

What is the state of health for our infants & mothers?

Improving health for mothers and infants targets a **critical window of opportunity** when health can **lay the foundation for lifelong well-being** and success. Moreover, access to prenatal health care and support is vital combatting maternal deaths and complications from pregnancy.



What do **behavioral factors** reveal about mothers' and infants' opportunity for health?

Health behaviors occur within the context of the social and environmental factors that a person is experiencing. Prenatal care reduces the risk of pregnancy complications, reduces the fetus's and infant's risk for complications, and helps ensure the medications women take are safe for pregnancy. Learn more on the [Behavioral Factors](#) [↗] page.



No Prenatal Care in First Trimester or After

17.7%

of Live Births

Morgan County, CO

14.5%

of Live Births

Logan County, CO

13.1%

of Live Births

Washington County, CO

12.4%

of Live Births

Yuma County, CO

22.7%

of Live Births

Phillips County, CO

22.2%

of Live Births

Sedgwick County, CO

Sources: Vital Statistics CDPHE 2024

Includes data for women who started prenatal care after the 1st trimester AND women who did not receive prenatal care at all.

How do **social & environmental factors** affect mothers' and infants' opportunity for health?

Access to OBGYN and prenatal care improves the health of both women and infants with preventative treatments and screenings. Economic opportunity, schools, communities, family, peers, media, and technology also contribute to the complex context in which adolescent behavior and risk-taking occurs. Learn more on the [Society & Environment](#)¹² page.



Teen Birth Rate

26

Births per 1,000 Females

Morgan County, CO

19.5

Births per 1,000 Females

Phillips County, CO

15.3

Births per 1,000 Females

Yuma County, CO

14

Births per 1,000 Females

Logan County, CO

12

Births per 1,000 Females

Washington County, CO

12.2

Births per 1,000 Females

Colorado

Sources: National Center for Health Statistics - Natality Files; Census Population Estimates Program 2018-2024 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

What do **health outcomes** reveal about mothers' and infants' opportunity for health?

Health outcomes are influenced by the health care environment, social context, and behaviors. In addition to giving us key information about maternal and infant health, the infant and child mortality rates are important markers of the overall health of a community. Learn more on the [Health Outcomes](#) page.



Low Birth Weight

0.1%

of Births

Colorado

0.1%

of Births

Sedgwick County, CO

0.1%

of Births

Logan County, CO

0.1%

of Births

Morgan County, CO

0.1%

of Births

Washington County, CO

0.1%

of Births

Yuma County, CO

0.1%

of Births

Phillips County, CO

Sources: National Center for Health Statistics - Natality Files 2018-2024 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

Resources

Learn more about how our community is addressing this health priority.



Special Supplemental Nutrition Program for Women, Infants & Children (WIC)

WIC is a free nutrition education program that helps families eat well and stay healthy. It provides supplemental healthy foods, nutrition counseling and education, immunizations, and referrals. Click the link for requirements and to learn more.

[Read More](#)



Family Planning

NCHD's Reproductive Health Program provides quality services to help meet the community's reproductive health and birth control needs.

[Read More](#)

How are **social & environmental factors** affecting mothers' and infants' opportunity for health?



Are women able to access **OB-GYN care**?

Obstetricians and gynecologists (OB-GYNs) provide healthcare for women throughout their lives, including care related to birth control, childbirth, and menopause. An OB-GYN can also screen for cancer, treat infections, and handle pelvic organ and urinary tract problems.

OB-GYNs Compared to Served Populations

Region 1 (NCHD Service Area)

Obstetrician-Gynecologists (OB-GYNs)	6 Doctors
Female Population 16 and Over	26,761 People
Women with Birth in Past Year	1,097 Women

Sources: NPES NPI 2025; US Census Bureau ACS 5-year 2020-2024

How are cultural and social contexts affecting **teen pregnancy** rates?

Economic opportunity, schools, communities, family, peers, media, and technology contribute to the complex context in which adolescent behavior and risk-taking occurs. Adolescent pregnancies occur in high, middle, and low income communities, but are more likely to occur in marginalized communities experiencing poverty, lack of education and employment opportunities. Sex education, access to contraception, and sexual violence prevention can affect teen pregnancy rates.



