



San Luis Valley

SNAPSHOT OF RURAL HEALTH IN COLORADO

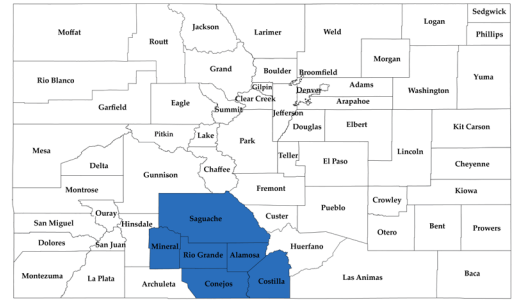
- 2023 -

 **COLORADO
RURAL HEALTH
CENTER**

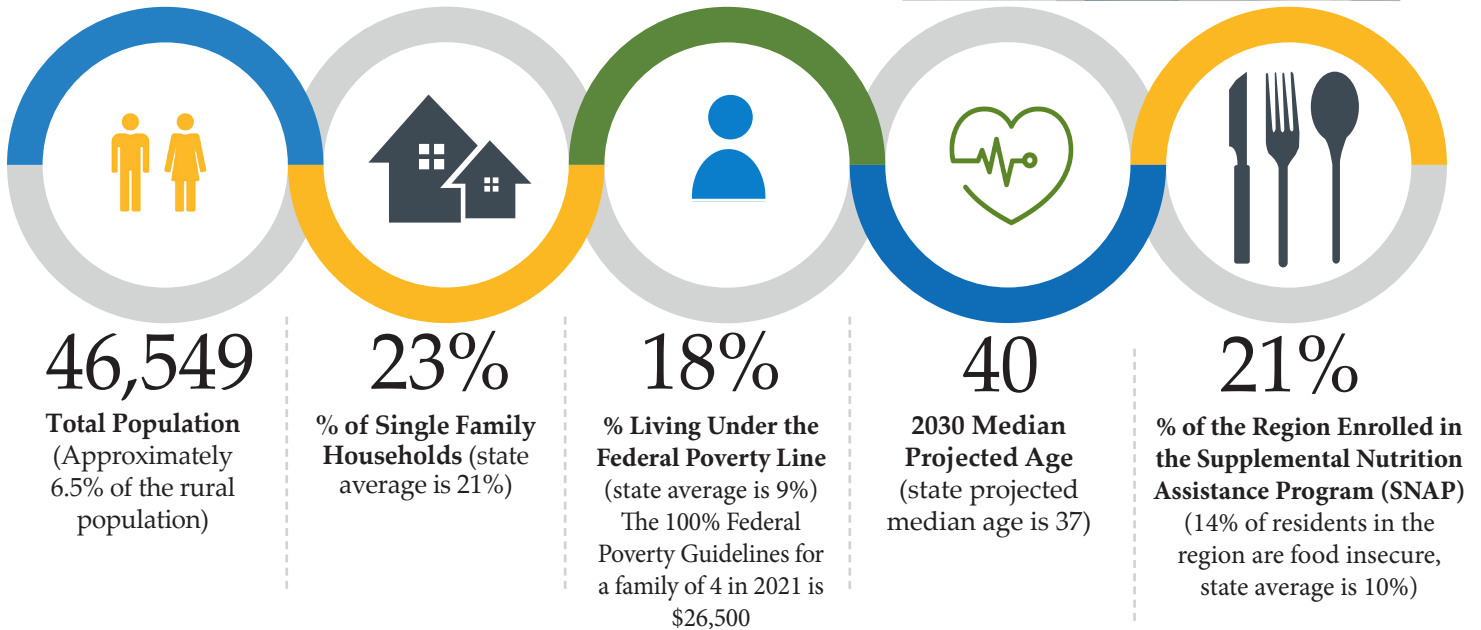
The State Office of Rural Health

SAN LUIS VALLEY REGION

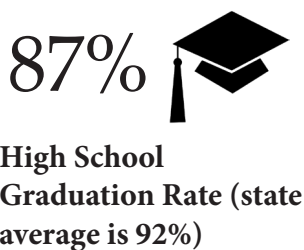
Counties Included: Alamosa, Conejos, Costilla, Mineral, Rio Grande, Saguache



