Eastern Plains

Snapshot of Rural Health in Colorado

- 2023-
**EASTERN PLAINS REGION**

Counties Included: Baca, Bent, Cheyenne, Crowley, Huerfano, Kiowa, Kit Carson, Las Animas, Lincoln, Logan, Morgan, Otero, Phillips, Prowers, Sedgwick, Washington, Yuma

**DEMOGRAPHICS**

155,163
Total Population
(Approximately 22% of the rural population)

22%
% of Single Family Households (state average is 21%)

17%
% Living Under the Federal Poverty Line (state average is 9%)
The 100% Federal Poverty Guidelines for a family of 4 in 2021 is $26,500

39
2030 Median Projected Age (state projected median age is 37)

18%
% of the Region Enrolled in the Supplemental Nutrition Assistance Program (SNAP) (13% of residents in the region are food insecure, 10% is the state average)

**HIGH SCHOOL GRADUATION**

87%
High School Graduation Rate (state average is 92%)

**MEDIAN INCOME**

$50,718
Lowest median income: Bent County at $37,185. Highest median income: Morgan County at $61,849. The eastern plains region has a median income of $35,543 below the average urban median income of $86,261.

**MEDIAN HOME PRICE**

$193,130
Average monthly mortgage cost in this region: $1,000

21.6% of the region's population is worried about affording rent/mortgage (state average is 27.7%).

**RACE/ETHNICITY**

White - 91.3%
Hispanic - 30.2%
Black - 2.9%
American Indian & Alaska Native - 2.5%
Asian - 0.9%
Two or more races - 2.1%

**BROADBAND**

97% of households have broadband internet connection served at 25/3 mbps (state average is 96%)

**UNEMPLOYMENT**

4.8%
4.8% of the population is unemployed in this region, compared to the state average of 7.3%
HEALTH OUTCOMES

66% Adults Overweight or Obese (state average is 61%)
Lowest Obesity: Yuma County at 57%
Highest Obesity: Bent at 77%

9.7% Adult Diabetes (state average is 7%)

658 Telehealth visits per 1000 residents
Top Service Provider: Behavioral Health (38% of all payer telehealth visits)

Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

MENTAL AND BEHAVIORAL HEALTH

Average number of mentally unhealthy days in this region: 4.1

2021 regional Drug-related overdose deaths: 60

Age-adjusted rate of opioid prescriptions per 1000 population: 580

2021 regional lives lost to suicide (93% men, 20% veterans): 43

77 Average Life Expectancy in this Region: The Colorado average is 80 years.

9,391 Average Years of Potential Life Lost in this Region: This is a measure of premature mortality intended to highlight deaths that could have been prevented.

REGIONAL PROVIDERS PER PATIENT

Regional Physicians: 1:1864
State Physicians: 1:1202

Regional Dentists: 1:2009
State Dentists: 1:1208

Regional Mental Health Providers: 1:488
State Mental Health Providers: 1:250

PAYER MIX

Medicaid (39%)
Medicare (27%)
Private Pay (25%)
Uninsured (13%)
See all of the Regional Snapshot Reports at coruralhealth.org/policy

REGIONS
- Grey - Northwest
- Red - Resort West
- Yellow - Southwest
- Blue - San Luis Valley
- White - Urban
- Green - Eastern Plains

For a detailed list of Snapshot data sources, please visit coruralhealth.org