

Healthy Eating & Active Living

West Central Public Health Partnership

Region 10: Delta, Gunnison, Hinsdale, Montrose, Ouray, & San Miguel

Priority
Area!

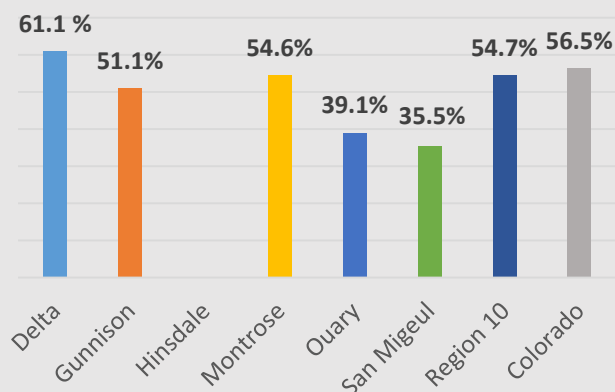
Healthy Eating and Active Living (HEAL) The top two leading causes of death for all six counties in Region 10 are heart disease and cancer (malignant neoplasms), two of the most common and costly chronic diseases.¹ Chronic diseases have four common causes: lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption.² Continuing to focus on chronic disease prevention through Healthy Eating and Active Living will help reduce the leading causes of death in Region 10.

Eating healthy and maintaining an active lifestyle not only helps to prevent chronic diseases, they are also important for maintaining mental health. The World Health Organization states that ***“there is no health without mental health.”***³

Studies that link between chronic diseases and depression show that depression is associated with increased prevalence of chronic diseases.⁴

Percent of adults who are over weight or obese (BMI ≥ 25) 2013 – 2015

CDPHE Colorado Health Indicators⁵



<https://www.colorado.gov/pacific/cdphe/colorado-health-indicators>³

Improving the health of our residents through healthy eating and active living provides enormous long term benefits for both physical and mental health.

In Colorado adults who have obesity present with higher prevalence rates on other adverse health behaviors including:

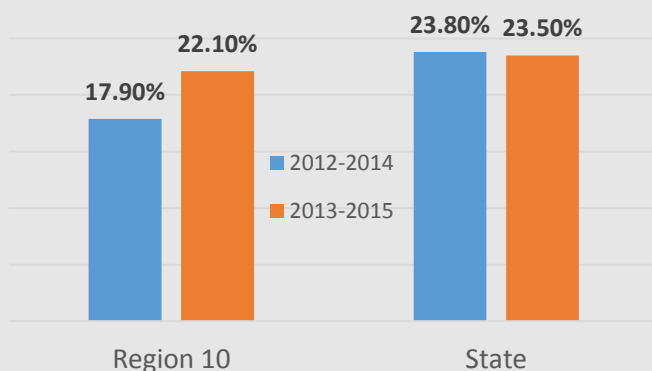
- » 33.6% of obese adults have no-leisure time physical activity.
- » 33% of obese adults have high blood pressure and heart attacks.
- » 29.3% of obese adults have not good mental health 14+ days in the past 30 days.⁶

Furthermore it has been shown that children and adolescents with major depressive disorders appear to have a higher risk of becoming overweight later in life.⁷

- » 23.8% of children aged 5-14 years are overweight or obese in Region 10

Percent of children aged 5-14 years who are overweight or obese (BMI ≥ 85 Percentile)

CDPHE Colorado Health Indicators⁵



*Wide confidence intervals for regional level data, less reliable estimates.

<https://www.colorado.gov/pacific/cdphe/colorado-health-indicators>³

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Social Determinants of Health

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact our health and wellbeing.⁸

[NHS Health Scotland](https://www.nhs.uk/health-scotland/)



Childhood experiences



Housing



Education



Social support



Family income



Employment



Our communities

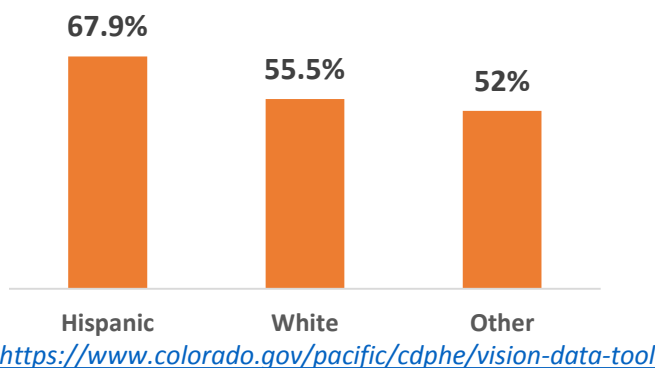


Access to health services

Health Equity and HEAL

The overall health of Region 10 residents is influenced by [the social determinants of health](#) (see Health Equity handout). One of the key drivers of health outcomes is education level. In Colorado, adults with less education than a high school diploma are more likely to be overweight or obese (64.1%) compared to those who graduated college (51.4%).⁹

Overweight and Obese Adults in CO
by Race and Ethnicity 2016
CDPHE Vision Tool⁹



There are racial and ethnic inequities at the state and regional level among adults who are overweight or obese.⁹

The West Central Public Health Partnership (WCPHP) recognizes the need to include health equity focused strategies to improve the health of all Region 10 residents.

Strategies

- » **STRATEGY:** Improve access to healthy foods through environmental strategies such as: breastfeeding friendly environments, community gardens, WIC and SNAP at Farmers Markets.
- » **STRATEGY:** Increase knowledge and efficacy for healthy eating and active living through evidence-based programs.
- » **STRATEGY:** Improve access to active living through Pedestrian and Bike friendly environments, **Scholarships to recreation activities**, and transportation
- » **STRATEGY:** Increase health equity advocacy to address healthy eating and active living.

For more information:

CDPHE Colorado Health Indicators

<https://www.colorado.gov/pacific/cdphe/colorado-health-indicators>

World Health Organization

http://www.who.int/mental_health/evidence/en/promoting_mhh.pdf

Centers for Disease Control and Prevention

<https://www.cdc.gov/chronicdisease/overview/index.htm>

CDPHE Vision Data Tool

<https://www.colorado.gov/pacific/cdphe/vision-data-tool>

QUESTIONS?

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Healthy Eating and Active Living Sources

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2. Centers for Disease Control and Prevention, Chronic Disease Overview, Chronic Diseases: The Leading Causes of Death and Disability in the United States <http://www.cdc.gov/chronicdisease/overview/>. Accessed July 8, 2016.
3. Promoting mental health: concepts, emerging evidence, practice: summary report / a report from the World Health Organization, Department of Mental Health and Substance Abuse in collaboration with the Victorian Health Promotion Foundation (VicHealth) and the University of Melbourne. (2004).
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7. Chapman DP, Perry GS, Strine TW. The vital link between chronic disease and depressive disorders. Prev Chronic Dis [serial online] 2005 Jan [date cited]. Available from: URL: http://www.cdc.gov/pcd/issues/2005/jan/04_0066.htm.
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9. Colorado Department of Public Health and the Environment, VISION Tool. Data by Demographics. <https://www.colorado.gov/pacific/cdphe/vision-data-tool>. Accessed August 1, 2018.