SAN LUIS VALLEY REGION
Counties Included: Alamosa, Conejos, Costilla, Mineral, Rio Grande, Saguache

DEMOGRAPHICS

46,549
Total Population
(Approximately 6.5% of the rural population)

23%
% of Single Family Households (state average is 21%)

18%
% 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)

21%
% of the Region Enrolled in the Supplemental Nutrition Assistance Program (SNAP)
   (14% of residents in the region are food insecure, state average is 10%)

HIGH SCHOOL GRADUATION

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

MEDIAN INCOME

$48,381
Lowest median income: Costilla County at $35,416. Highest median income: Mineral County at $62,213.
The region has a median income of $37,880 below the average urban median income of $86,261.

MEDIAN HOME PRICE

$192,650
Average monthly mortgage cost in this region: $1,000
41% of the region’s population is worried about affording rent/mortgage (state average is 27.7%).

RACE/ETHNICITY

White - 89.3%
Hispanic - 46.0%
American Indian - 5.4%
Two or more races - 2.4%
Black - 1.6%
Asian - 0.8%

BROADBAND

84% of households have broadband internet connection served at 25/3 mbps (state average is 96%)

UNEMPLOYMENT

6.5%
8.1% of the population is unemployed in this region, compared to the state average of 7.3%
### HEALTH OUTCOMES AND DELIVERY

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

- **Adult Diabetes**
  - (state average is 7%)

- **Regional Providers Per Patient**
  - Regional Physicians: 1:1575
  - State Physicians: 1:1202
  - Regional Mental Health Providers: 1:187
  - State Mental Health Providers: 1:250

- **Medicaid (49%)**
- **Medicare (28%)**
- **Private Pay (9%)**
- **Uninsured (14%)**

**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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### PAYER MIX

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- Medicare (28%)
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### HEALTH OUTCOMES AND DELIVERY

- **61%** Adults Overweight or Obese (state average is 61%)
- **10%** Adult Diabetes (state average is 7%)
- **697** Telehealth visits per 1000 residents

**Mental and Behavioral Health**

- **4.3** Average number of mentally unhealthy days in this region
- **23** 2021 regional Drug-related overdose deaths
- **492** Age-adjusted rate of opioid prescriptions per 1000 population
- **20** 2021 regional lives lost to suicide (75% men, 15% veterans)

**Average Life Expectancy in this Region:** 77 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.

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