

# Colorado Child Health Survey 2014



## Snapshot Report

This snapshot presents the results from the 2014 Colorado Child Health Survey. The Colorado Child Health Survey was initiated in 2004 through a partnership between the Health Statistics and Evaluation Branch and several other programs and organizations. This survey was designed to fill the health data gap in Colorado that exists for children ages 1-14. The percentages in this report are estimates based on responses from adults who were surveyed on a variety of health-related topics.

### General Health

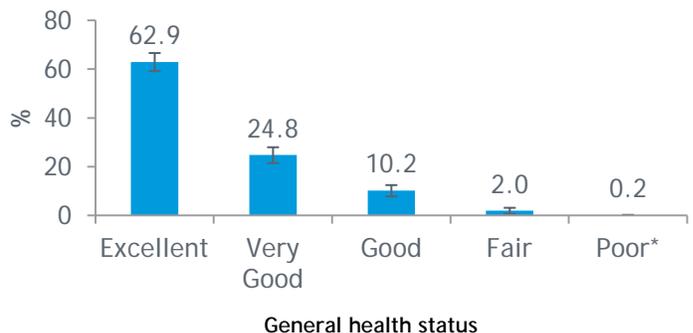
The definition of overweight or obese is based on body mass index (BMI), which is calculated from height and weight, and also depends on age and gender of the child. The percentage of overweight and obese children has been increasing nationwide and causes immediate and long-term effects on health and well-being.

Asthma is a lung disease that causes episodes of wheezing and breathlessness, and can be life-threatening if not managed properly.

Children with special health care needs have or are at risk for a chronic physical, developmental, behavioral, or emotional condition requiring related services of a type or amount beyond that required by children generally.<sup>1</sup>

Percentage of Colorado children who...	(95% CI)
Are overweight or obese (ages 2-14)	26.9 (23.2-30.6)
Currently have asthma	8.6 (6.4-10.9)
Have special health care needs	19.8 (16.8-22.9)

How adults ranked their child's overall health.



### Percentage of Colorado children who... (95% CI)

Have health care coverage	96.9 (95.5-98.2)
Have a regular healthcare provider (personal doctor/nurse)	95.8 (94.2-97.4)
Receive needed care	95.9 (94.2-97.6)
Have a medical home	64.2 (60.2-68.2)

### Health Care

Adults were asked a variety of questions about their child's health care, including if they ever had to delay or go without needed care for their child.

### Oral Health

Untreated tooth decay can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.<sup>2</sup>

### Percentage of Colorado children who... (95% CI)

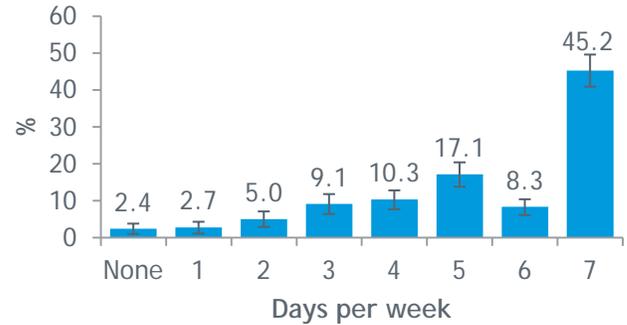
Receive needed dental care	92.4 (90.4-94.4)
Had their first dentist visit by 12 months of age (ages 1-3)	11.1 (4.3-17.9)
Have teeth that are in fair or poor condition	6.0 (4.1-7.9)

## Physical Activity

Physical activity includes time spent in any kind of activity that increases heart rate and causes heavy breathing some of the time. The Centers for Disease Control and Prevention (CDC) recommends at least 60 minutes of physical activity daily.<sup>3</sup>

Percentage of Colorado children who...	(95% CI)
Walk, bike, or skateboard to school every day of the week	14.0 (11.0-17.0)
Have 2 hours or less of screen time on a weekday	85.5 (82.8-88.3)
Have 2 hours or less of screen time on a weekend day	51.7 (47.9-55.5)

Number of days per week that Colorado children are getting 60+ minutes of physical activity:



## Food Insecurity

Percentage of households that felt...	(95% CI)
The food that they bought didn't last, and they didn't have money to get more.	23.9 (20.4-27.5)
They couldn't afford to eat balanced meals	21.2 (17.9-24.6)
They were unable to afford the food they needed.	28.2 (24.6-31.9)

## Food and Nutrition

Fruit and vegetable consumption adds micronutrients and fiber to the diet while contributing relatively minimal calories. Regular soda consumption is not recommended since it adds calories without any nutritional value.