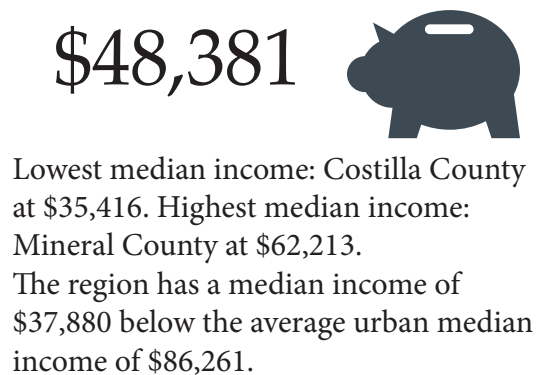
DEMOGRAPHICS



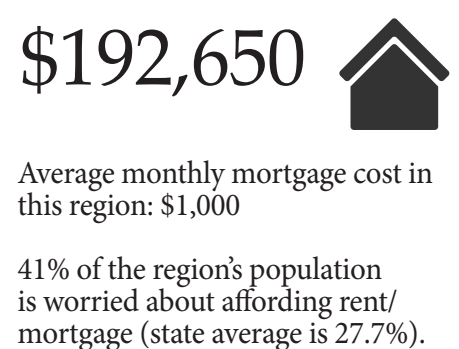
HIGH SCHOOL GRADUATION



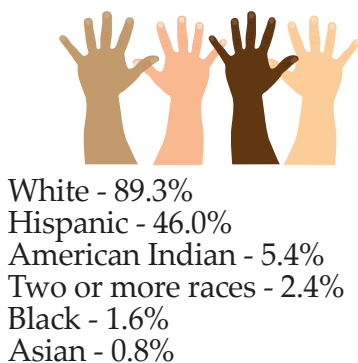
MEDIAN INCOME



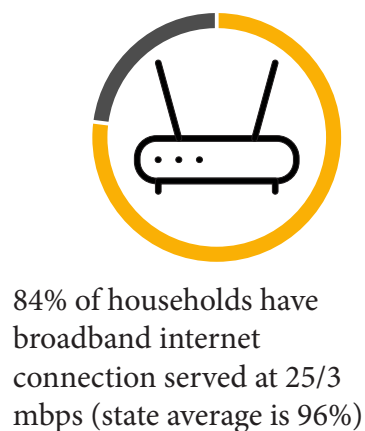
MEDIAN HOME PRICE



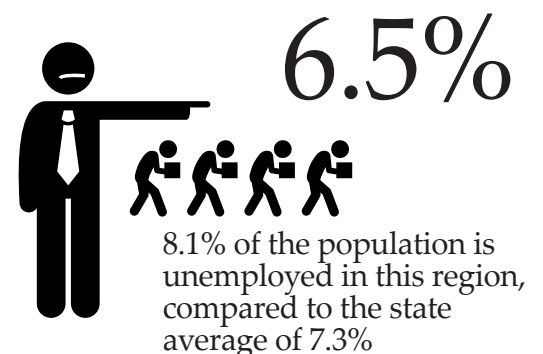
RACE/ETHNICITY




BROADBAND



UNEMPLOYMENT



HEALTH OUTCOMES AND DELIVERY

61% 

Adults Overweight or Obese (state average is 61%)
Lowest Obesity:
Mineral County at 37%
Highest Obesity Conejos at 70%

10% 

Adult Diabetes (state average is 7%)

 697

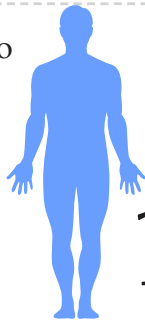
Telehealth visits per 1000 residents

Top Service Provider: Behavioral Health (39% of telehealth visits)

Average Life Expectancy in this Region:

77

The Colorado average is 80 years.



Average Years of Potential Life Lost in this Region:

10,752

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

4.3



2021 regional Drug-related overdose deaths

23



Age-adjusted rate of opioid prescriptions per 1000 population

492



2021 regional lives lost to suicide (75% men, 15% veterans)

20



REGIONAL PROVIDERS PER PATIENT



Regional Physicians: 1:1575
State Physicians: 1:1202



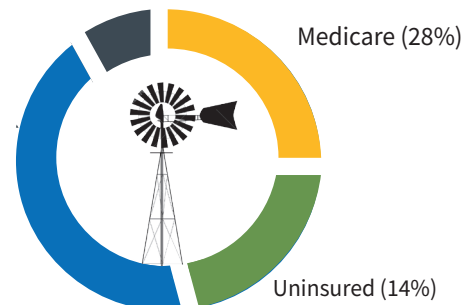
Regional Dentists: 1:1524
State Dentists: 1:1208



Regional Mental Health Providers: 1:187
State Mental Health Providers: 1:250

PAYER MIX

Private Pay (9%)

