A photograph of a cornfield in the Eastern Plains of Colorado. The corn plants are young and green, growing in rows. The ground is dry and sandy, with some dried corn husks scattered around. The sky is bright and clear.

Eastern Plains

SNAPSHOT OF RURAL HEALTH IN COLORADO

- 2023 -

 **COLORADO**
RURAL HEALTH
CENTER

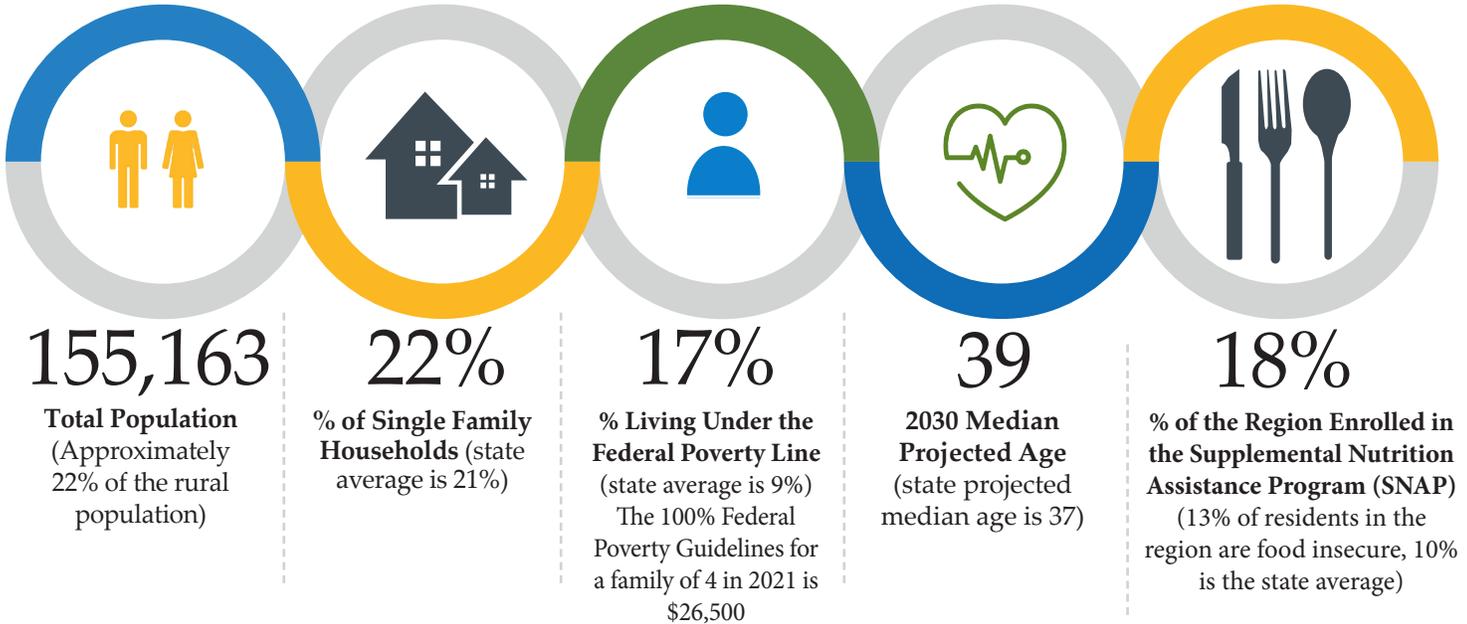
The State Office of Rural Health

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



HIGH SCHOOL GRADUATION



High School Graduation Rate (state average is 92%)

MEDIAN INCOME



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



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

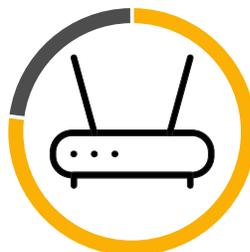
21.6% of the region's population is worried about affording rent/mortgage (state average is 27.7%).

RACE/ETHNICITY



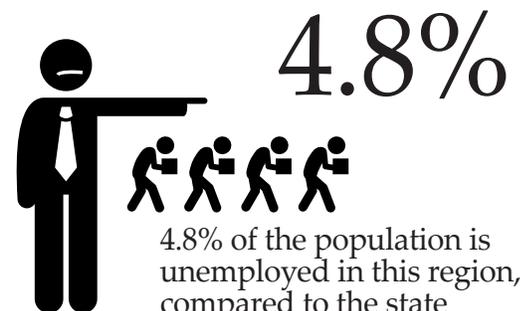
White - 91.3%
Hispanic - 30.2%
Black - 2.9%
American Indian & Alaska Native - 2.5%
Asian - 0.9%
Two or more races - 2.1%

BROADBAND



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

UNEMPLOYMENT



4.8% 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

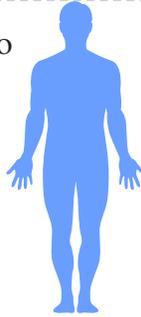
Telehealth visits per 1000 residents

Top Service Provider: Behavioral Health (38% of all payer telehealth visits)

Average Life Expectancy in this Region:

77

The Colorado average is 80 years.



Average Years of Potential Life Lost in this Region:

9,391

This is a measure of premature mortality intended to highlight deaths that could have been prevented.