Teen Birth Rate

29

Births per 1,000 Females Aged 15-19

Morgan County, CO

21

Births per 1,000 Females Aged 15-19

Phillips County, CO

18

Births per 1,000 Females Aged 15-19

Yuma County, CO

15

Births per 1,000 Females Aged 15-19

Logan County, CO

10

Births per 1,000 Females Aged 15-19

Washington County, CO

No data

Births per 1,000 Females Aged 15-19

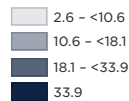
Sedgwick County, CO

Sources: National Center for Health Statistics - Natality Files; Census Population Estimates Program 2017-2023 via RWJF County Health Rankings & Roadmaps 2025

Teen Birth Rate

Region 1 (NCHD Service Area)

Births per 1,000 Females Aged 15-19



Sources: National Center for Health Statistics - Natality Files; Census Population Estimates Program 2018-2024 via RWJF County Health Rankings & Roadmaps 2021 Supplemental Release

How are **single-parent households** affected?

Single-parent households are those where one parent raises a child or children. Among these households, children may have a greater chance of having an unmet health need as well as emotional and behavioral difficulties. Single-parenthood may affect the health of the parent, as well; single-mothers in particular are at greater risk for cardiovascular health problems and stroke.

Single Parent Households



8%
of Families
Single Mother with Children
Region 1 (NCHD Service Area)



4%
of Families
Single Father with Children
Region 1 (NCHD Service Area)



1,412
Families
Single Mother with Children
Region 1 (NCHD Service Area)

