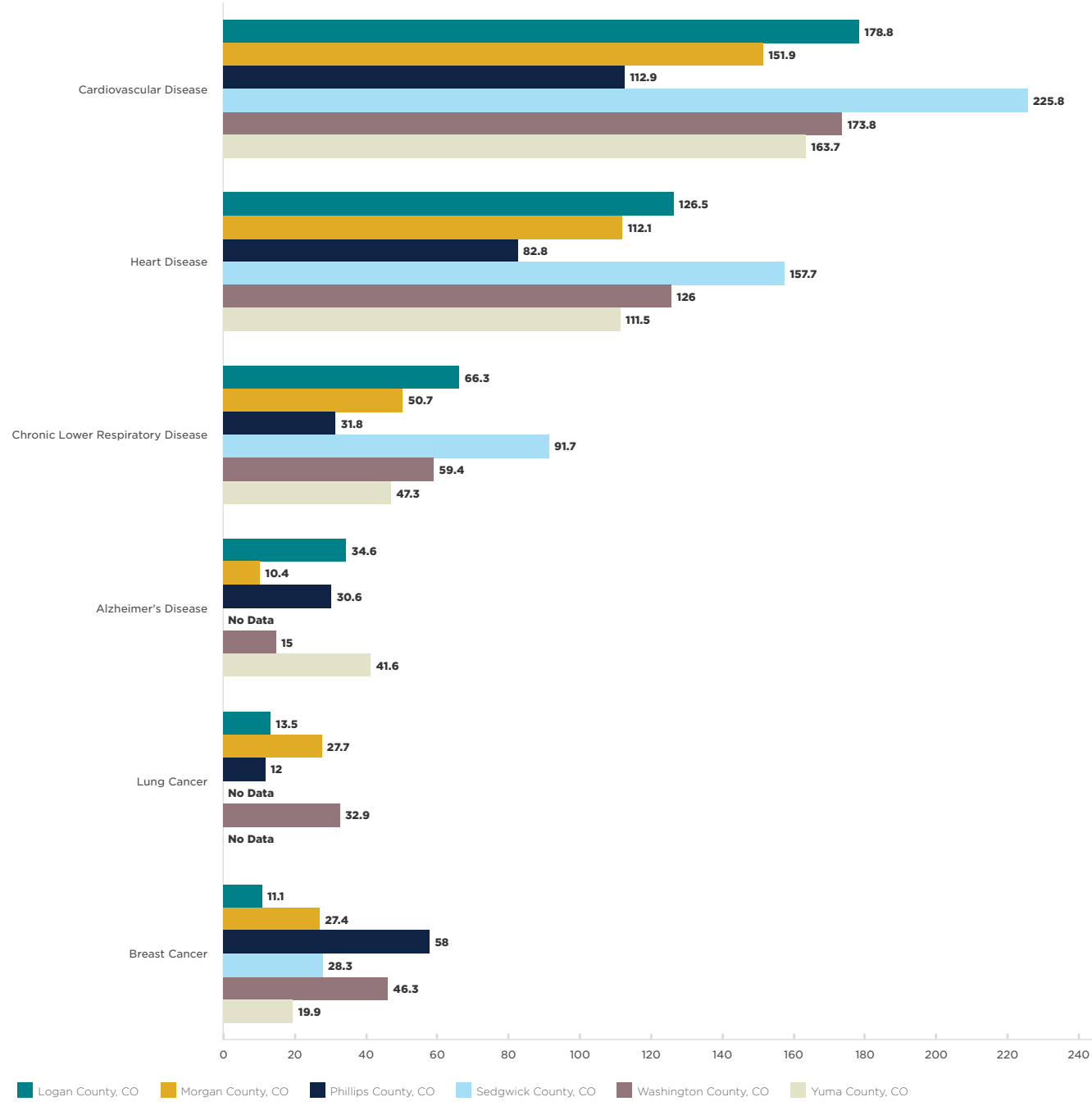
Leading Causes of Death Age 85+



Sources: CDC WONDER Cause of Death 2020-2024 Crude

