



Behavioral Health Data Summary Boulder County | 2019

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.***

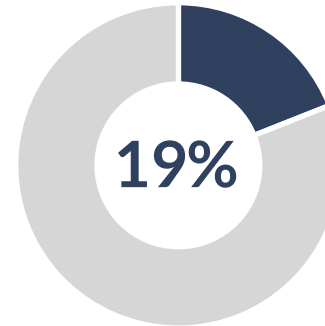


Demographics

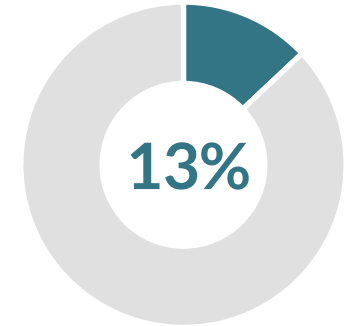
Boulder County, Colorado

Total population
=
322,514 (2017)

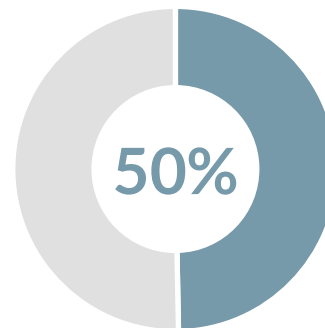
Under 18



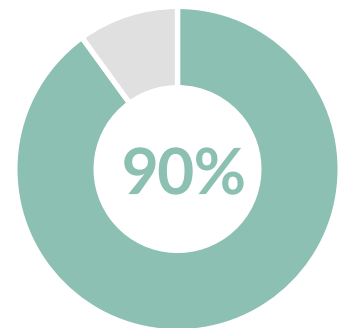
Over 65



Female



White



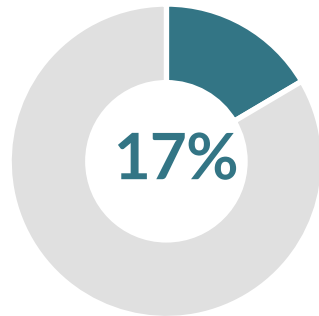


Pregnancy & Neonatal Indicators

Substance Use: Pregnancy

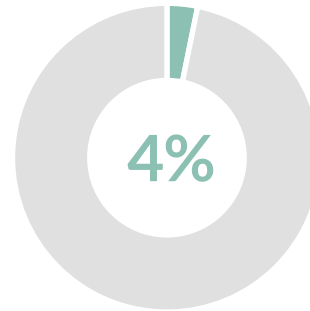
Pregnancy & Neonatal

Alcohol use in last three months of pregnancy



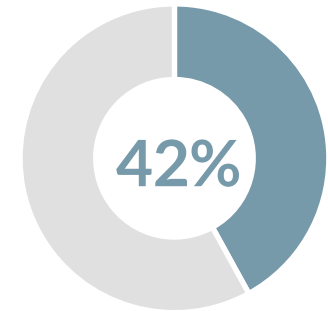
(CO = 12%)

Tobacco use in last three months of pregnancy



(CO = 8%)