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 

REGIONAL PROVIDERS PER PATIENT



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



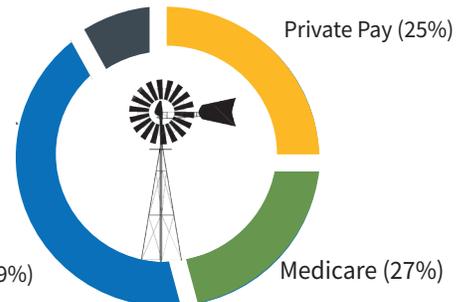
Regional Dentists: 1:2009
State Dentists: 1:1208



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

PAYER MIX

Uninsured (13%)

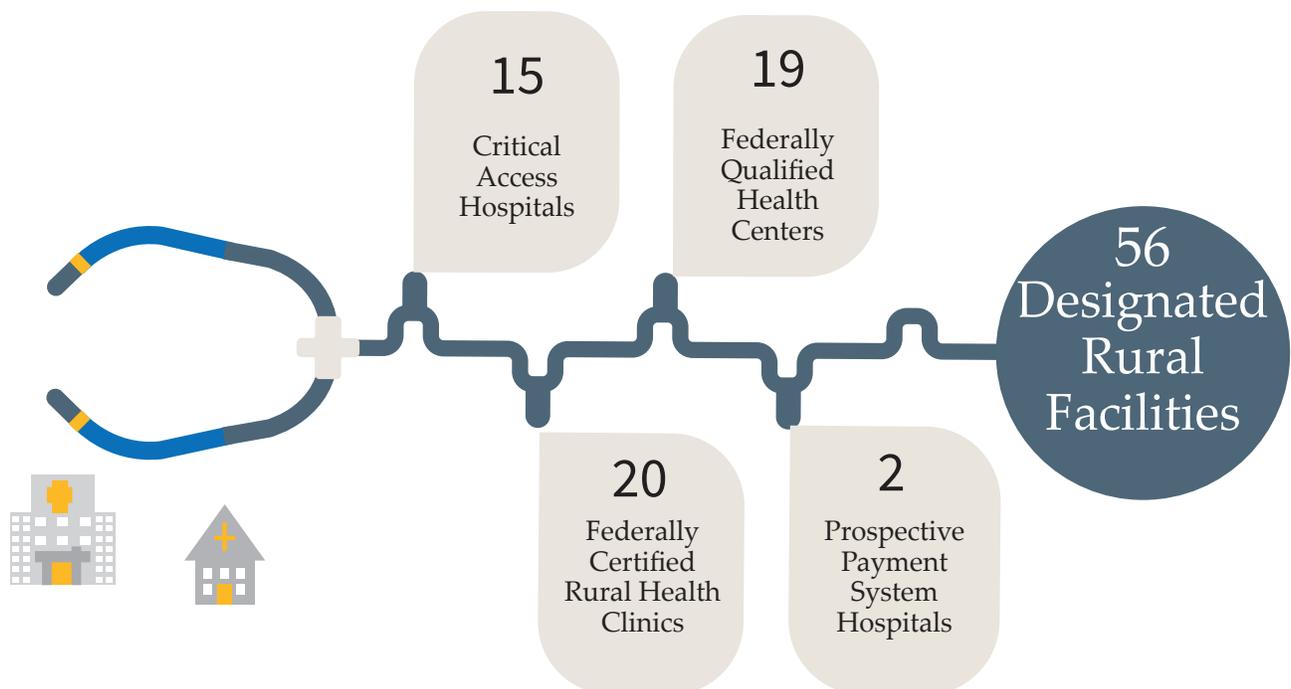
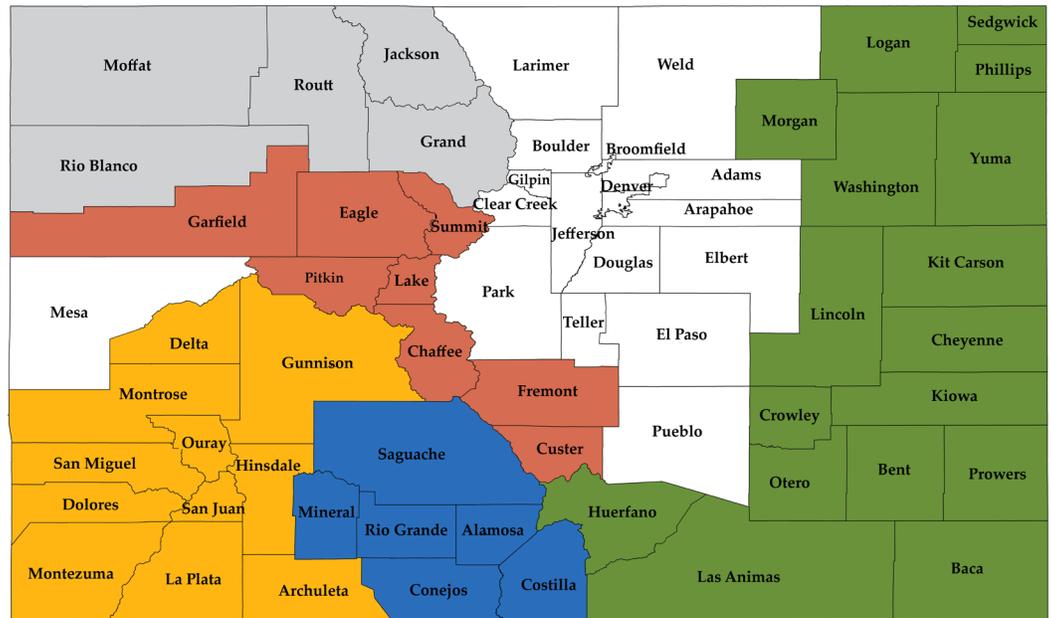


Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

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