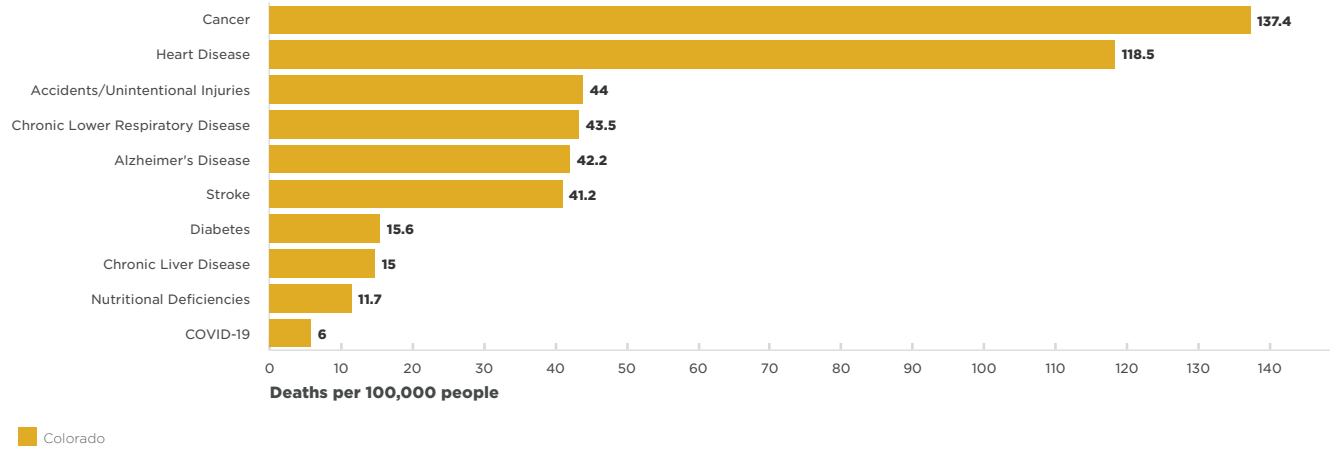
Mortality by Gender

Leading Causes of Death Among Females



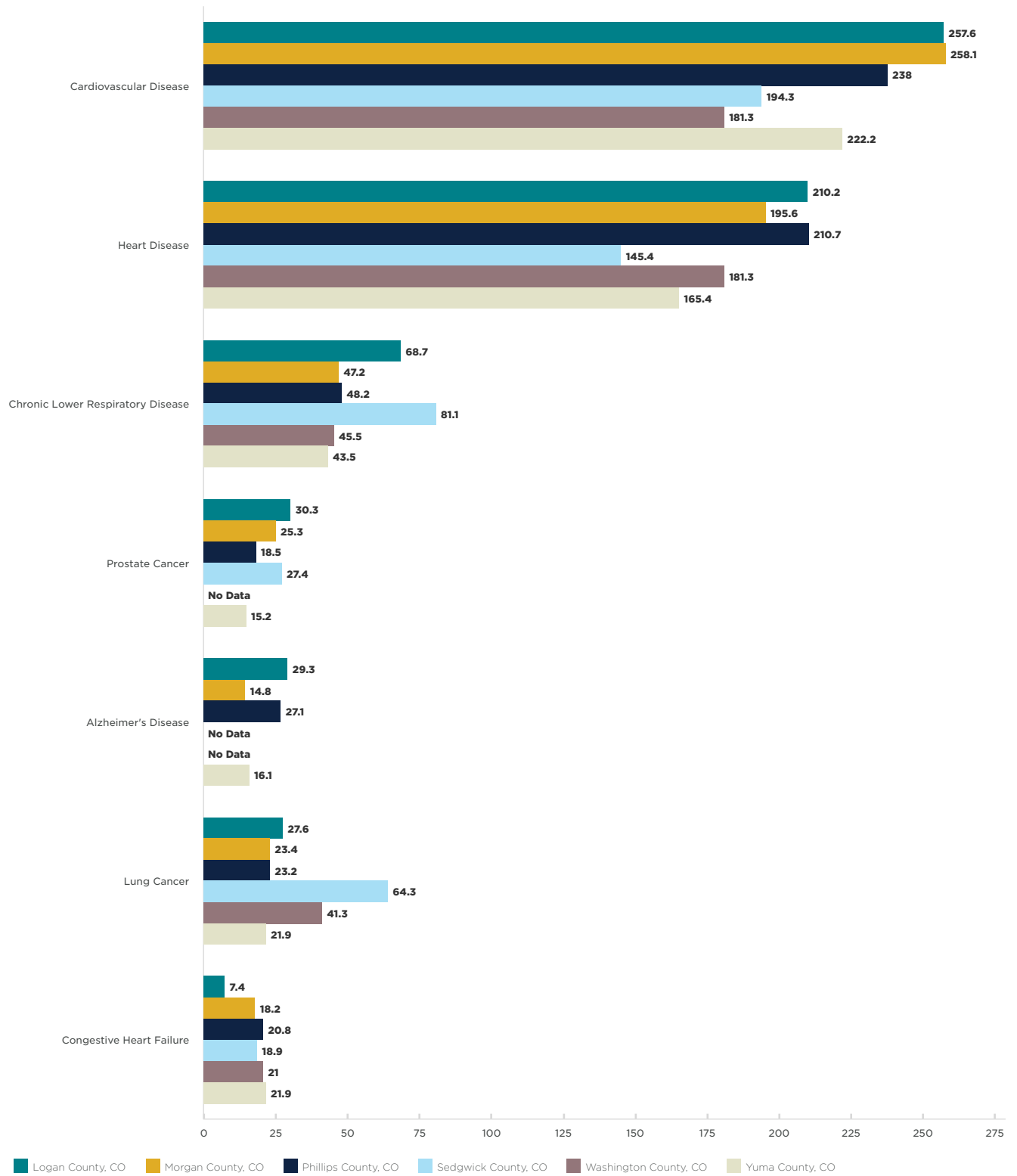
Sources: CDC Wonder 2021-2024

