

Community Health Snapshot

Littleton, Colorado

Understanding the Community Health Snapshot

The built environment - our man-made surroundings - directly influences public health.¹ This means that Littleton's transportation and utility systems, distribution of housing stock, and retail/commercial services can encourage people who live, work, or play in the city to stay physically active and eat healthy foods. The city's built environment can help keep people safe and help them prevent illness.

This snapshot is a compilation of data associated with a range of health-related measures within the city's boundaries. It is intended to give planners, local officials, developers and residents a broader understanding of the current health of the community and the factors by which it is affected.

The snapshot does not address every aspect of the built environment's relationship to health. It includes relevant data that were feasible to collect at the local level. The snapshot is provided to inform discussion, and encourage adoption, of land use and other policies that will promote public health.

HEALTH EQUITY and POPULATIONS AT RISK ²

- 15.8** % Older adults (65+)
- 18.2** % Minorities*
- 6.6** % 25 years or older without a high school diploma
- 14.1** % of Children at/below poverty level
- 6.3** % of Families at/below poverty level [†]

These statistics point out that a portion of the city's population, people of all ages, are at risk of developing chronic diseases simply because of their age, income, ethnicity/race, and education levels.

61.3% of the deaths in the city were due to these top five causes. The top four causes generally are preventable. The remaining 38.7% of deaths are attributable to the other 65 categories of causes of death, determined by the National Center for Health Statistics.

LEADING CAUSES OF DEATH 2007-2010 ^{Δ 3}

(Percentage of total deaths in the City of Littleton)

- 27.1%** Cancer
- 17.7%** Heart disease
- 6.8%** Chronic lower respiratory disease
- 5.1%** Accidents (Unintentional injuries) [¥]
- 4.4%** Alzheimer's disease

LITTLETON'S EXEMPLARY PRACTICE

The downtown area of Littleton, with Main Street at the center, is a very walkable, accessible place. The sidewalks along Main Street, and along intersecting neighborhood streets, are wide and buffered by on-street parking. Street trees line the sidewalks, human-scaled lighting runs the length of Main Street and the speed limit for automobiles is low. At the eastern edge of the downtown area is the Downtown Littleton light rail stop which contributes to the area's connectivity. Ground floors of the buildings along Main street are occupied by retail, office and restaurant businesses, while upper levels are either more businesses or residents. The variety of business types in the area ensures a lively atmosphere, nearly 20 hours/day. Littleton's Omnibus program provides older residents access to vehicle travel that some might not otherwise have.

* Those who self-identify as a race other than "One race; White."

† U.S. Census poverty level categorization.

Δ Leading Causes of Death data presented here cannot accurately be compared with other jurisdictions. To make accurate comparisons between jurisdictions, additional statistical measures are necessary.

¥ Including, but not limited to: Motor vehicle accidents (majority) and land transport, poisoning, drownings, falls, smoke and fire accidents.

Note: Sources (citation reference numbers) provided on the References List on Page 3.



Community Health Snapshot

Littleton, Colorado

FOOD ACCESS

- 12** # of Grocery stores (10,000+ Sq. Ft.) ⁴
- Yes** Presence of one or more seasonal farmers' markets ⁵
- 9.1** % of Children who qualify for free and reduced-cost lunches ⁶
- 70.5** % of Children eating free and reduced-cost lunches ⁷
- 709** # of WIC Clients ⁸

The residents of the city are likely to have good access to food due to the number of grocery stores, the percent of children taking advantage of free/reduced cost lunch, and the number of WIC clients accessing nutrition services.

The number of hospitals and clinics may mean that residents have good access to regular and emergency health care.