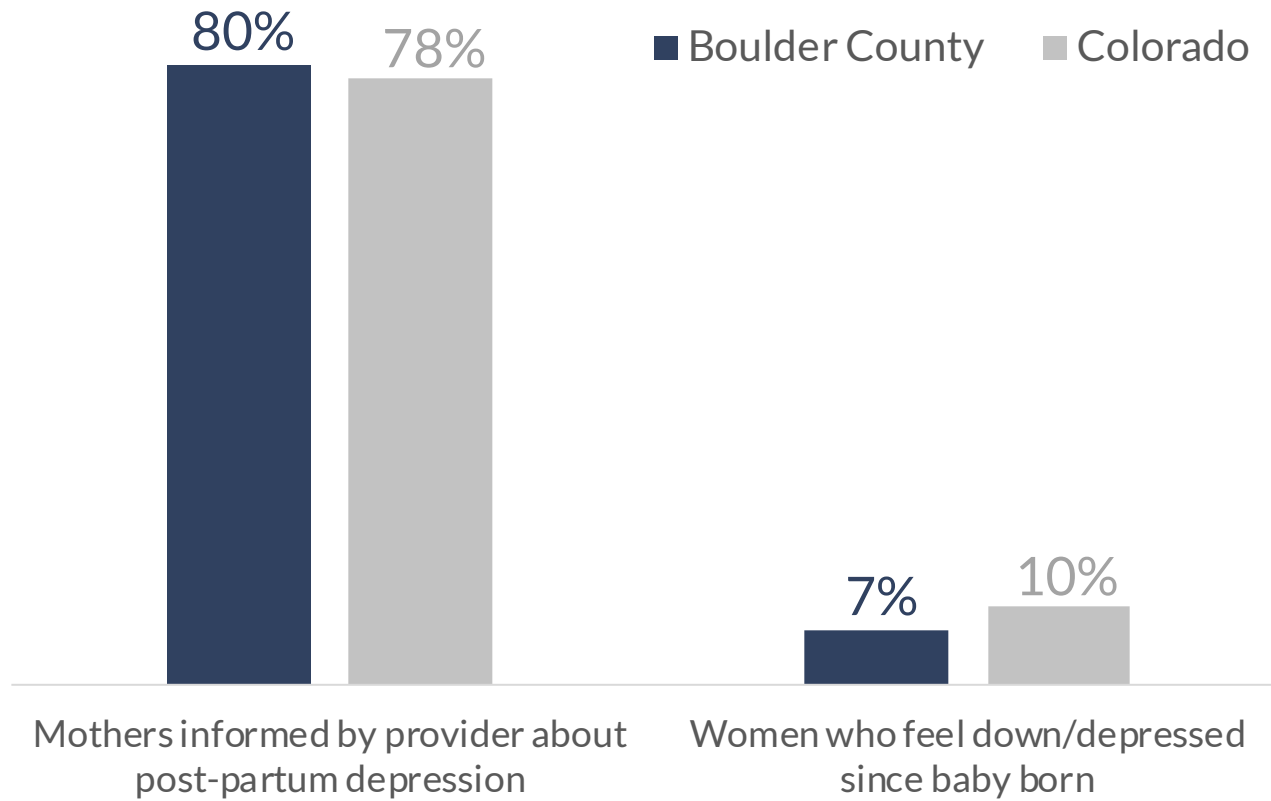
Electronic Nicotine Product use in three months *leading up to* pregnancy (with live birth)



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.

Pre- and Post-Partum Mental Health

Pregnancy & Neonatal



Mothers informed about *what to do* if depressed during/after pregnancy

76%

Healthy People 2020 target

85%

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.

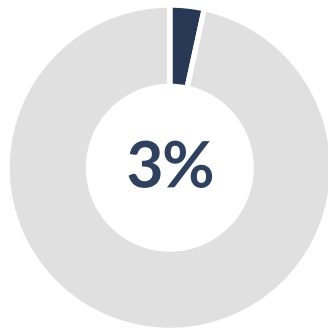
A photograph of two young children playing in a grassy park. On the left, a girl in a white Superman t-shirt and denim shorts is reaching out. On the right, a boy in an orange shirt and star-patterned pants is reaching up towards a large red balloon floating in the air. The background shows lush green trees and other people in the distance. A semi-transparent white banner is overlaid across the middle of the image, containing the text 'Early Childhood Indicators'.