Leading Causes of Death Among Females



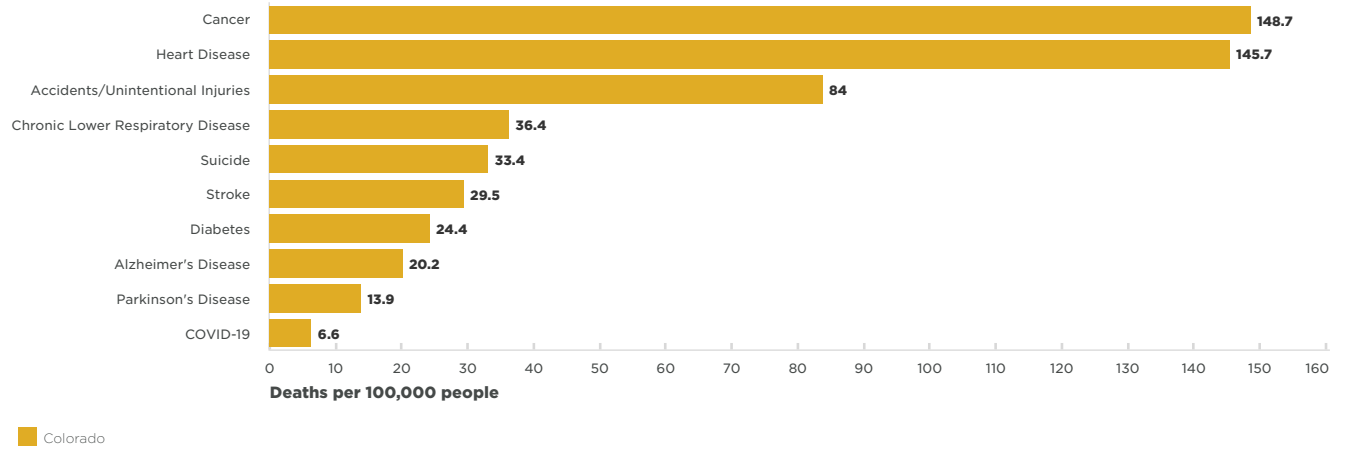
Sources: CDC WONDER Cause of Death 2024 Crude

