Boulder County Data Summary Overview

The data included in the following slides were selected through a narrowing process of over 500 County-level behavioral health indicators from publicly available data descriptors and assessments to provide a high-level summary of substance use and mental health issues for people of different ages and stages in Boulder County.

PLEASE NOTE: In areas where similar data were available for the state of Colorado, comparisons have been made as general observations only and statistically significant differences should not be inferred.
Demographics
Boulder County, Colorado

Total population = 322,514 (2017)

- Under 18: 19%
- Over 65: 13%
- Female: 50%
- White: 90%

Data Sources: Boulder County Health Compass
Pregnancy & Neonatal Indicators
Substance Use: Pregnancy
Pregnancy & Neonatal

Alcohol use in last three months of pregnancy

17% (CO = 12%)

Tobacco use in last three months of pregnancy

4% (CO = 8%)

Electronic Nicotine Product use in three months leading up to pregnancy (with live birth)

42%

The percentage of women who use alcohol during pregnancy in Boulder County is greater than in the state of Colorado. The percentage of women who use tobacco during pregnancy is lower.

Data Sources: Boulder County Health Compass; CDPHE Health Indicators Dashboard; CDPHE Maternal and Child Health Program
A majority of mothers in Boulder County report that they are informed about post-partum depression and about what they should do if they become depressed during or after pregnancy.
Early Childhood Indicators
Substance Exposure
Early Childhood: Ages 1 - 14

Children who live in homes where marijuana/hashish was used in the past 30 days

- 3%

(CO = 3%)

Second hand smoke exposure rates for children

- 2%

(CO = 6%)

The percentage of children exposed to secondhand smoke is lower for children in Boulder County than in Colorado.

Data Sources CDPHE Health Indicators Dashboard; Colorado Early Childhood Needs Assessment
Mental Health and Behavioral Problems
Early Childhood: Ages 1 - 14

Parents reporting behavioral or mental health problems for children age 1-14: 20% (CO = 20%)

Parents reporting child older than 2 years received mental health treatment or counseling in past year: 12% (CO = 13%)

Parents reporting child age 2-14 has emotional, developmental, or behavioral problems and needs counseling: 12% (CO = 10%)

Provider screening for developmental, communication, and behavior issues: 35% (CO = 45%)

Boulder County parents report similar experiences with emotional, developmental, and behavioral issues with children compared to Colorado.

Data Sources: Boulder County Status of Children Report 2018; Colorado Early Childhood Needs Assessment
The rate of child abuse is lower in Boulder County than the state of Colorado. Of cases of child abuse in Boulder County in 2017-18, about half of the households were located in Longmont.

Data Sources: Boulder County Health Compass; Boulder County Status of Children Report 2018
Middle School Indicators
Have tried alcohol
Think it's easy to obtain alcohol
This it's harmful/risky to drink alcohol
Have tried tobacco
Think it's easy to obtain tobacco
Think smoking 1+ pack/day is harmful/risky
Have tried an electronic nicotine product
Have tried a prescription drug

Boulder Valley School District
Colorado MS

7th and 8th students in Boulder Valley School District think it is easier to obtain alcohol than middle school students in Colorado.

# Mental Health, Bullying, Suicide

**BVSD 7th and 8th Grade**

<table>
<thead>
<tr>
<th>Bullying</th>
<th>Depression</th>
<th>Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>45% (CO = 44%)</td>
<td>23% (CO = 24%)</td>
<td>5% (CO = 8%)</td>
</tr>
<tr>
<td>Ever on school property</td>
<td>Reporting sad or hopeless in last two weeks</td>
<td>Attempted suicide</td>
</tr>
<tr>
<td>22% (CO = 20%)</td>
<td>Ever electronically</td>
<td>17% (CO = 18%)</td>
</tr>
<tr>
<td>Ever because of perceived sexual orientation</td>
<td></td>
<td>Seriously thought about suicide</td>
</tr>
</tbody>
</table>

The percentage of children reporting bullying in Boulder County is similar to Colorado. A smaller percentage of 7th and 8th graders in BVSD have attempted suicide compared to Colorado.

Data Sources: Boulder County Status of Children Report 2018; Healthy Kids Colorado Survey 2017
High School Aged Youth Indicators
High school students in Boulder Valley School District perceive that it is easier to obtain alcohol than high school students in Colorado.
Boulder Valley School District high school students perceive that it is easier to obtain marijuana and electronic nicotine products than high school students in Colorado, and are more likely to use those substances.