Early Childhood Indicators

Substance Exposure

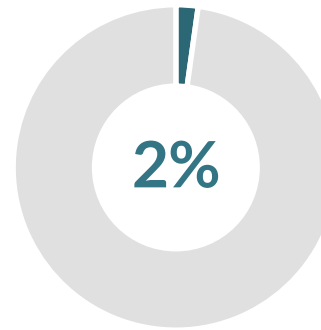
Early Childhood: Ages 1 - 14

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



(CO = 3%)

Second hand smoke exposure rates for children



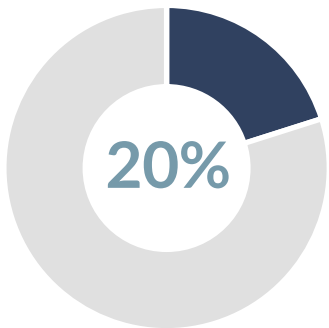
(CO = 6%)

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

Mental Health and Behavioral Problems

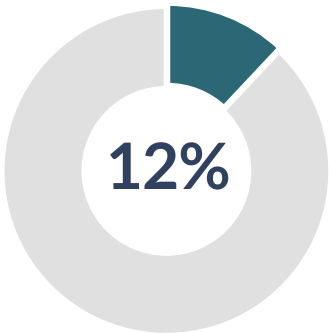
Early Childhood: Ages 1 - 14

Parents reporting behavioral or mental health problems for children age 1-14



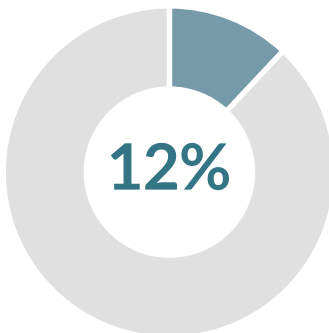
(CO = 20%)

Parents reporting child older than 2 years received mental health treatment or counseling in past year



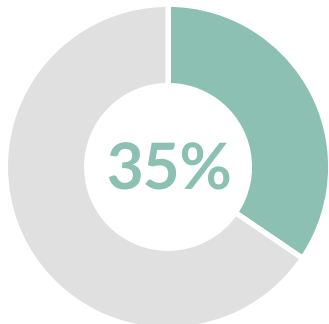
(CO = 13%)

Parents reporting child age 2-14 has emotional, developmental, or behavioral problems and needs counseling



(CO = 10%)

Provider screening for developmental, communication, and behavior issues



(CO = 45%)

