



*Southwest*

# SNAPSHOT OF RURAL HEALTH IN COLORADO

- 2023 -

 **COLORADO  
RURAL HEALTH  
CENTER**

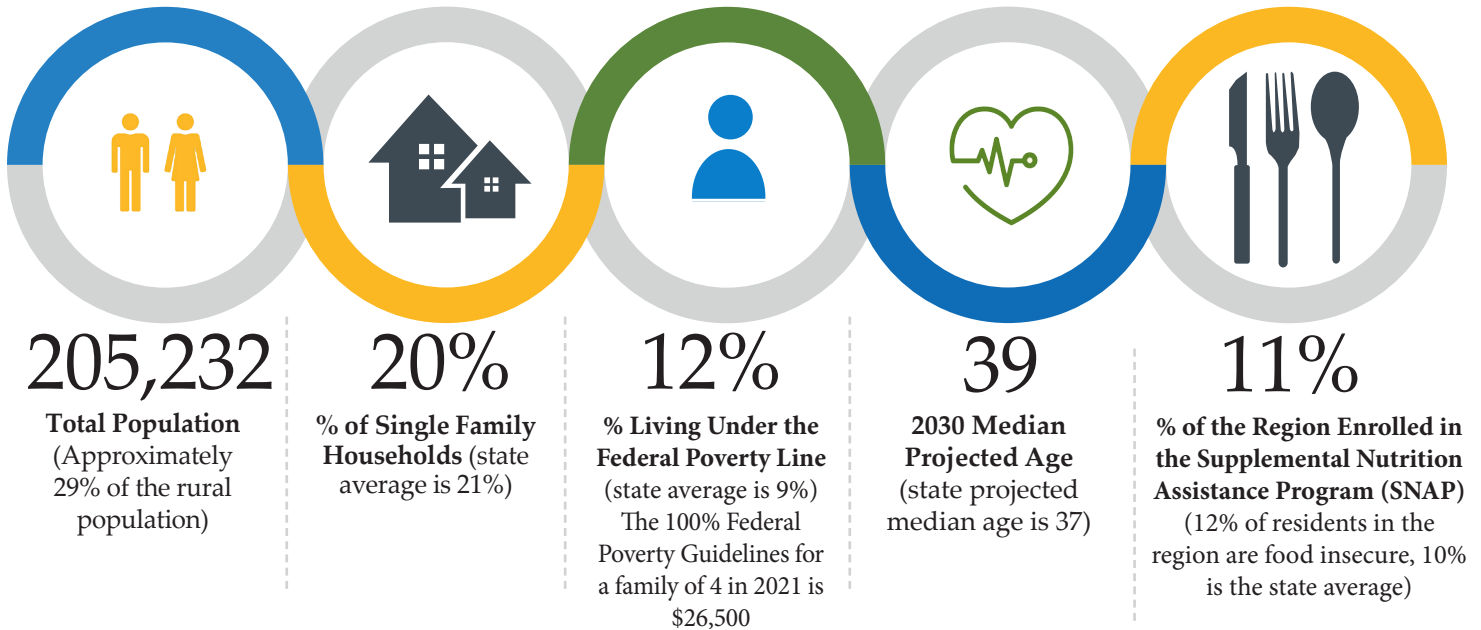
*The State Office of Rural Health*

# SOUTHWEST REGION

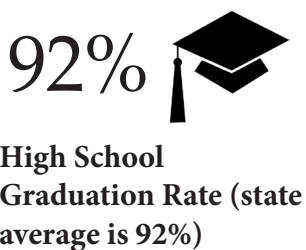
Counties Included: Archuleta, Delta, Dolores, Gunnison, Hinsdale, La Plata, Montezuma, Montrose, Ouray, San Juan, San Miguel