ACCESSIBILITY of HEALTH CARE SITES

- 2** # of Hospitals (Arapahoe County) ⁹
- 1** # of Community clinics & community clinics with emergency centers ¹⁰
- 22** # of Family medicine clinics ¹¹
- 1** # of Retail health clinics; e.g., Walgreens, King Soopers* ¹²

ACCESS and MOBILITY

- 12** # of Bus routes
- 2** # of Light rail lines ^{† 13}
- Yes** Presence of paratransit; e.g., Access-a-Ride ¹⁴
- 6.9** % of Housing units without access to a private vehicle ¹⁵
- 17:160** Ratio of miles of bike lanes to total centerline roadway miles (rounded) ¹⁶

Although nearly 7% of the city's households don't have access to a vehicle, the presence of mass and paratransit indicates that transportation options could be affordable. The bicycle facilities also represent a fair mobility choice for people of all ages.

Domestic wells are unregulated for drinking water contaminants and inconsistently monitored for water quality. Residents may face challenges today, or in the future, with water quality and/or water supply.

UNREGULATED DOMESTIC WELLS ¹⁷

- 132** # of Households using unregulated domestic (individual) wells [‡]
- 0.7** % of Households using unregulated domestic wells

EXERCISE / ACTIVITY OPPORTUNITIES ¹⁸

- 19.8** Miles of trails
- 31** # of Parks ^Δ
- 1** # of Recreation centers and pools
- 35.4** Acres of parkland / 1,000 residents
- 1,477:8,768** Ratio of park and open space to total town acreage

These statistics indicate that city residents have good access to outdoor recreation opportunities. Indoor recreation and programming may be more limited.

* Offer limited services; are not licensed by CO Department of Public Health and Environment.

† Routes manually counted using RTD's System Map.

‡ Number of wells used by more than one household determined to be negligible.

Δ Counted from a recommended list of amenities at <http://www.littletongov.org/parks/default.asp>.

Community Health Snapshot

Littleton, Colorado

Reference List

- 1 Robert Wood Johnson Foundation. Active Living Research Resource page. Retrieved August 11, 2011 from http://activelivingresearch.org/files/ALR_ResourcesSummarySheet.July2011.pdf.
- 2 U.S. Census Bureau. American FactFinder, 2009. Retrieved July 19, 2011 from <http://factfinder.census.gov/home/saff/main.html?lang=en>.
- 3 Health Statistics Section. Colorado Department of Public Health and Environment. Obtained August 26, 2011.
- 4 Tri-County Health Department's Digital Health Department (DHD) database. Retrieved May 4th, 2011.
- 5 Colorado Farm Fresh Directory, CO Department of Agriculture. 2011.
- 6 Colorado Department of Education, Child Nutrition Unit. October 2010 count.
- 7 Ibid.
- 8 Data collected by Tri-County Health Department (TCHD) and managed by the Colorado Department of Public Health and Environment (CDPHE) Special Supplemental Nutrition Program for Woman, Infants and Children (WIC). TCHD clients as of May 2011.
- 9 CO Department of Public Health and Environment. Health Facilities - Licensing and Certification page. Retrieved July 18, 2011 from <http://www.cdphe.state.co.us/hf/index.html>.
- 10 Ibid.
- 11 TCHD Health Alert Network database. Retrieved August 10, 2011.
- 12 Walgreens locations - <http://takecarehealth.com/Locations.aspx>. King Soopers locations - http://www.thelittleclinic.com/Dot_LocationColorado.asp?category=118. Retrieved July 24, 2011
- 13 RTD System Map from RTD website. Retrieved July 29, 2011 from <http://www3.rtd-denver.com/elbert/SystemMap/>.
- 14 Denver Regional Council of Governments (DRCOG). *Getting There*. 2009. Retrieved July 18, 2011 from <http://www.drcog.org/documents/GTG%202009.pdf>.
- 15 U.S. Census Bureau. American FactFinder, 2009. Retrieved July 19, 2011 from <http://factfinder.census.gov/home/saff/main.html?lang=en>.
- 16 City of Littleton Public Services Department. Email with representative. Received July 7, 2011.
- 17 Colorado Division of Water Resources AquaMap. Retrieved July 7, 2011 from <http://water.state.co.us/DataMaps/GISandMaps/AquaMap/Pages/default.aspx>.
- 18 City of Littleton Community Development Department. Email from representative. Received July 20, 2011.