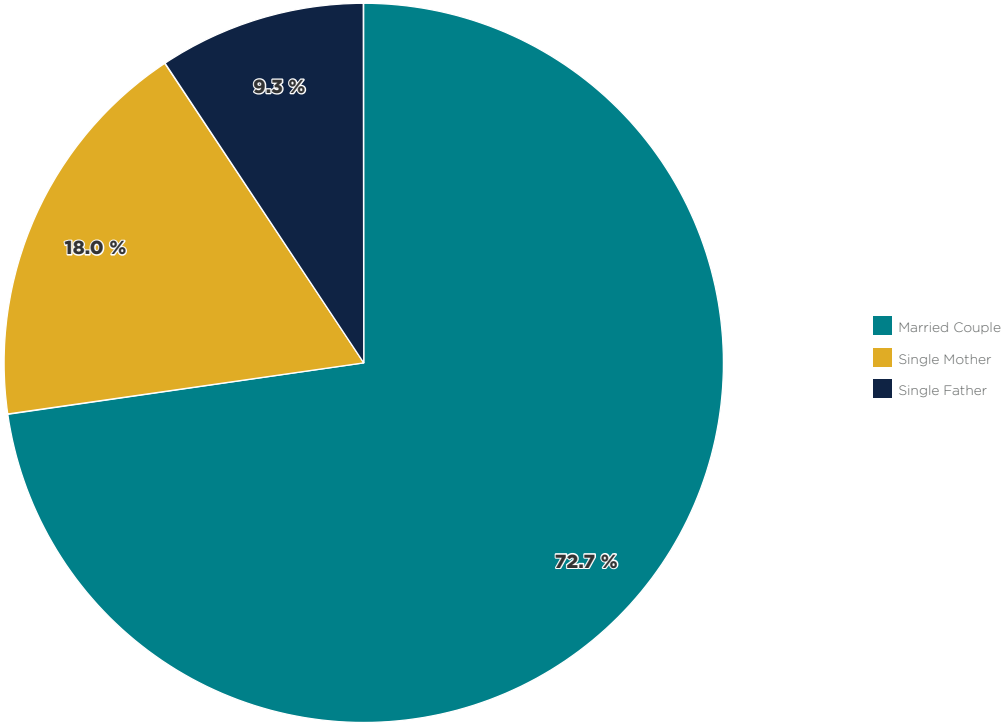


732
Families
Single Father with Children
Region 1 (NCHD Service Area)

Sources: US Census Bureau ACS 5-year 2020-2024

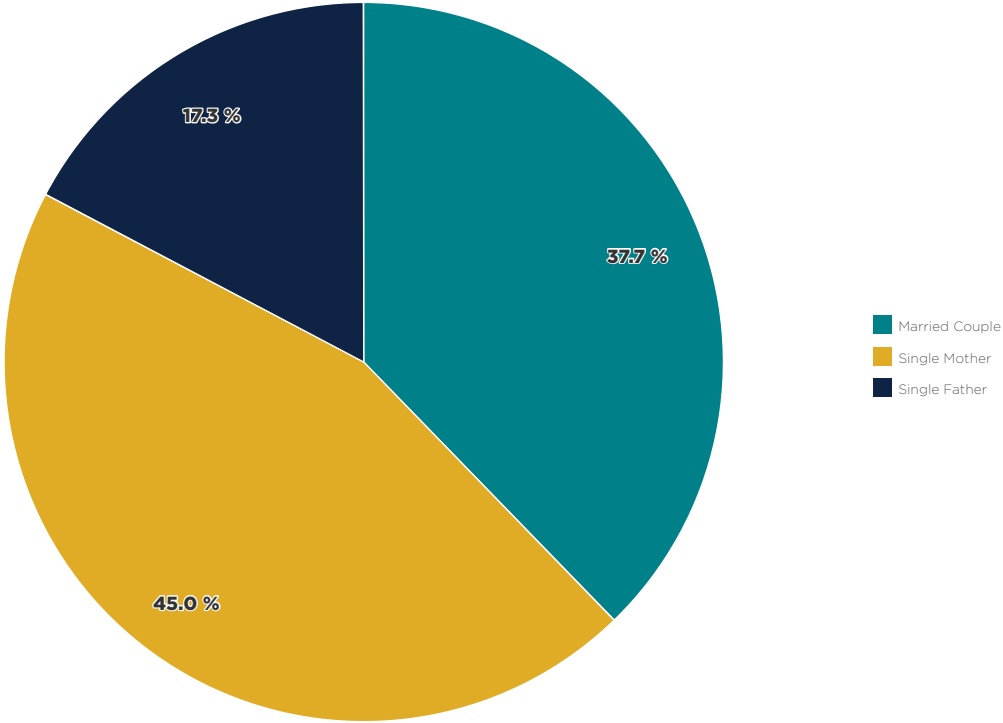
Single Parent Families in Poverty

Families with Children



Region 1 (NCHD Service Area)
Sources: US Census Bureau ACS 5-year 2020-2024

Poverty Among Families with Children



Region 1 (NCHD Service Area)
Sources: US Census Bureau ACS 5-year 2020-2024

What do **behavioral factors** reveal about mothers' and infants' opportunity for health?



What proportion of mothers are **smoking during pregnancy**?