Leading Causes of Death Among Males



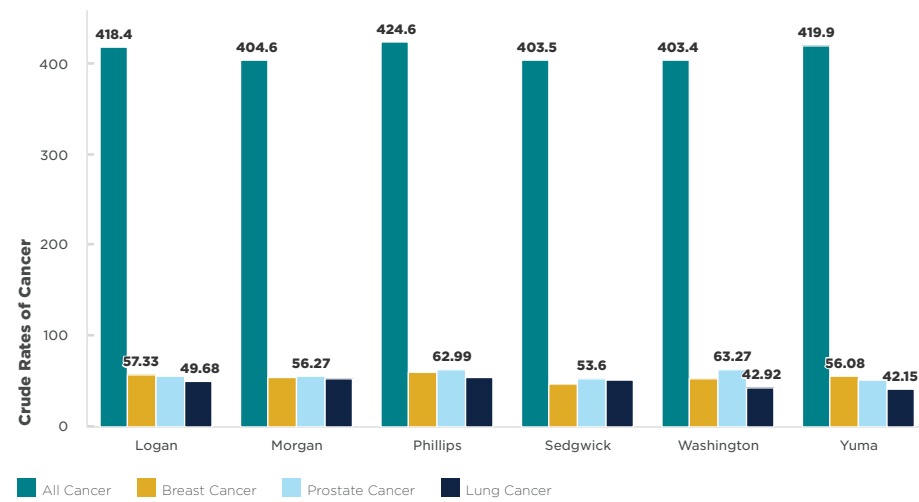
Sources: CDC Wonder 2021-2024

Leading Causes of Death Among Males



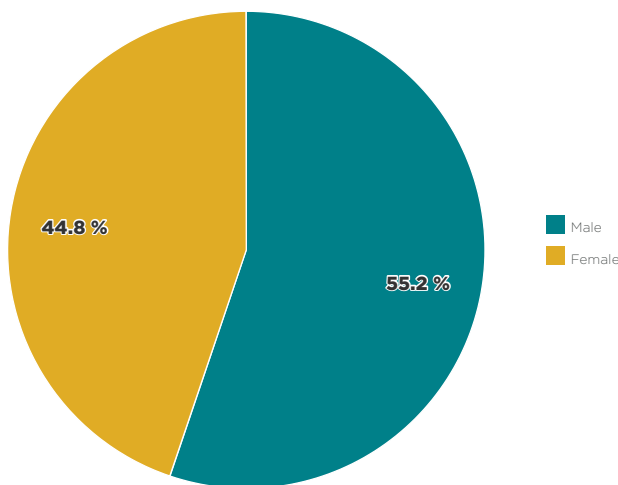
Sources: CDC WONDER Cause of Death 2024 Crude