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

Child Abuse

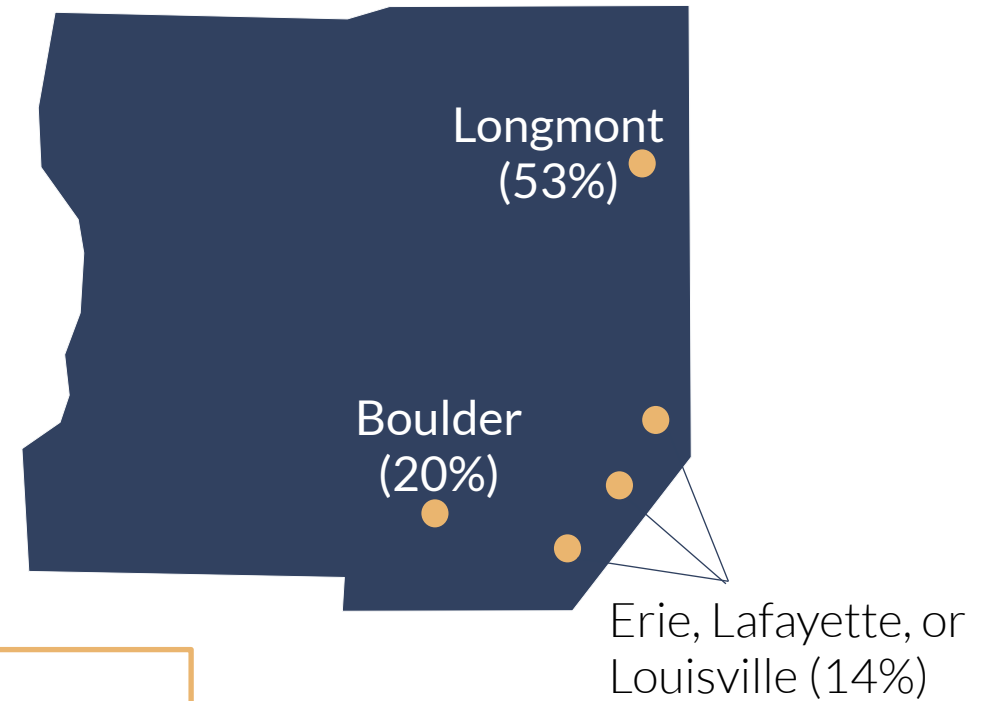
Early Childhood: Ages 1 - 14

Child abuse case rate out of 1000 children

■ Boulder County
■ Colorado



Of the 243 substantiated cases of child abuse and neglect in Boulder County in 2017-18



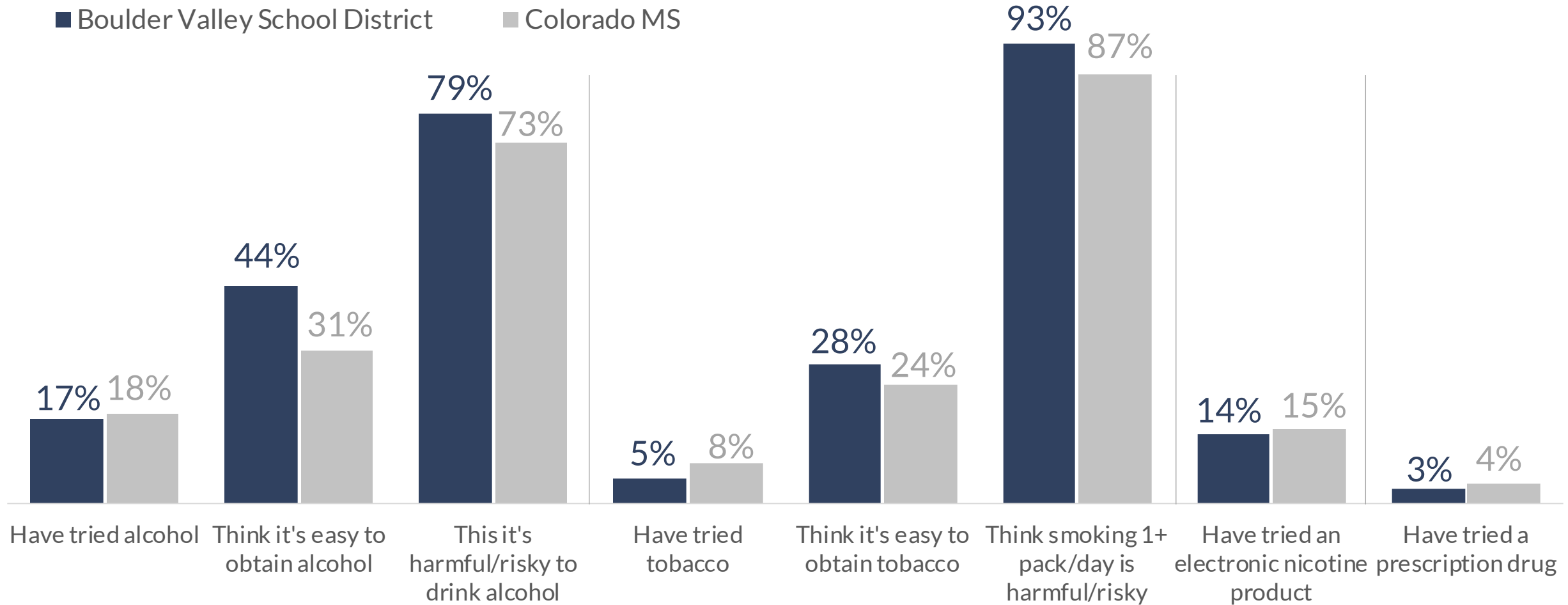
The rate of child abuse is lower in Boulder County than the state of Colorado. Of cases of child abuse in Boulder County in 2017-18, about half of the households were located in Longmont.

