**Chronic Diseases & Health Conditions**

**What are the biggest concerns in Weld County?**

**Cardiovascular disease is the major cause of death in Weld County.**

These diseases are a group of blood and heart disorders that can lead to heart attack and stroke.

In 2018, Weld County’s mortality rate for cardiovascular disease was 160 deaths per 100,000.

Overall, cardiovascular disease deaths in Weld County decreased 12% between 2014-2018, to a level lower than the state average rate (168 deaths per 100,000) for the first time.

High blood pressure (hypertension) is a major risk factor for heart disease and stroke.

- Of people who have a first heart attack...
  - 69%

- Of people who have a first stroke...
  - 77%

- Of people with chronic heart failure...
  - 74%

1 IN 5 Weld County adults have high blood pressure

When your blood pressure is high:

- You are 4x more likely to die from a stroke
- You are 3x more likely to die from heart disease

**Cancer is a significant cause of death in Weld County.**

Cancer death rates in the county decreased 17% between 2014-2018

In 2018, Weld County’s cancer mortality rate was 129 deaths per 100,000, compared to the state average of 126.

Incidence (new cancer diagnosed) rates:

- Decreased 4% in men
- Increased 2% in women between 2012-2016
17% of Weld County adults are current smokers

Smoking significantly increases the chances of serious illness or death.

Over the past 5 years, Colorado has seen a statewide decrease in adult smoking. Adult smoking in Weld County, however, has remained the same.

7% of Weld County adults have been diagnosed with diabetes

Over time, diabetes can damage the heart, blood vessels, eyes, kidneys, and nerves.

The diabetes death rate increased by 11% from 2013-2018, compared to an average statewide increase of only 3%.

Weight Status

Maintaining a healthy weight is key to preventing serious illness and increasing life expectancy.

1 IN 4

Weld County children aged 2-4 enrolled in WIC are overweight (15%) or obese (10%).

Approximately 35% of Weld County children aged 5-14 years are overweight (20%) or obese (15%).

The percentage of children aged 5-14 years who are overweight increased 9% from 2013-2017. Statewide overweight status of this age group increase only 0.5% during the same 5 years.

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Lower Your Chances of getting a chronic disease

Many serious illnesses are related to lifestyle factors such as a diet and exercise.

Two of the best prevention measures you can take are:

1. Eat a healthy, nutritious diet and maintain a healthy weight

   In Weld County, 1 in 3 adults (33%) and 1 in 7 children (17%) eat no fruit on a daily basis.

   Additionally, 1 in 7 adults (18%) and 1 in 3 children (33%) eat no vegetables on a daily basis.

2. Find an exercise activity you enjoy and do it regularly

   49% of Weld County adults get the recommended amount of physical activity.

   52% of Weld County children aged 5-14 years get the recommended amount of physical activity.

   The percentage of children getting the recommended amount of physical activity increased by 15% from 2013-2017.

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For more information, go to www.weldhealth.org