Age Adjusted Rates of Cancer in Northeast Colorado

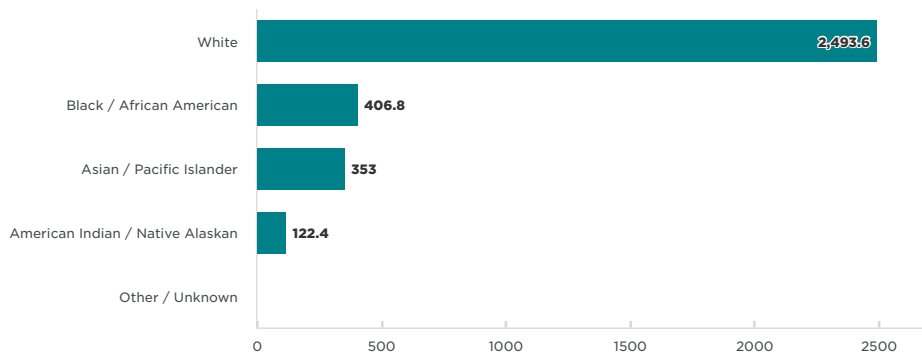


Crude Rates of Cancer per 100,000 Residents from 2000-2019

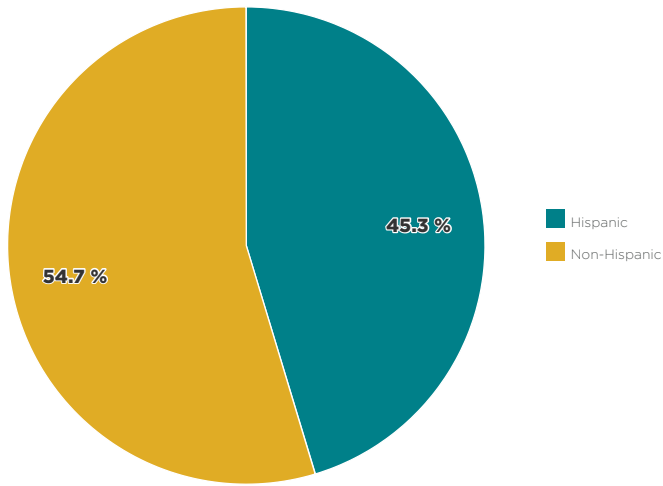
All Cancer Age Adjusted Rates in Northeast Colorado by Gender



All Cancer Age Adjusted Rates by Race



All Cancer Age Adjusted Rates by Ethnicity



The communities that comprise the Northeast Colorado Health Department include those in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma county. Our unique population consists of primarily white residents with the highest concentration being those between 25-34 years old. Our health district has a slightly higher percentage of individuals living with a disability, 12.3% when compared with the whole of Colorado at 11.2%.

The international communities in our counties also make up a good portion of our residents, with 9.7% of the population being foreign born. 8% of the population in our counties has a limited English language proficiency compared with just 5.5% in all of Colorado. 7.7% of residents are veterans. 3.4% of adults in our six counties identify as LGBTQ+. It is important to note the rich diversity of our population in order to best meet the unique needs of our community with tailored health promotion campaigns and outreach programming.

As a health department, it is our mission to understand how social and economic factors impact the health of our residents. This knowledge is critical for making decisions that improve our residents' opportunities for enhancing their health outcomes. 13% of the population in our region is living in poverty compared to 9% of the population in all of Colorado. A high school diploma is the highest level of educational attainment that most residents achieve in our community compared to a bachelor's degree in all of Colorado. Those who are unemployed make up just 4% of the population in our region compared to 4% in all of Colorado.

The wellbeing of mothers and children is a fundamental building block for life-long health of those in our community. Access to prenatal health care helps decrease the risk of maternal deaths and complications from pregnancy. Approximately 17.7% of mothers in our region receive no prenatal care in the first trimester of their pregnancy or after. All of our counties had a lower percentage of babies born at a low birth rate, which can impact infant mortality, when compared to Colorado as a whole.

Preventative care is a major component of living a long healthy life. Scheduling regular check-ups, eating a balanced diet, and staying physically active are key to maintaining a healthy lifestyle. A low ratio of healthcare providers to residents and lack of transportation to doctor's appointments are barriers to lifelong health in our region. In our community, 22.7% of people identify as being physically inactive, compared to just 17.7% of people in Colorado as a whole. Obesity rates in our region are also higher than those representing the state total. 30% of adults in our region are obese compared to just 26% of obese adults in all of Colorado.

Behavioral health encompasses the choices we make which impact how optimally we function as a whole. Behavioral health not only includes our actions, but it also reflects the state of our mental well-being. Lack of accessibility to mental health care services is a barrier to behavioral health in our region. Our region has less excessive/binge drinkers, at 18%, than Colorado as a whole at 19.9%.

Identifying the most prevalent causes of death in our region allows us to understand how social, environmental, and behavioral factors may be negatively impacting the health of our residents. The lead cause of death in our community, according to age adjusted rates, is cancer. The most prevalent types of cancer in our region include breast, prostate, and lung cancer. Non-Hispanic white males are the population most likely to be impacted by cancer in our community. Heart disease is also a leading cause of death for our residents.

In order to progress as a health agency, it is imperative to gain a full-picture perspective of the barriers to health care and positive health outcomes that our residents face. In analyzing the data that reflects the physical, mental, environmental, and social well-being of our community we are able to create impactful programs that improve the quality of life of our residents. The community health assessment is essential to our primary mission of serving the communities that make up our 6 counties.