A photograph of a classroom. A male teacher in a red and blue plaid shirt stands at the front, facing a class of students. The students are seated at wooden desks with blue chairs. In the foreground, a student with dark hair is seen from the back, wearing a red and grey hoodie. A camouflage-patterned bag is on the floor next to their desk. The teacher is standing in front of a large whiteboard that has some writing on it. To the right of the whiteboard is a large screen displaying a presentation with diagrams. The classroom has green walls and various educational posters and charts are visible on the walls and shelves.

Middle School Indicators

Substance Use

BVSD 7th and 8th Grade



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

Bullying

45%
(CO = 44%)

Ever on
school property

22%
(CO = 20%)

Ever
electronically

17%

Ever because of
perceived sexual
orientation

Depression

23%
(CO = 24%)

Reporting sad or
hopeless in last
two weeks

Suicide

5%
(CO = 8%)

Attempted suicide

17%
(CO = 18%)

Seriously thought
about suicide

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.

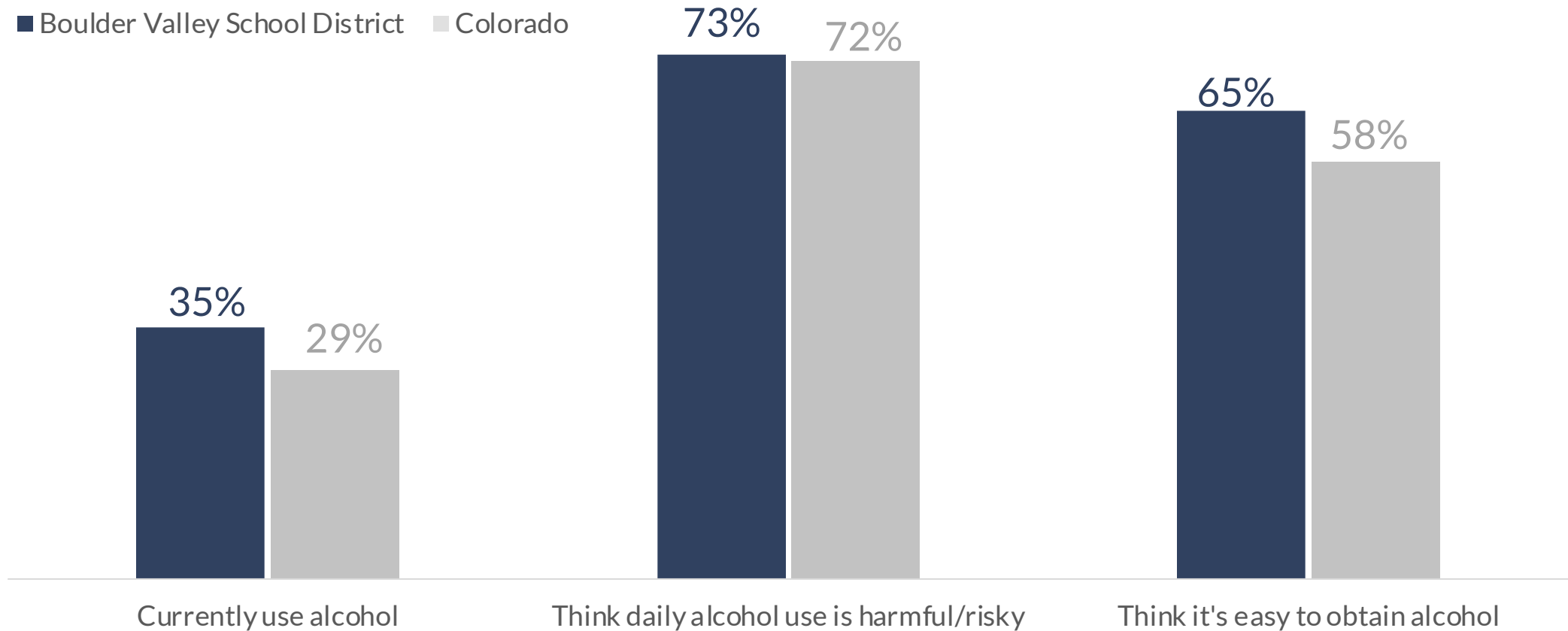
A photograph of four teenagers standing on a grassy hill, looking out over a valley at sunset. The sun is low on the horizon, creating a warm, golden glow. The teenagers are standing close together, with their arms around each other's shoulders. They are wearing casual clothing like t-shirts and shorts. In the foreground, there is some dry grass and a small bag or backpack. The background shows a vast valley with some trees and hills in the distance.

