



Mountain West

SNAPSHOT OF RURAL HEALTH IN COLORADO

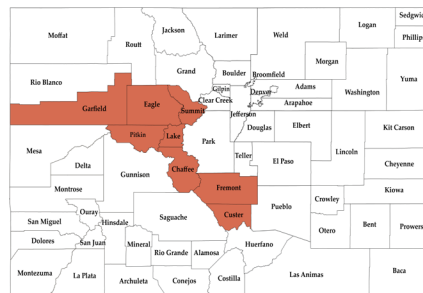
- 2023 -

 **COLORADO
RURAL HEALTH
CENTER**

The State Office of Rural Health

MOUNTAIN WEST REGION

Counties Included: Chaffee, Custer, Eagle, Fremont, Garfield, Lake, Pitkin, Summit



DEMOGRAPHICS



248,320

Total Population
(Approximately 35% of the rural population)



20%

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



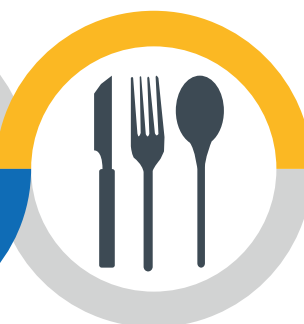
11%

% 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



40

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



7%

% of the Region Enrolled in the Supplemental Nutrition Assistance Program (SNAP) (8% of residents in the region are food insecure, state average is 10%)

HIGH SCHOOL GRADUATION

92%

High School Graduation Rate (state average is 92%)

MEDIAN INCOME

\$75,765

Lowest median income: Fremont County at \$51,732. Highest median income: Pitkin County at \$96,315.
The region has a median income of \$10,496 below the average urban median income of \$86,261.

MEDIAN HOME PRICE

\$507,270

Average monthly mortgage cost in this region: \$2,625

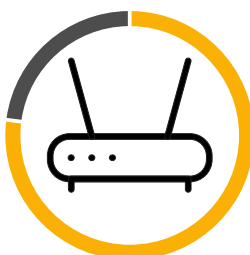
32% of the region's population is worried about affording rent/mortgage (state average is 27.7%).

RACE/ETHNICITY



White: 93.4
Black: 2.0
Asian: 1.2
American Indian: 1.5
Two or more races: 1.8
Hispanic : 21.8

BROADBAND



91% of households have broadband internet connection served at 25/3 mbps (state average is 96%)

UNEMPLOYMENT

8.1%

8.1% of the population is unemployed in this region, compared to the state average of 7.3%

HEALTH OUTCOMES

57% 

Adults Overweight or Obese

(state average is 61%)

Lowest Obesity:

Summit County at 40%

Highest Obesity: Fremont at 59%

5% 

Adult Diabetes (state average is 7%)

 610

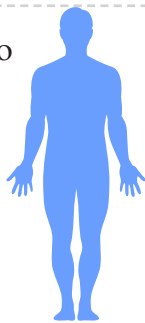
Telehealth visits per 1000 residents

Top Service Provider: Behavioral Health (32% of all telehealth visits)

Average Life Expectancy in this Region:

84

The Colorado average is 80 years.



Average Years of Potential Life Lost in this Region:

5,261

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

4.0



2021 regional Drug-related overdose deaths

51



Age-adjusted rate of opioid prescriptions per 1000 population

405



2021 regional lives lost to suicide (81% men, 14% veterans)

57



REGIONAL PROVIDERS PER PATIENT



Regional Physicians: 1:1262
State Physicians: 1:1202



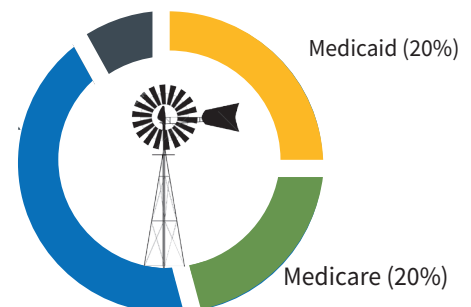
Regional Dentists: 1:1442
State Dentists: 1:1208



Regional Mental Health Providers: 1:319
State Mental Health Providers: 1:250

PAYER MIX

Uninsured (12%)