Percentage of Colorado children who...	(95% CI)
Eat 2 or more servings of fruit a day	48.9 (45.0-52.8)
Eat 3 or more servings of vegetables a day	13.0 (10.4-15.6)
Do not drink any sweetened beverages on a typical day	85.6 (83.0-88.2)

## Secondhand Smoke and Sun Exposure

Infants and children who are exposed to secondhand smoke are more prone to respiratory and ear infections, worse asthma symptoms, and sudden infant death syndrome (SIDS).<sup>4</sup>

High UV exposure can increase a child's risk of developing skin cancer later in life. The CDC recommends children wear SPF 15 sunscreen anytime they are outside.<sup>5</sup>

Percentage of Colorado children who...	(95% CI)
Live in a home where someone smoked inside the home in the past week	3.5 (2.0-5.0)
Rode in a car with someone who was smoking in the past week	3.2 (2.0-4.4)
Always wear sunscreen when outside during peak hours on a sunny summer day	36.7 (32.9-40.4)

## Marijuana Exposure and Education

Colorado children who live in a home where... (95% CI)	
Marijuana is kept in or around the home	6.9 (4.9-8.9)
Someone has used marijuana in the home within the last 30 days	3.9 (2.4-5.4)
There has been a discussion about the risks of using marijuana (with children age 10-14)	82.9 (78.1-87.7)

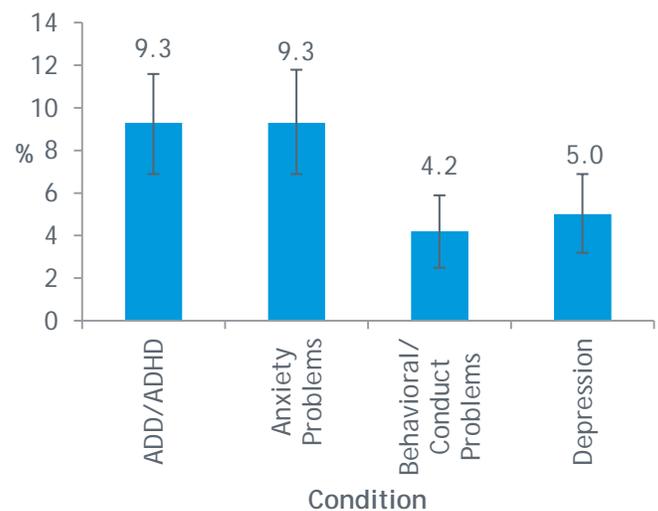
Studies indicate that exposure to marijuana during childhood and adolescence, when the brain is still developing, may have lasting adverse effects, including lower IQ.<sup>6</sup>

## Mental and Behavioral Health

Percentage of Colorado children who...	(95% CI)
Needed mental health care or counseling (ages 4-14)	15.2 (12.2-18.2)
Received all the mental health care or counseling they needed (ages 4-14)	76.8 (67.6-86.0)
Have difficulties with emotions, concentration, behavior, or getting along with others	21.5 (18.3-24.7)

According to the CDC up to 1 out of 5 children are estimated to have some type of mental disorder, and early signs include changes in the way children learn, behave, and handle their emotions.<sup>7</sup>

Percent of children ever diagnosed with:



## References

- 1) McPherson, M., Arango, P., Fox, H., Lauver, C., McManus, M., Newacheck, P. W....Strickland, B. (1998). A new definition of children with special health care needs. *Pediatrics*, 102(1), 137-139.
- 2) Centers for Disease Prevention and Control. Children's Oral Health. <[http://www.cdc.gov/oralhealth/children\\_adults/child.htm](http://www.cdc.gov/oralhealth/children_adults/child.htm)>. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Oral Health, 2014.
- 3) Centers for Disease Prevention and Control. Physical Activity. <<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>> National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity and Obesity, 2015.
- 4) Centers for Disease Control and Prevention. Health Effects of Second Hand Smoke. <[http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/secondhand\\_smoke/health\\_effects/index.htm](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/secondhand_smoke/health_effects/index.htm)>. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion Office on Smoking and Health, 2014.
- 5) Office on Women's Health. Breastfeeding. <<http://www.womenshealth.gov/breastfeeding/breastfeeding-benefits.html>>. U.S. Department of Health and Human Services, Office on Women's Health, 2014.
- 6) Centers for Disease Control and Prevention. Breastfeeding. <<http://www.cdc.gov/breastfeeding/faq/>>Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity and Obesity, 2013.
- 7) Centers for Disease Control and Prevention. Children's Mental Health - New Report <<http://www.cdc.gov/features/childrensmentalhealth/>> Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Control, 2013.