High School Aged Youth Indicators

Alcohol Use

BVSD High School

■ Boulder Valley School District ■ Colorado

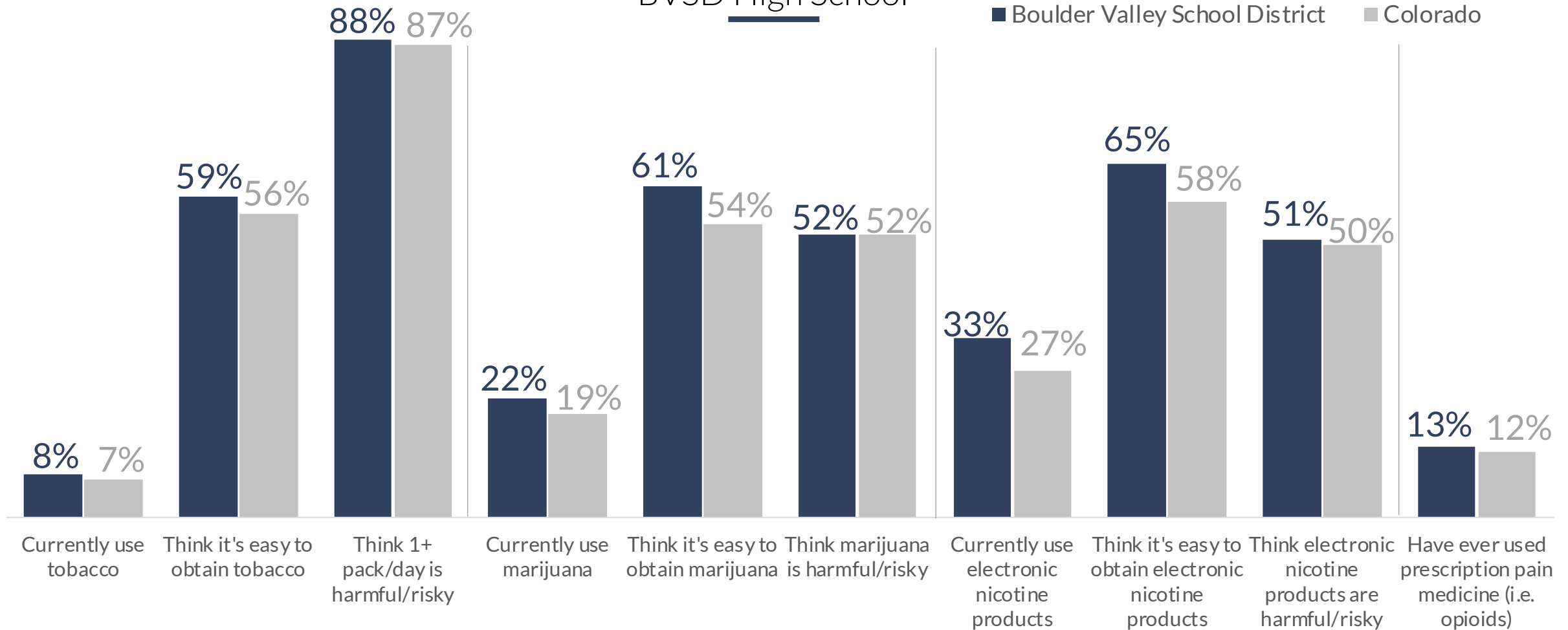


High school students in Boulder Valley School District perceive that it is easier to obtain alcohol than high school students in Colorado.

