

SNAPSHOT OF RURAL HEALTH IN COLORADO

-2023 -



SOUTHWEST REGION

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

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DEMOGRAPHICS



205,232

Total Population (Approximately 29% of the rural population)

20%

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



12%

% 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



2030 Median Projected Age (state projected

median age is 37)

11%

% of the Region Enrolled in the Supplemental Nutrition Assistance Program (SNAP)

(12% of residents in the region are food insecure, 10% is the state average)

HIGH SCHOOL GRADUATION



High School Graduation Rate (state average is 92%)

MEDIAN INCOME

\$64,095



Lowest median income: Delta County at \$52,403. Highest median income: Ouray County at \$80,686.

The region has a median income of \$21,166 below the average urban median income of \$86,261.

MEDIAN HOME PRICE

\$395,600



Average monthly mortgage cost in this region: \$2,050

25% of the region's population is worried about affording rent/mortgage (state average is 27.7%).

RACE/ETHNICITY



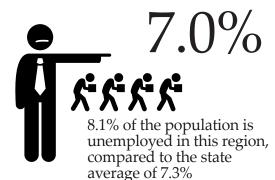
White - 90.6% Hispanic - 15.0% American Indian - 5.4% Two or more races - 2.4% Black - .7% Asian - 0.8%

BROADBAND



78% of households have broadband internet connection served at 25/3 mbps (state average is 96%)

UNEMPLOYMENT



HEALTH OUTCOMES AND DELIVERY

55%



Adults Ovreweight or Obese

(state average is 61%)

Lowest Obesity: Hinsdale County at 31%

Highest Obesity: Dolores at 73%

6%

Adult Diabetes (state average is 7%)



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

Average Life Expectancy in this Region:

The Colorado average is 80 years.

ears.

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



2021 regional Drugrelated overdose deaths



Age-adjusted rate of opioid prescriptions per 1000 population



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





REGIONAL PROVIDERS PER PATIENT

PAYER MIX

Uninsured (12%)

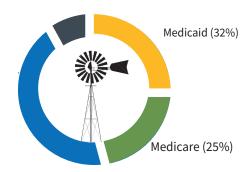


Regional Dentists: 1:1484

State Dentists: 1:1208

ST I

Private Pay (31%)



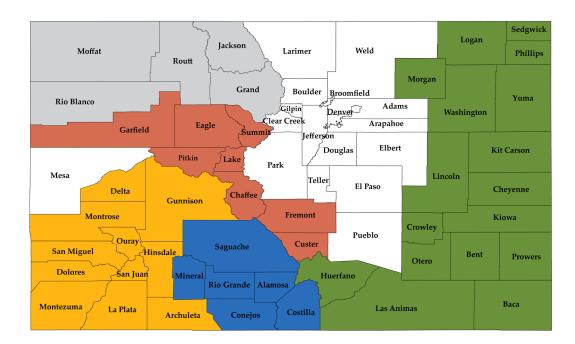
Regional Physicians: 1:1201 State Physicians: 1:1202 Regional Mental Health Providers: 1:460 State Mental Health Providers: 1:250

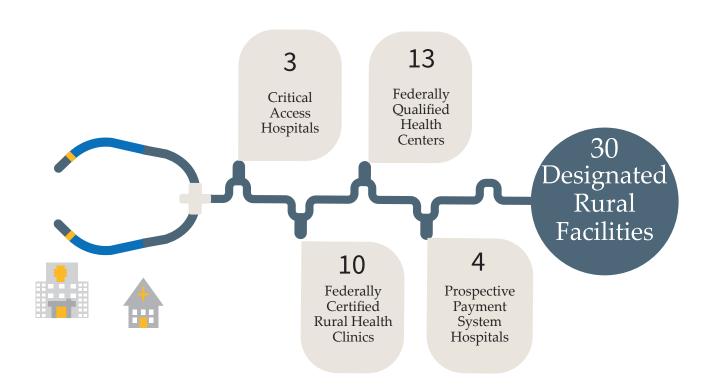
Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

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