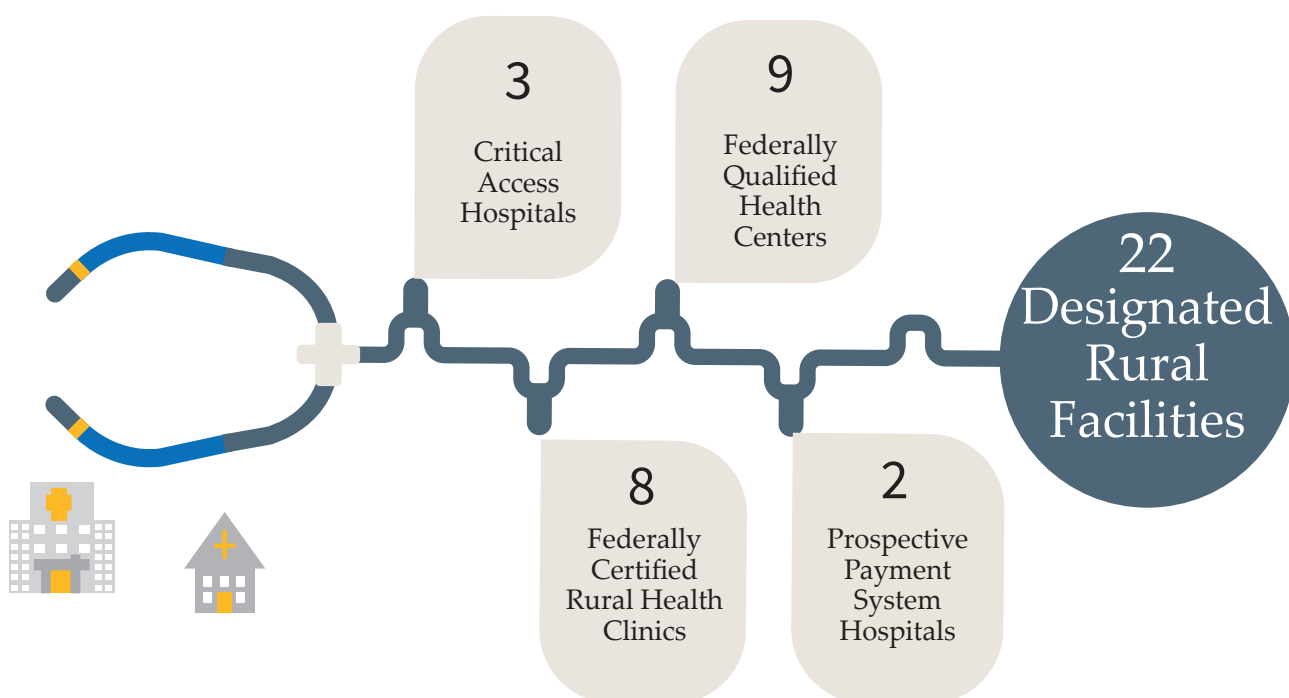
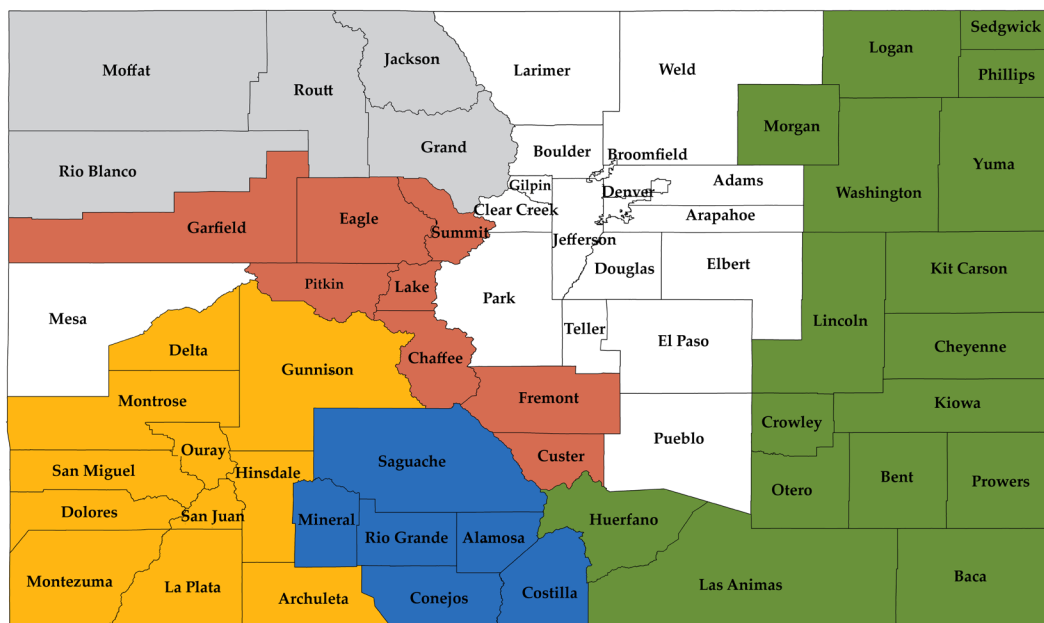


Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

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