Data Sources: Boulder County Status of Children Report 2018; Healthy Kids Colorado Survey 2017
## Mental Health, Bullying, Suicide

### BVSD High School

<table>
<thead>
<tr>
<th>Bullying (last 12 months)</th>
<th>Depression</th>
<th>Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>19% (CO = 17%)</td>
<td>27% (CO = 33%)</td>
<td>6% (CO = 7%)</td>
</tr>
<tr>
<td>On school property</td>
<td>Reporting sad or hopeless in last two weeks</td>
<td>Attempted suicide</td>
</tr>
<tr>
<td>15% (CO = 14%)</td>
<td>Electronically</td>
<td>16%</td>
</tr>
<tr>
<td>Purposefully hurting self without wanting to die</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Made a plan for how they would commit suicide</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The percentages of high school students who report being bullied in Boulder Valley School District are similar to bullying rates in Colorado. The percentage of students who report being sad or hopeless in the last two weeks is lower.

Data Sources: Boulder County Status of Children Report 2018; Healthy Kids Colorado Survey 2017
Adult Indicators
## Alcohol Use
### Adults

<table>
<thead>
<tr>
<th>Percentage of Binge Drinkers (Last 30 Days)</th>
<th>Treatment for alcohol as primary drug</th>
<th>Alcohol induced deaths (age-adjusted rate)</th>
</tr>
</thead>
<tbody>
<tr>
<td>19% (CO= 18%)</td>
<td>141.3/100,000</td>
<td>8.8 /100,000</td>
</tr>
</tbody>
</table>

Healthy People 2020 target <24%

Boulder County’s adult binge drinking rate meets the Healthy People 2020 target for binge drinking.

Data Sources: Behavioral Risk Factor Surveillance System; Boulder County Health Compass; CDPHE Health Indicators Dashboard
The percentage of adults who are current marijuana users is higher in Boulder County than Colorado. The percentage of adults who are current smokers is lower in Boulder County than Colorado.

Data Sources: The Attitudes and Behaviors Survey on Health; Boulder County Health Compass; CDPHE Health Indicators Dashboard
## Opioid Use
### Adults

<table>
<thead>
<tr>
<th></th>
<th>Death Rate Due to Overdose (Age-adjusted)</th>
<th>ED Visit Rate</th>
<th>Prescriptions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heroin</strong></td>
<td>2.7/100,000 (CO = 4.0/100,000)</td>
<td>Heroin 8.7/100,000 (CO = 10.5/100,000)</td>
<td>Opioid Prescription Fills: 458.5/100,000 (CO = 671.3/100,000)</td>
</tr>
<tr>
<td><strong>Opioids</strong></td>
<td>4.9/100,000 (CO = 6.6/100,000)</td>
<td>Opioids 7.2/100,000 (CO = 14/100,000)</td>
<td></td>
</tr>
</tbody>
</table>

The opioid prescription fill rate is lower in Boulder County than in Colorado.

Data Sources: Boulder County Health Compass; Colorado Consortium Dashboard
<table>
<thead>
<tr>
<th>Opioid Use Adults</th>
<th>Rate of law enforcement charges for possession</th>
<th>Rate of treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heroin</td>
<td>44.3/100,000</td>
<td>Heroin</td>
</tr>
<tr>
<td>Opioids</td>
<td>10.7/100,000</td>
<td>77.1/100,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Heroin &amp; Synthetic Opioids</td>
</tr>
<tr>
<td></td>
<td></td>
<td>137.9/100,000</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Prescription Opioids</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30.4/100,000</td>
</tr>
</tbody>
</table>

The rate of law enforcement charges for possession of heroin is higher than the rate for opioids in Boulder County.

Data Sources: Boulder County Health Compass
Mental Health

Adults

Percentage of adults who experienced 8 or more days in poor mental health in past month

11%
(CO = 13%)

Needed mental health care/counseling but did not get it

6%
(CO = 8%)

Suicide Rate

16.3/100,000
(CO = 19.7/100,000)

Healthy People 2020 target

10.2/100,000

Adults in Boulder County report fewer days in poor mental health than adults in Colorado. There are still adults who report needing mental health care but who did not receive it.

Data Sources: Boulder County Health Compass; Colorado Health Access Survey
Behavioral Health Needs in Jail Population

Adults

30% of Boulder County jail population has been identified as needing assessment for mental health issues.

5% of people who leave the jail are connected to substance use disorder treatment. All people who enter the jail system are identified as needing assessment for substance use disorder.

Data Sources: Boulder County Jail
The majority of adults 65 and older in Boulder County report their mental health and emotional well being as good or excellent. This rate is similar to the rate in Colorado.

Data Sources: Boulder County Health Compass; Community Assessment Survey for Older Adults
References

- Community Assessment Survey for Older Adults. CO Department of Public Health and Environment. https://www.colorado.gov/pacific/cdphe/casoa