

## Colorado still the least obese state

### *State also No. 1 in physical activity, lowest in diabetes prevalence*

DENVER — Colorado is the eighth healthiest state according to United Health Foundation's [annual health rankings](#), released today. The index ranks Colorado as the least obese state, No. 1 in physical activity and lowest in diabetes prevalence.

Gov. John Hickenlooper said, "As Coloradans, we know this state is a lean, mean, working-hard, playing-hard healthy machine. Well, not mean, but you get the idea. I'm not surprised we're the least obese state and No. 1 in physical activity. Now, let's keep the body moving and become the healthiest state."

Dr. Larry Wolk, executive director and chief medical officer at the Colorado Department of Public Health and Environment, said, "Many factors contribute to having a healthy state, from our vibrant economy and people who value outdoor recreation, to the contributions of many state and local public health partners that focus on keeping Coloradans healthy."

Colorado ranked second in having the lowest rate of cardiovascular deaths and third lowest in cancer deaths.

Chris Wiant, President/CEO of the Caring for Colorado Foundation, said, "With a low prevalence of chronic diseases, such as obesity and heart disease, we are able to focus our attention on prevention. The result will be spending less money on health care while improving our quality of life and longevity. Colorado should be proud of its culture of promoting good health."

"One area where we hope to see significant improvement is in lowering Colorado's rate of whooping cough. In the past year we saw a 256 percent increase in whooping cough, or pertussis, cases," Dr. Wolk said.

Two years ago, in October 2012, the state health department declared a pertussis outbreak when Colorado surpassed 1,000 cases. As of Nov. 15, 2014 the state has 1,161 pertussis cases. Vaccination is the safest and most effective tool against pertussis.

Each year United Health Foundation analyzes behaviors, public and health policies, community and environmental conditions, and clinical care data to provide its annual health rankings.

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