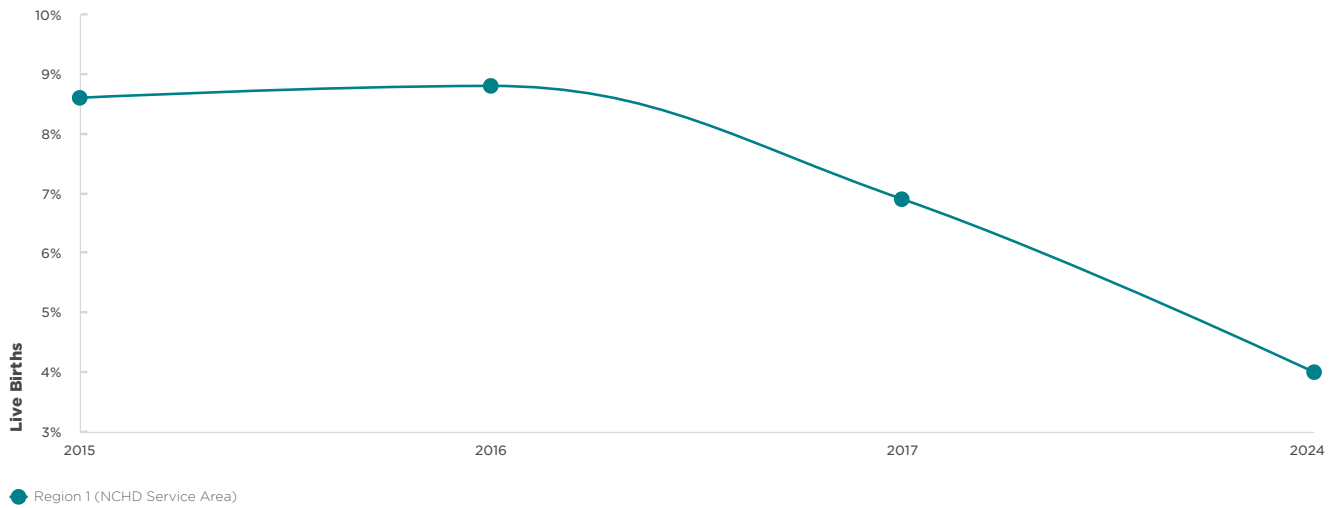
Smoking during pregnancy increases the risk of health problems for developing babies, including preterm birth, low birth weight, birth defects, and sudden infant death syndrome (SIDS). Reasons for smoking may include addiction and mood control (i.e. to relax, calm down). Supportive partner involvement and socioeconomic opportunity may influence whether women smoke during pregnancy.



4%
of Births

Tobacco Used During Pregnancy
Region 1 (NCHD Service Area)

Sources: CDPHE 2024



Sources: CDPHE

Are mothers able to access **prenatal care**?

Having a healthy pregnancy is one of the best ways to promote a healthy birth. Getting early and regular prenatal care improves the chances of a healthy pregnancy. Prenatal care reduces the risk of pregnancy complications, reduces the fetus's and infant's risk for complications, and helps ensure the medications women take are safe for pregnancy

