Rural Health Clinics

- Rural Health Clinics (RHCs) are federally certified facilities located in non-urban healthcare professional shortage areas.
- RHCs must be staffed by at least one nurse practitioner, physician assistant or certified nurse midwife, who must be on-site to see patients at least 50% of the time.
- Often the only medical facility in rural communities, RHCs depend on sound business practices, Medicare, Medicaid, private insurance, and minimal grant funding to keep their doors open.
- The 49 RHCs across Colorado provide primary care services to an estimated 130,000 adults and children annually.

Rural Health Clinics in Your District

| Antonito Medical Clinic, Antonito | Meeker Family Health Center, Meeker |
| Basin Family Clinic, Naturita | Mercy Health Services Clinic, Durango |
| Battlement Mesa Medical Clinic, Battlement Mesa | Middle Park Medical Center at Walden, Walden |
| Cortez Primary Care, Cortez | Rio Grande Hospital Clinic, Del Norte |
| Creede Family Practice of Rio Grande Hospital, Creede | Southwest Memorial Primary Care, Cortez |
| Custer County Medical Center, Westcliffe | Southwest Walk-In Care, Cortez |
| Dolores Medical Center, Dolores | Spanish Peaks Family Clinic, Walsenburg |
| Grand River Family Care, Rifle | Surface Creek Family Practice, Cedaredge |
| La Jara Medical Clinic, La Jara | The Clinic at Pagosa Springs Medical Center, Pagosa Springs |
| Lake City Area Medical Center, Lake City | The Pediatric Associates of Montrose, Montrose |
| Mancos Family Health Center, Mancos |

Critical Access Hospitals

- Critical Access Hospitals (CAHs) are small, rural hospitals that have a maximum of 25 beds.
- The CAH Program was created by Congress in 1997 to support the fragile rural healthcare system.
- The 29 CAHs across Colorado provide local integrated health delivery systems including acute, primary, emergency and long-term care.

Critical Access Hospitals in Your District

| Aspen Valley Hospital, Aspen | Rangely District Hospital, Rangely |
| Conejos County Hospital, LaJara | Rio Grande Hospital, Del Norte |
| Family Health West, Fruita | Southwest Memorial Hospital, Cortez |
| Grand River Hospital District, Rifle | Spanish Peaks Regional Health Center, Walsenburg |
| Gunnison Valley Hospital, Gunnison | St. Vincent General Hospital District, Leadville |
| Middle Park Medical Center, Kremmling | The Memorial Hospital, Craig |
| Pagosa Mountain Hospital, Pagosa Springs | |
| Pioneers Hospital of Rio Blanco County, Meeker | |
The definition of rural and frontier varies depending on the purpose of the program or policy in which they are used. Therefore, these are referred to as programmatic designations, rather than definitions. One designation commonly used to determine geographic eligibility for federal grant programs is based on information obtained through the Office of Management and Budget: All counties that are not designated as parts of Metropolitan Areas (MAs) are considered rural. The Colorado Rural Health Center frequently assumes this designation, as well as further classifies frontier counties as those counties with a population density of six or fewer persons per square mile. You may visit the Rural Health Grants Eligibility Advisor to determine if a county or address is designated rural, or contact the Office of Rural Health Policy at (301) 443-0835.

The information in this map was collected and geocoded by the State Office of Rural Health, current as of January 2016.

The Colorado Rural Health Center
The State Office of Rural Health
### District Health

**Demographics**
- Children: 23%
- Adults: 61%
- Seniors: 16%

29 out of 50 (58%) people in your district are rural Coloradans; 16% are over 65 years old.

The elderly population will increase by 12% by 2018.

**Social Determinants**
- 20% of students in your district do not graduate high school on time, this is equal to the state average.
- 6% more adults are unemployed in your district when compared to the state average.
- 2% more families live in poverty in your district than the state average.

**Economic Indicators**
- Household income in your district below state average: $4,500
- Cost of care per Medicare beneficiary has decreased in your district in the last 5 years: $202
Health Outcomes & Access

Mental Health
Suicide rates are 6% above the state average
Colorado adults report having 3 poor mental health days in the past month

Aging & Chronic Disease
Projection of seniors by 2018: 18%
16% of the population is currently on Medicare
Number of adults who have diabetes is 3% below the state average
3 out of 100 people in your district have heart disease
72 people die of chronic lower respiratory disease annually in your district, per 100,000
Nationally, 7 out of 10 deaths are due to chronic disease

Oral Health
Dentist visits in your district are 2% above the state average
Adult tooth loss due to disease is 6% above the state average
Dental disease is the leading chronic disease of children
Nearly 40% of Colorado kids have dental decay by the time they reach kindergarten

Reproductive
Infant mortality is 7% below the state average
Infant mortality is twice as high for the poorest 20% of the nation
40% of births are to teens, the state average is 39%
Prenatal care is accessed by 88% of expecting mothers

Patients per Provider in Your District
State Average
Dentists 2,326
Mental Health 5,066
Primary Care 1,600

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Data that was included must represent at least a 20% variance between district and rural/state averages. Data was compiled from various public databases, contact CRHC for more information.