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

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

39
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

92%
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 - 0.7%
Asian - 0.8%

BROADBAND

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

UNEMPLOYMENT

7.0%
8.1% of the population is unemployed in this region, compared to the state average of 7.3%
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)

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

Medicaid (32%)
Medicare (25%)
Private Pay (31%)
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.

HEALTH OUTCOMES AND DELIVERY

Average Life Expectancy in this Region:
The Colorado average is 80 years.

Average Years of Potential Life Lost in this Region:
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 Drug-related overdose deaths
Age-adjusted rate of opioid prescriptions per 1000 population
2021 regional lives lost to suicide (78% men, 17% veterans)

4.2
50
420
65

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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