Diabetes, Blood Pressure & Cholesterol

Key Findings

- High blood pressure increases risk for heart disease and stroke. Countywide, 27% of residents reported they had been told they had high blood pressure (the nationwide rate is 1 in 3 U.S. adults).

- Of those with high blood pressure, nearly ¾ were taking blood pressure medication.

- High cholesterol increases risk for heart disease, the leading cause of death in the United States. In the U.S., 36% of adults have high cholesterol; the self-reported rate among Weld County residents was 24%.

Self-Reported Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Weld</th>
<th>Colorado</th>
<th>U.S.</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Blood Pressure</td>
<td>10%</td>
<td>7%</td>
<td>11%</td>
</tr>
<tr>
<td>High Cholesterol</td>
<td>27.3%</td>
<td>23.5%</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
<td>9.5%</td>
</tr>
</tbody>
</table>

- People with diabetes are at higher risk for blindness, kidney failure, heart disease, stroke, and loss of toes, feet or legs. Countywide, 10% of residents reported they had been told they had diabetes. This was higher than the statewide rate (7%) and similar to the nationwide rate (11%).

Questions?
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Key Findings

- **Self-Reported Conditions, 2010-2016***
  - High blood pressure and diabetes have both increased since 2010. High blood pressure has increased from 23% in 2010 to 27% in 2016. Diabetes has increased from 7% in 2010 to 10% in 2016.
  - High blood pressure and diabetes are more prevalent among Weld County residents with lower levels of education. The high blood pressure rate among residents with less than a high school degree is about double those among college graduates; the diabetes rate among residents with less than a high school degree is nearly four times that of college graduates.

- **Diabetes was more prevalent among Hispanic residents. In 2016, the self-reported rate of diabetes among Hispanic residents was 13% compared to 8% among non-Hispanic residents.**

- **On the other hand, one in four residents with higher incomes (over 100% FPL*) have diagnosed high cholesterol, whereas only one in eight of residents with lower incomes (less than or equal to 100% FPL) have diagnosed high cholesterol.**

*Due to changes in weighting methodology, interpret comparisons before 2016 with caution.

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*100% Federal Poverty Level (100% FPL) in 2015 was $11,770 for single person, $4,160 for each additional person, and $24,250 for a family of four.*
About the Survey

Description of Responders

**Age Groups**

- 18-24: 9%
- 25-34: 25%
- 35-44: 17%
- 45-54: 20%
- 55-64: 11%
- 65-74: 11%
- 75+: 9%

**Race/Ethnicity**

- 71% - White, not Hispanic
- 25% - Hispanic/Latino
- 1% - Other/Multiple
- 1% - Am. Indian/Alaska Native
- 1% - Asian
- <1% - Black

**Household Income**

- < $16,000: 13%
- $16,000-$24,000: 9%
- $24,001-$38,000: 18%
- $38,001-$50,000: 19%
- $50,000+: 42%

The Survey Explained

- In order to periodically assess the health status of county residents, between September 6, 2016 and November 17, 2016, Weld County Department of Public Health & Environment contacted 8,494 households by mail requesting an adult to complete the 55-item survey or complete it online.

- Question topics included health, health care access and insurance, health conditions and lifestyle habits, preventive screenings, environmental issues, community concerns and needs, and demographics.

- Households were selected randomly by first dividing the mailing list into four regions (see map below) and two household types (single-family vs. multi-family). The list was certified by the post office but did not contain residents’ names.

- After multiple contacts, 2,080 community residents returned usable surveys for a 25 percent response rate. The results are representative of the population within a ±5.0 percent margin of error.

- To see the actual survey go to: www.weldhealth.org