Other Substance Use

BVSD High School

■ Boulder Valley School District ■ 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.

Mental Health, Bullying, Suicide

BVSD High School

Bullying

(last 12 months)

Depression

Suicide

19%
(CO = 17%)

On school property

15%
(CO = 14%)

Electronically

27%
(CO = 33%)

reporting sad or
hopeless in last
two weeks

6%
(CO = 7%)

Attempted suicide

16%

Purposefully hurting self
without wanting to die

12%
(CO = 13%)

Made a plan for how they
would commit suicide

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.

The background of the slide features silhouettes of several people against a clear blue sky. In the foreground, there are dark silhouettes of people's heads and shoulders. In the background, there are lighter, semi-transparent silhouettes of people, creating a sense of depth. The overall composition suggests a group of people in a meeting or discussion.

Adult Indicators

Alcohol Use

Adults

Percentage of Binge Drinkers (Last 30 Days)	Treatment for alcohol as primary drug	Alcohol induced deaths (age-adjusted rate)
19% (CO= 18%) Healthy People 2020 target <24%	141.3/100,000	8.8 /100,000

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

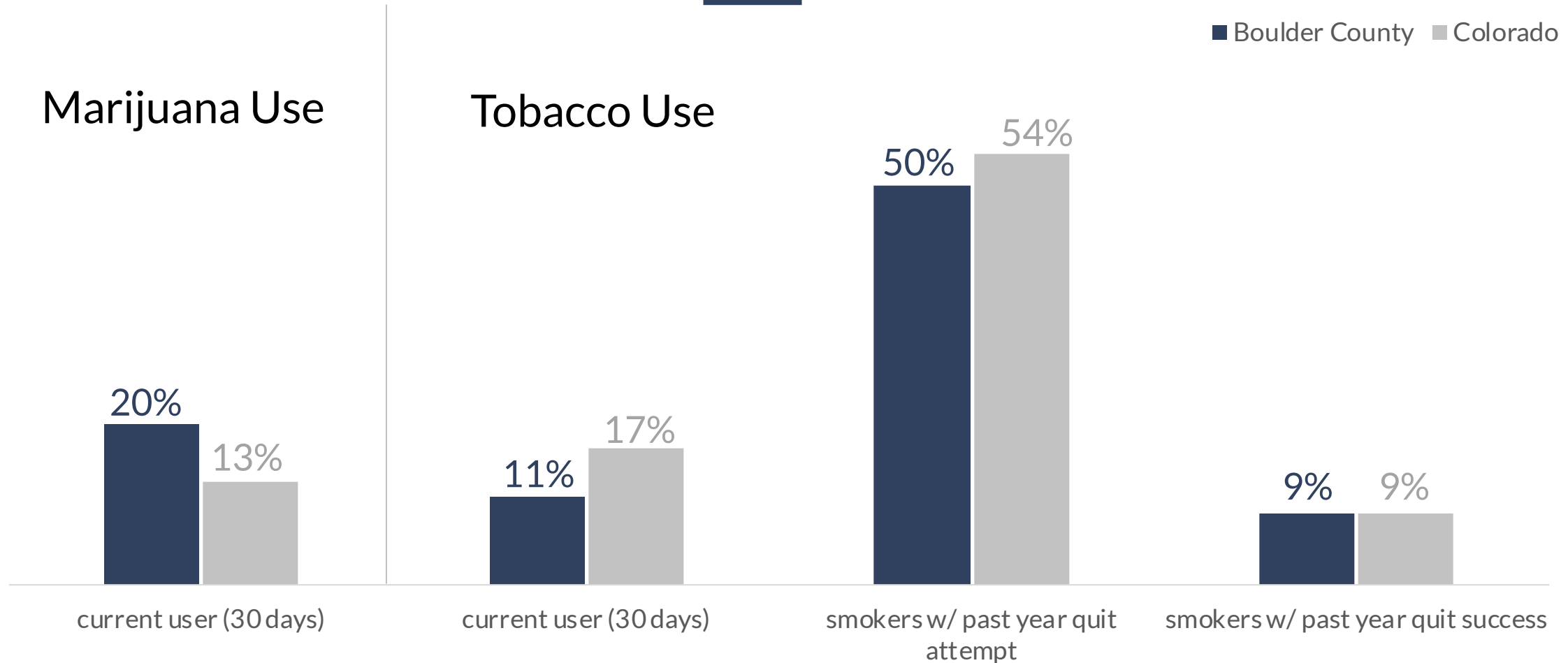
Marijuana and Tobacco Use

Adults

■ Boulder County ■ Colorado

Marijuana Use

Tobacco Use



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.

Opioid Use
Adults

**Death Rate Due to
Overdose**
(Age-adjusted)

Heroin

2.7/100,000
