Mountain West

Snapshot of Rural Health in Colorado

2023

COLORADO RURAL HEALTH CENTER
The State Office of Rural Health
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.

Total Population (Approximately 35% of the rural population): 248,320

% of Single Family Households (state average is 21%): 20%

% Living Under the Federal Poverty Line (state average is 9%): 11%

Projected Median Age (state projected median age is 37): 40

% of the Region Enrolled in the Supplemental Nutrition Assistance Program (SNAP) (8% of residents in the region are food insecure, state average is 10%): 7%

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

Median Income: $75,765

Median Home Price: $507,270

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

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

**57%**
Adults Ovrweight 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)

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**REGIONAL PROVIDERS PER PATIENT**

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

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

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**PAYER MIX**

- Medicaid (20%)
- Medicare (20%)
- Private Pay (48%)
- 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.

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**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**

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**AVERAGE LIFE EXPECTANCY**

- The Colorado average is 80 years.

**AVERAGE YEARS OF POTENTIAL LIFE LOST**

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

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- **84**
- **5,261**

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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