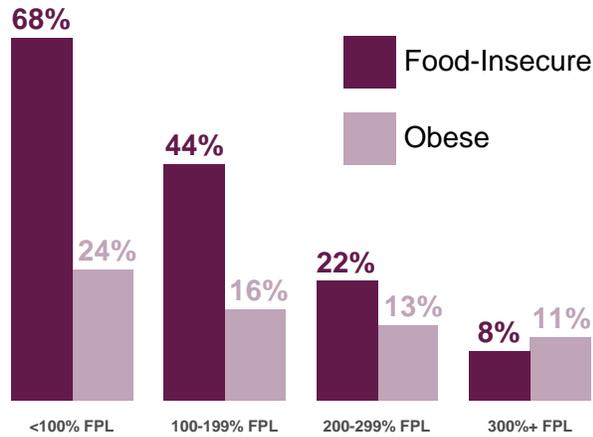




HUNGER & OBESITY: COLORADO KIDS by Income¹



FOOD-INSECURE CHILDREN are **1.4x** more likely to be obese than children who are not¹

Child health varies widely among Colorado children based on their family income, race and ethnicity, health insurance coverage, and other life circumstances.

Healthy Eating and Obesity

Healthy eating and maintaining a healthy weight while growing up are important for ensuring long term good health. In Colorado, there is a complex relationship between food insecurity, defined as lacking access to enough food to fully meet basic needs, and obesity, race, ethnicity, income, and location.¹

“ *The major determinants of a child's health are the socioeconomic and related barriers experienced by the family, so the whole family becomes the patient—not just the child. More intensive preventive care is needed for vulnerable children, and additional supports and services must serve many people to improve the outcome for an individual child.*

—Dr. Steve Poole, Colorado Children's Healthcare Access Program

UNINSURED: COLORADO KIDS by Income and Ethnicity²

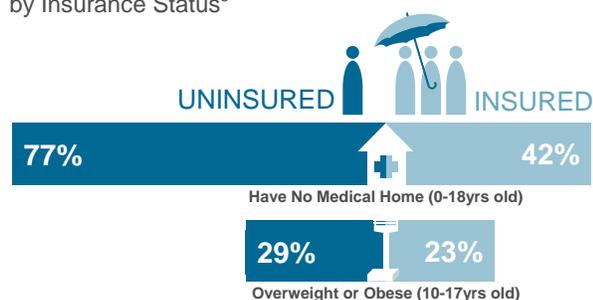


Insurance and Access to Care

Health insurance for children in Colorado varies by both family income and race and ethnicity. Overall, 7% of Colorado's children do not have insurance.²

A lack of coverage impacts a child's ability to get needed health care. One in four, or 28.1% of uninsured children did not seek an appointment because they were uninsured.² Not having insurance impacts a child's health beyond the ability to get appointments.

HEALTH INDICATORS: COLORADO KIDS by Insurance Status³



References

¹ Food Insecurity Contributes to Obesity Among Colorado Children and Pregnant Women. Health Watch, Colorado Department of Public Health and Environment, June 2012.
² 2013 Colorado Health Access Survey. Analysis by the Colorado Health Institute, funded by The Colorado Trust, November 2013.
³ 2011-12 National Survey of Children's Health. Analysis by the Data Resources center for Child & Adolescent Health.

OPPORTUNITIES FOR ACTION

Colorado has the opportunity to be an even better state if we commit to achieving health equity for all Colorado children. Children who experience inequities in health because of their race or ethnicity, income, or where they live, fail to reach their full potential. This is harmful not only for children themselves, their families, and their community—but to the whole state. There are opportunities to take action to ensure all children have the chance to thrive and grow into healthy and productive adults in every Colorado community.



ENGAGE PARENTS AND FAMILIES

Parents and families have important insights into making the future better for Colorado's children. Some programs, such as the Family Leadership Training Institute (CDPHE) and the Children's Advocacy Boot Camp (Children's Hospital Colorado) already exist to involve parents and families in civic and advocacy engagement and training. Performance standards for child health programs should include explicit measures of parent engagement in both design and implementation.

INCREASE DATA COLLECTION

Performance data for child health programs and overall child health do not always include enough specificity to identify populations and communities experiencing disparities in children's health and health care. We should increase collection, availability, and analysis of detailed, population-specific data to inform our understanding of the experiences and challenges of diverse groups of children served by these programs.

SUPPORT VULNERABLE CHILDREN

A health care home is important for all kids, but especially for children in low-income families. With the new opportunities of the Medicaid Accountable Care Collaborative and the Affordable Care Act now available, ensuring that all kids have a medical home is critical.

“ *Every Colorado child deserves the opportunity to reach their full potential. To achieve health equity, we must make sustained and coordinated investments in programs across the health, education, and community spectrum.*

—Cody Belzley,
Colorado Children's
Campaign

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