(CO = 4.0/100,000)

Opioids

4.9/100,000
(CO = 6.6/100,000)

ED Visit Rate

Heroin

8.7/100,000
(CO = 10.5/100,000)

Opioids

7.2/100,000
(CO = 14/100,000)

Prescriptions

Opioid Prescription Fills:
458.5/100,000
(CO = 671.3/100,000)

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

Opioid Use

Adults

Rate of law enforcement charges for possession

Heroin

44.3/100,000

Opioids

10.7 /100,000

Rate of treatment

Heroin

77.1/100,000

Heroin & Synthetic Opioids

137.9/100,000

Prescription Opioids

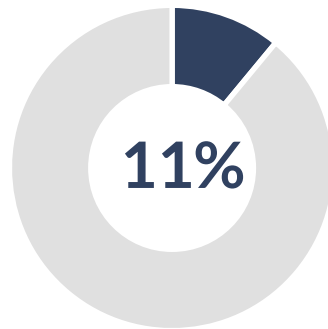
30.4/100,000

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

Mental Health

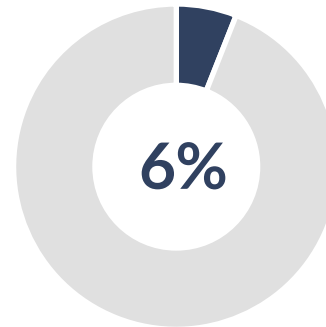
Adults

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



(CO = 13%)

Needed mental health care/counseling but did not get it



(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.

Behavioral Health Needs in Jail Population

Adults

30%

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

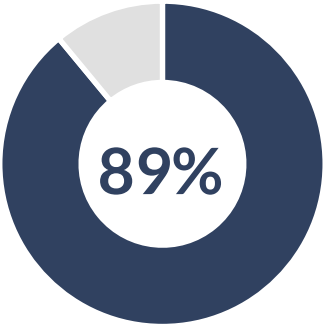
5%

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.

Behavioral Health Needs for Older Adults

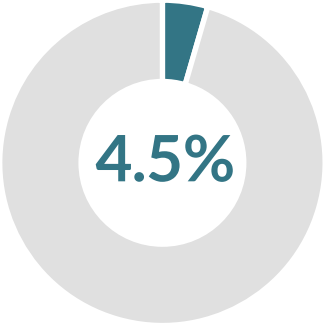
Adults Age 65+

Older adults who rate overall mental health/emotional wellbeing as "excellent" or "good"



(CO = 88%)

Percentage of adults 65+ who reported binge drinking at least once during the last 30 days



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.

References

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