Prenatal Care Over Time



No Prenatal Care in First Trimester or After

17.7%

of Births

Morgan County, CO

14.5%

of Births

Logan County, CO

13.1%

of Births

Washington County, CO

12.4%

of Births

Yuma County, CO

22.7%

of Births

Phillips County, CO

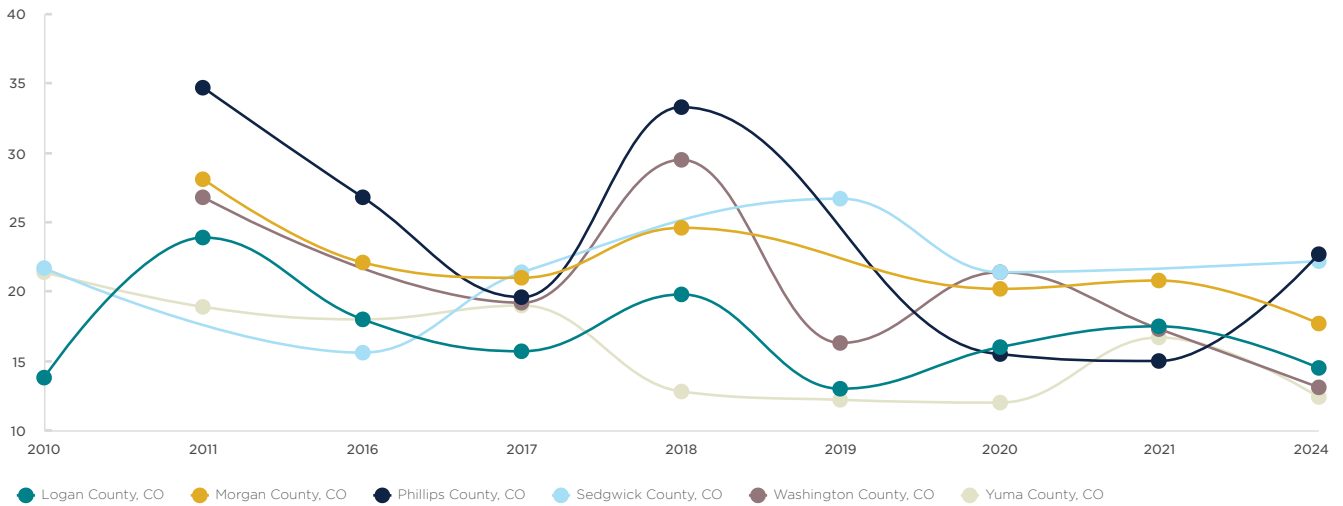
22.2%

of Births

Sedgwick County, CO

Sources: Vital Statistics CDPHE 2024

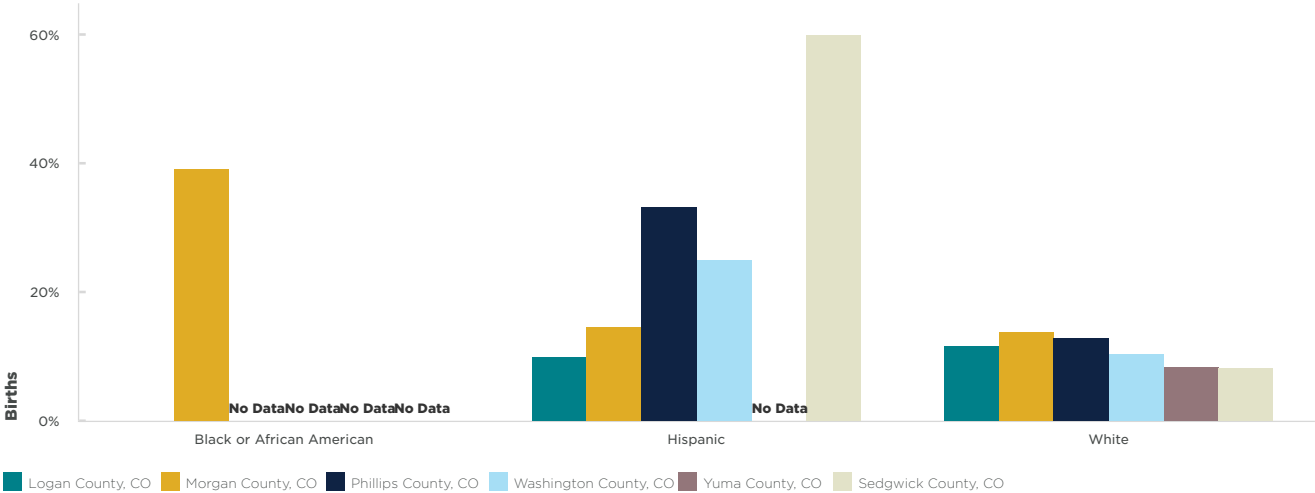
No Prenatal Care in First Trimester or After



