

# 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.

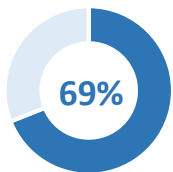


Decreased 2% in men between 2014-2018

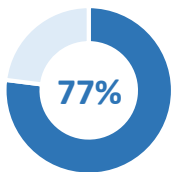


Decreased 21% in women between 2014-2018.

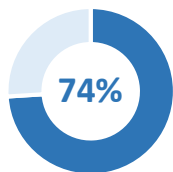
High blood pressure (hypertension) is a major risk factor for heart disease and stroke.



Of people who have a first heart attack...

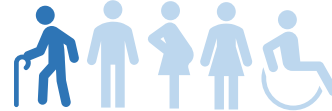


Of people who have a first stroke...



Of people with chronic heart failure...

**HAVE  
HIGH  
BLOOD  
PRESSURE**



**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:



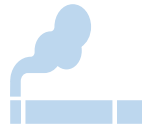
Decreased 4% in men



Increased 2% in women between 2012-2016

## 17% of Weld County adults are current smokers

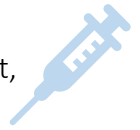
Smoking significantly increases the chances of serious illness or death.



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

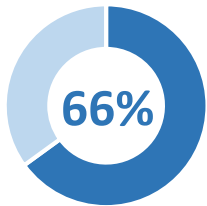
Over time, diabetes can damage the heart, blood vessels, eyes, kidneys, and nerves.



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.



Of Weld County adults (approximately 3 out of every 5 adults) are overweight or obese.

This is 7% higher than the Colorado State average of 22%

Approximately 37% of Weld County adults are overweight. An additional 29% are obese.



## 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.

## 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

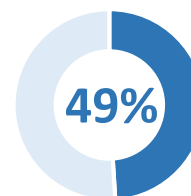


In Weld County, 1 in 3 adults (33%) and 1 in 7 children (17%) eat no fruit on a daily basis.

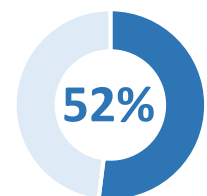


Additionally, 1 in 7 adults (18%) and 1 in 3 children (33%) eat no vegetables on a daily basis.

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



Of Weld County adults



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.