



Health

Goal: Maintain and improve quality of life in the Denver region. Good human health and high levels of activity are direct consequences of a strong quality of life.

Measures: Obesity, physical activity, tobacco use, and the consultation of a primary care doctor, as well as a composite index based on these four measures. Health statistics come from the Colorado Department of Public Health and Environment and do not include Broomfield, Clear Creek and Gilpin counties.

Conclusions: Our region's composite health index has changed little in the past few years. More important than the overall composite score is how residents have changed individual health habits.

Fifty-four percent of residents reported moderate regular physical activity in 2005, up from 25 percent in 2000. Obesity levels increased during the same time period, however, from 13 to 18 percent.

Cigarette smoking in our region has remained relatively consistent over time. Nineteen percent of the regional population admitted to smoking cigarettes in 2000, compared with 18 percent in 2005. The new statewide ban on smoking in public places may lead to a decreased smoking rate in the future.

Action Steps: To ensure the continued health of residents, our region can take the following actions:

- Create goals similar to the national 2010 health objectives (<http://www.healthypeople.gov/Data/Data2010.htm>).
- Take a comprehensive approach to promoting personal health through schools, park and recreation districts and community design.
- Encourage pedestrian- and transit-oriented development, which support healthier, more active lifestyles.
- Continue enforcing smoking bans in public areas to help discourage the convenience and accessibility of smoking.