Sources: Vital Statistics CDPHE

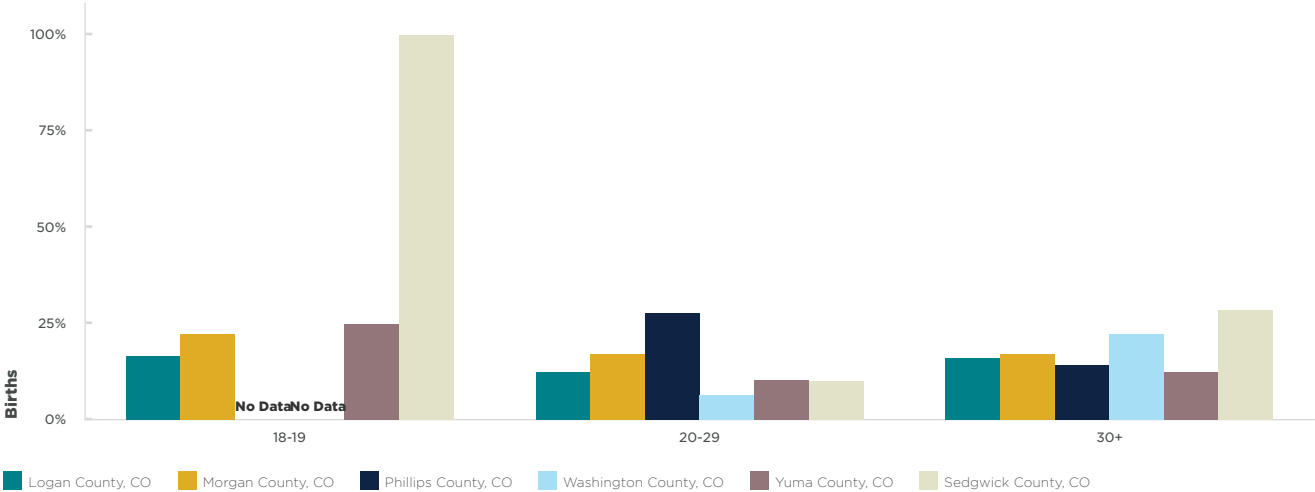
Prenatal Care by Race or Mother's Age

No Prenatal Care in First Trimester or After by Race & Ethnicity



Sources: Vital Statistics CDPHE 2024

No Prenatal Care in First Trimester or After by Mother's Age



Sources: Vital Statistics CDPHE 2024

What do **health outcomes** reveal about mothers' and infants' opportunity for health?



What is the **infant mortality** rate in our community?

Infant mortality is the death of a child before his or her first birthday. The infant mortality rate is the number of infant deaths for every 1,000 live births. Infant mortality may be caused by birth defects, preterm birth or low birth weight, maternal pregnancy complications, sudden infant death syndrome (SIDS), or injury such as suffocation. In addition to giving us key information about maternal and infant health, the infant mortality rate is an important marker of the overall health of a community.



Sources: National Center for Health Statistics - Natality and Mortality Files 2017-2023 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

What is the **low birth weight** rate in our community?

Low birth weight is when a baby is born weighing less than 5 pounds, 8 ounces. Complications associated with low birth weight include higher risk of infection, difficulty regulating body temperature, poor feeding, and slow weight gain. The most common cause of low birth weight is premature birth, and mothers experiencing health problems are at higher risk for this.



Low Birth Weight

0.1%

of Births

Sedgwick County, CO

0.1%

of Births

Logan County, CO

0.1%

of Births

Morgan County, CO

0.1%

of Births

Washington County, CO

0.1%

of Births

Yuma County, CO

0.1%

of Births

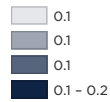
Phillips County, CO

Sources: National Center for Health Statistics - Natality Files 2018-2024 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

Low Birth Weight

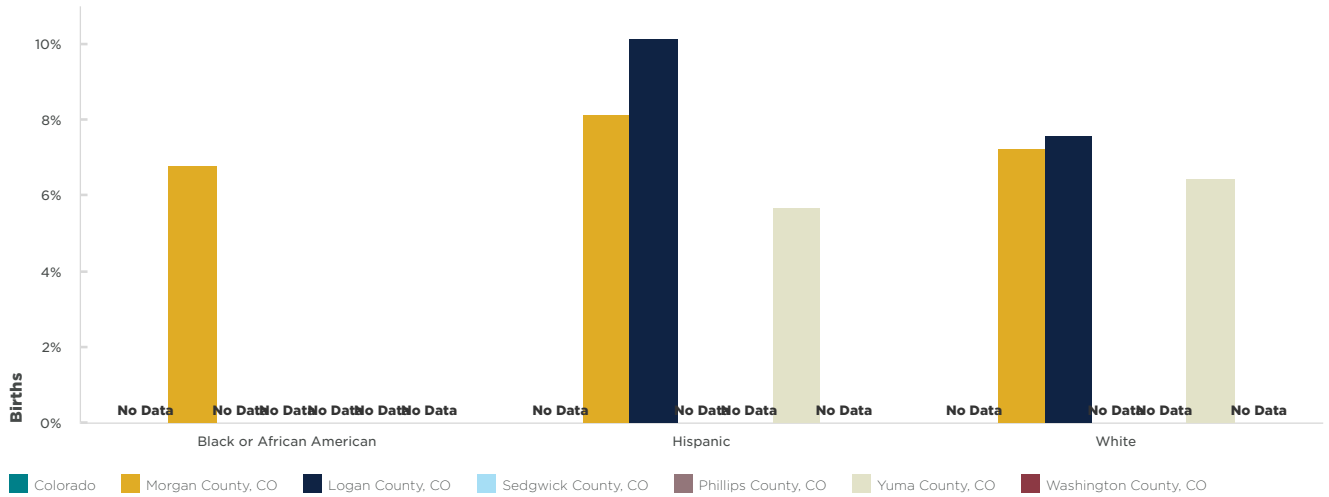
 Region 1 (NCHD Service Area)

