



# Healthy Living Initiatives

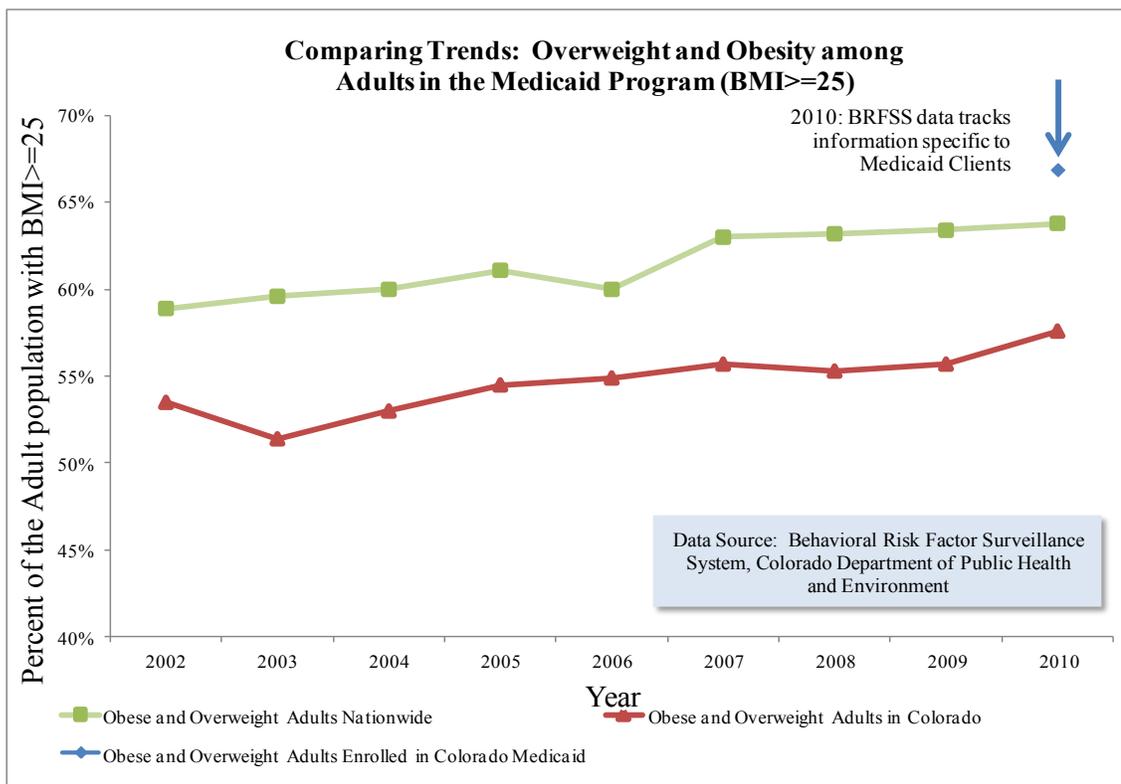
## Trends in Adult Overweight and Obesity

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The Department of Health Care Policy and Financing is committed to improving the health of our clients and communities. This focus on healthy living extends from healthy development during infancy and childhood through the life span to healthy aging.

The purpose of this fact sheet is to compare trends in the health of the Medicaid population to Colorado's general population, and nationwide averages. The graph below highlights one of the **health disparities** that exists for clients in the Medicaid program in Colorado. This data is from the Behavioral Risk Factor Surveillance System (BRFSS); as of 2010 Colorado BRFSS can identify people who report they are on Medicaid. As of this date a baseline was established, which is why only a single data point is shown so far.

The graph below shows that Colorado's general population has a prevalence of overweight and obesity that is lower than the national average, though it has been increasing over time. We now have data (from 2010) that shows prevalence for overweight and obesity among Medicaid participants at higher than the national average. As we collect and track this data over time, we will work with our clients, partners and stakeholders to decrease this trend. The Colorado Medicaid program has established a wellness initiative with the goal of reducing overweight and obesity among Medicaid and CHP+ clients. We are working with a statewide coalition of partners to address the root causes of obesity through systems change, policy innovations, research, and the evaluation of best practices.



Visit the Healthy Living Web page at: [colorado.gov/hcpf](http://colorado.gov/hcpf)

- ⇒ Wellness messages for Medicaid clients
- ⇒ Tool kits for providers with information on billing and reimbursement
- ⇒ Metrics for tracking population health

### Obesity in Colorado:

- 67% of adults on Medicaid in Colorado are overweight, obese, or morbidly obese
- 56% of adults statewide are overweight, obese, or morbidly obese
- 64% of adults nationwide are overweight, obese, or morbidly obese.

Source: Behavioral Risk Factor Surveillance System

**Health Disparities:** "A particular type of health difference that is closely linked with social or economic disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater social and/or economic obstacles to health and/or a clean environment based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation; geographic location; or other characteristics historically linked to discrimination or exclusion." Office of Minority Health, HHS



**The Department of Health Care Policy and Financing**

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