
DENVER



Executive Summary

Health Status of Denver 2005

...A partnership to promote the health of Denver residents...

Executive Summary

Healthy People 2010 (HP2010) is a national plan to promote health and prevent sickness, disability and early death by the year 2010. Its goals are to *improve the length and quality of life for all residents* and to *reduce health inequalities* by identifying and acting on ways in which the well-being of each person is tied into his or her social and physical surroundings. HP2010 provides the framework to measure how Denver residents are doing in terms of health and health behaviors through measurable objectives related to specific health areas.

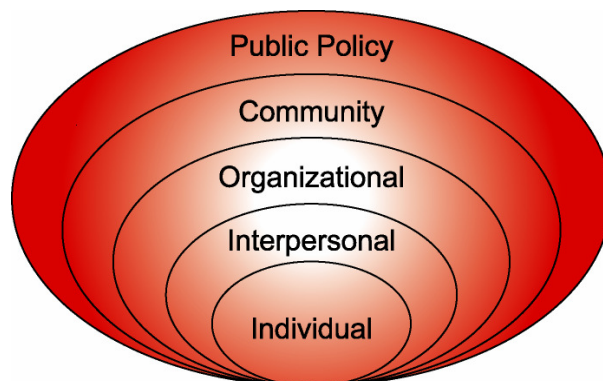
The purpose of the **Health Status of Denver 2005 Report** is to help Denver's communities and organizations serving those communities to identify ways to improve Denver's health through *health promotion*. It is important to monitor the changes in health status of Denver residents over time to 1) identify the health needs, 2) understand the groups at greatest risk, 3) prioritize where to focus health promotion efforts, 4) demonstrate a need for resources for health promotion within Denver, 5) present Denver's health in the national framework, and 6) measure progress over time.

Health Promotion

There is an old story about a man who sees someone drowning in a stream and jumps in to save him. As soon he does this, he notices even more people in danger coming down the water, and the helper dives in again. Soon he is exhausted from rescuing everyone, and begins to wonder what is happening upstream to get people into trouble, and what can be done to keep them out of it. Coming up with ways to prevent or solve problems "upstream" is *health promotion*, and the main aim of HP2010. *Health promotion* is the science and art of helping people change their lifestyle to move toward a state of optimal health. Lifestyle change can be facilitated through a combination of efforts to enhance awareness, change behavior and create environments that support good health practices.

The *model for health promotion* is to ensure that individuals have opportunities for health in all areas of their lives and that there is *no wrong door* to choosing healthy behaviors. The *socioecological model* demonstrates that to successfully address the health of individuals and populations, several different strategies must be taken, including: 1) educating individuals, 2) establishing interpersonal supports, such as support groups, 3) reaching people through changes in organizations, such as schools, worksites, and healthcare practices, 4) creating a community supportive of health by changing the physical environment, and 5) developing public policy to encourage healthy decisions.

The Socioecological Model for Health Promotion



Summary of the Health of Denver

For those areas reported, Denver has exceeded the Healthy People 2010 objectives in the following areas:

- ✓ Adults who engage in leisure time physical activity
- ✓ Adults who are obese
- ✓ Environmental air quality for levels of ozone and particulate matter
- ✓ Foodborne diseases caused by *e.coli* and *shigellosis*
- ✓ New AIDS cases among adolescent and adult men who have sex with men
- ✓ Stroke deaths
- ✓ Cancer deaths for breast, uterine & cervical, prostate and melanoma cancers
- ✓ Mothers who initiate breastfeeding

This does not demonstrate that efforts should not focus on these areas. It demonstrates that Denver must continue to work toward maintaining and improving upon these areas and continue to monitor them over time to ensure success by the year 2010.

For those areas reported, Denver demonstrates a lag behind the Healthy People 2010 objectives in the following areas:

- ✓ Alcohol and drug-related deaths, including motor vehicle deaths
- ✓ Binge drinking
- ✓ Adult cigarette smoking
- ✓ Suicide deaths
- ✓ Intentional and Unintentional injury deaths
- ✓ Adult immunizations
- ✓ New AIDS cases and HIV Deaths
- ✓ Unintended births and teen pregnancies
- ✓ Cholesterol levels
- ✓ Cancer survival rate
- ✓ Number of cases of diabetes
- ✓ First trimester care and low birth rates

This does not demonstrate a current weakness in health promotion efforts focusing on these areas. It demonstrates that Denver must continue to focus and strengthen health promotion directed toward these areas to meet the stated objectives by the year 2010.