percent low birth weight



Sources: National Center for Health Statistics - Natality Files 2018-2024 via RWJF County Health Rankings & Roadmaps 2026 Supplemental Release

Low Birth Weight by Race & Ethnicity



Sources: National Center for Health Statistics - Natality Files 2017-2023 via RWJF County Health Rankings & Roadmaps 2025

What is the **preterm birth** rate in our community?

Complications associated with a preterm birth include immature lungs, difficulty regulating body temperature, poor feeding, and slow weight gain. Preterm babies may need longer or more intense nursery care, medications, and sometimes surgery. Mothers experiencing health problems are at higher risk for preterm birth.



Preterm Births

12.5%

of Births

Washington County, CO

10.8%

of Births

Morgan County, CO

9.2%

of Births

Yuma County, CO

10.1%

of Births

Logan County, CO

16.7%

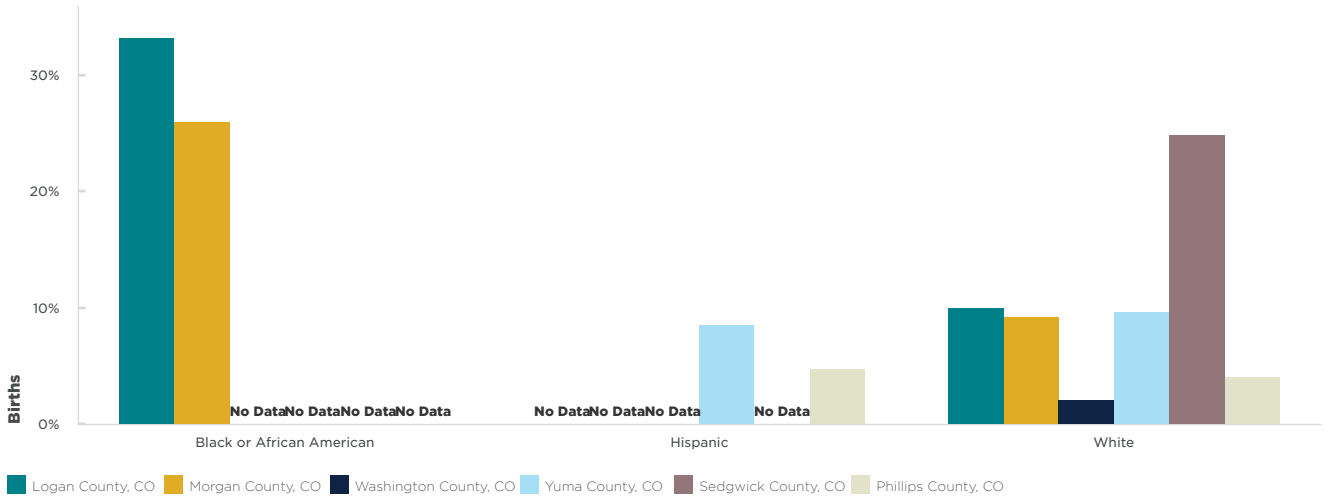
of Births

Sedgwick County, CO

Sources: Vital Statistics Program, CDPHE 2024

Note: No data available for Phillips County, CO

Preterm Birth Rate by Race & Ethnicity



Sources: Vital Statistics Program, CDPHE 2024

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.