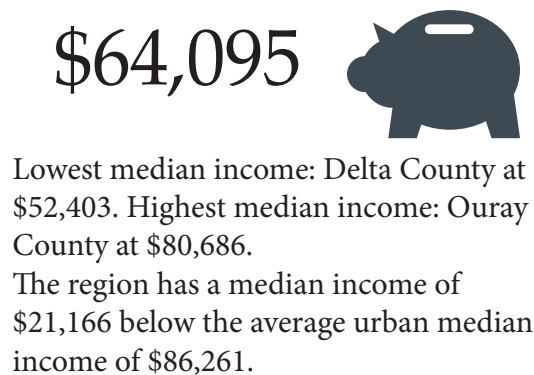
## DEMOGRAPHICS



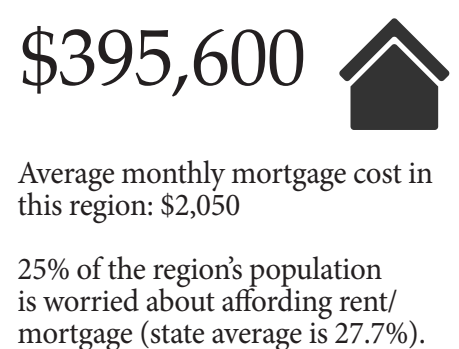
## HIGH SCHOOL GRADUATION



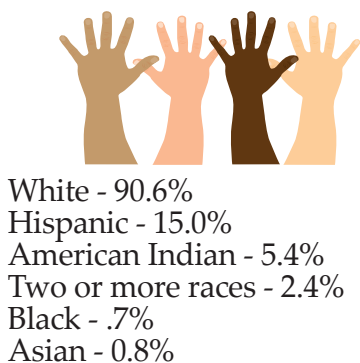
## MEDIAN INCOME



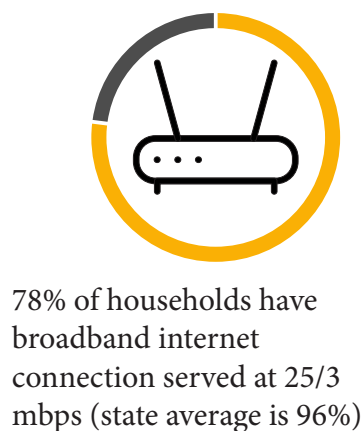
## MEDIAN HOME PRICE



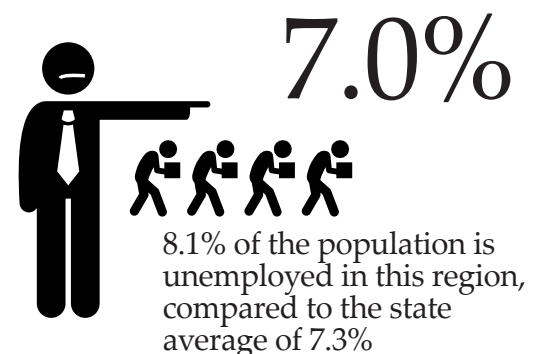
## RACE/ETHNICITY



## BROADBAND



## UNEMPLOYMENT





## HEALTH OUTCOMES AND DELIVERY

**55%** 


**Adults Overweight or Obese**

(state average is 61%)

Lowest Obesity:

Hinsdale County at 31%

Highest Obesity: Dolores at 73%

**6%** 

**Adult Diabetes** (state

average is 7%)

**558** 

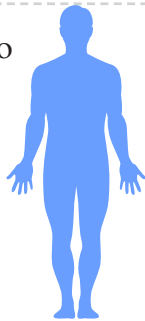
Telehealth visits per 1000 residents

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

**Average Life Expectancy in this Region:**

**83**

The Colorado average is 80 years.



**Average Years of Potential Life Lost in this Region:**

**7,243**

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

**4.2**



2021 regional Drug-related overdose deaths

**50**



Age-adjusted rate of opioid prescriptions per 1000 population

**420**



2021 regional lives lost to suicide (78% men, 17% veterans)

**65**



## REGIONAL PROVIDERS PER PATIENT



Regional Physicians: 1:1201  
State Physicians: 1:1202



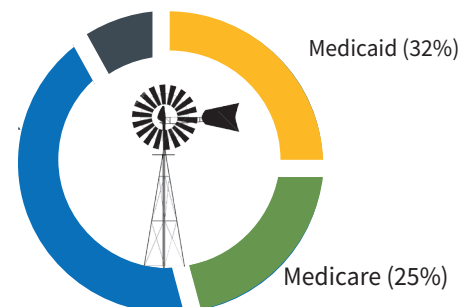
Regional Dentists: 1:1484  
State Dentists: 1:1208



Regional Mental Health Providers: 1:460  
State Mental Health Providers: 1:250

## PAYER MIX

Uninsured (12%)