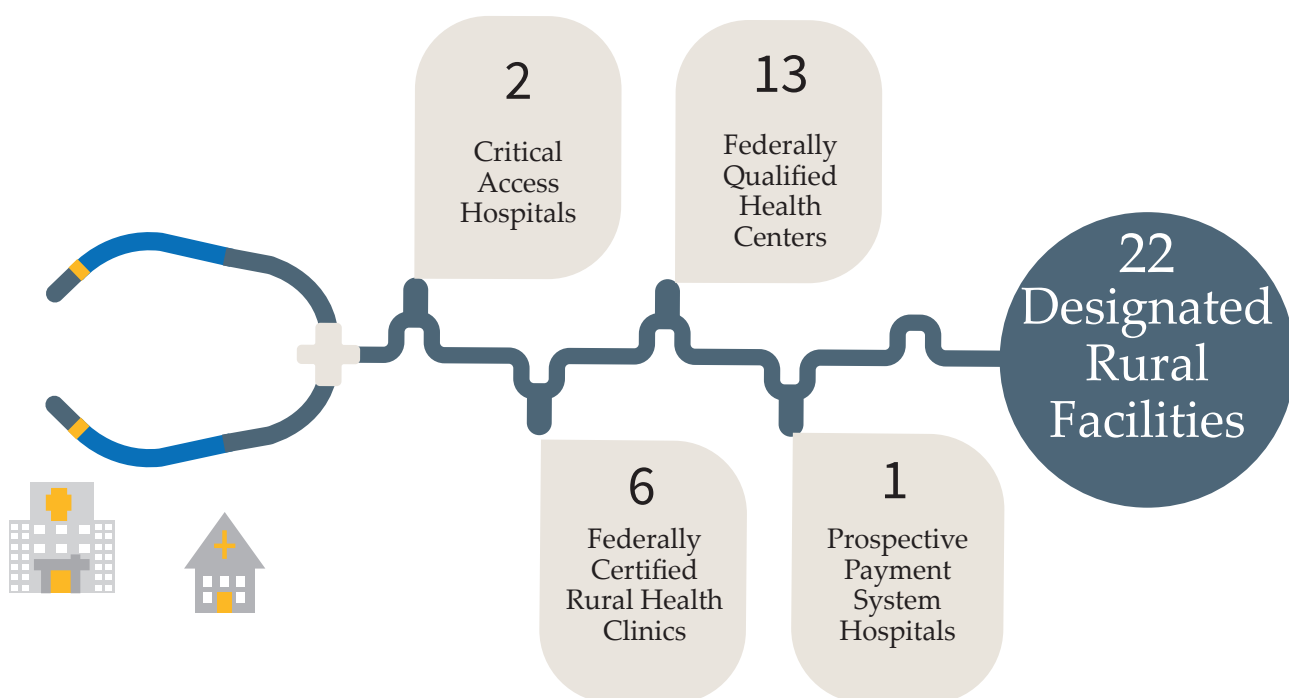
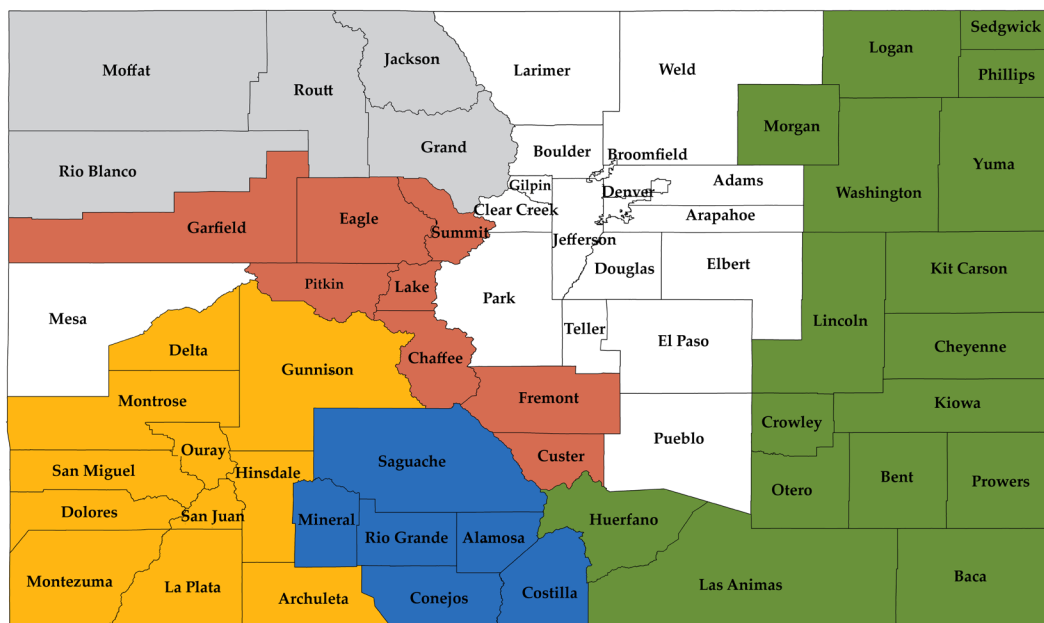


Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

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