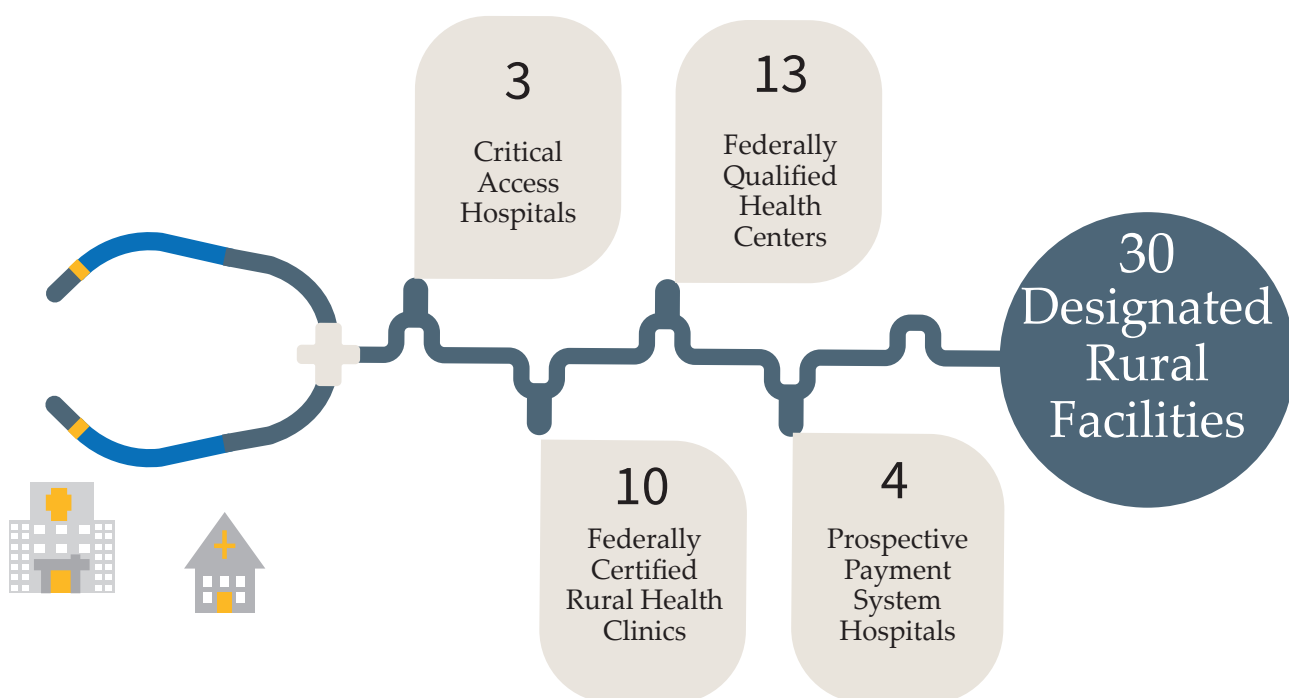
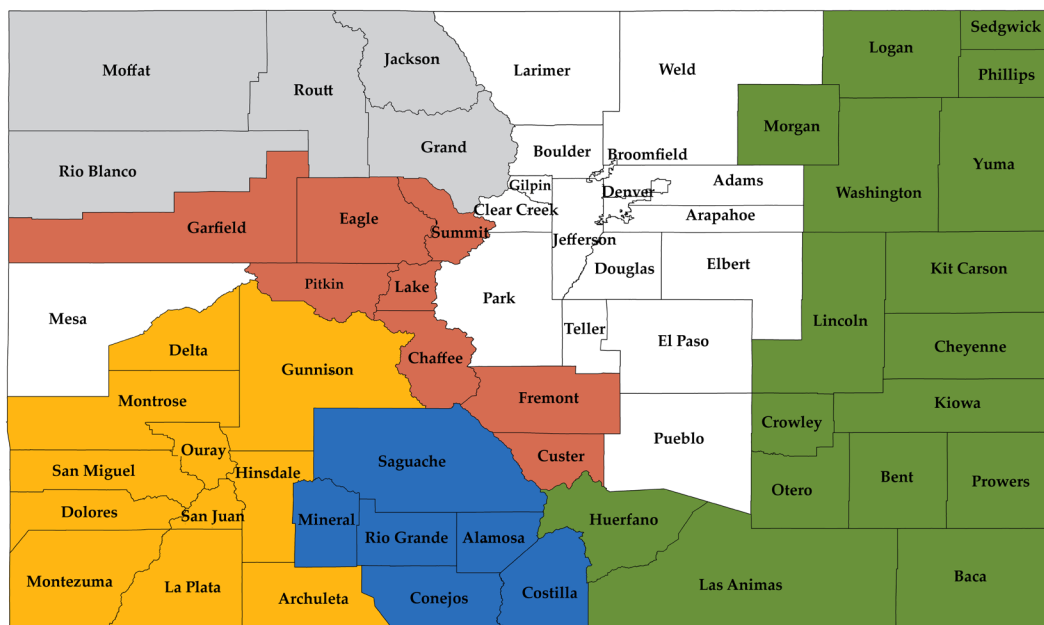


Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

# See all of the Regional Snapshot Reports at [coruralhealth.org/policy](http://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](http://coruralhealth.org)