

*San Luis Valley*

# SNAPSHOT OF RURAL HEALTH IN COLORADO

- 2024 -

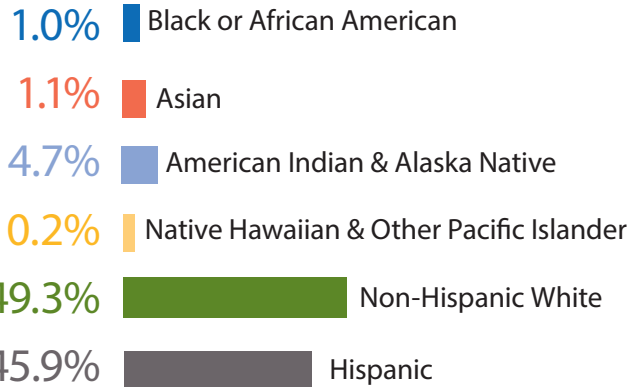
 **COLORADO  
RURAL HEALTH  
CENTER**

*The State Office of Rural Health*

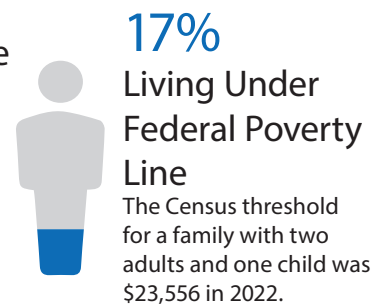
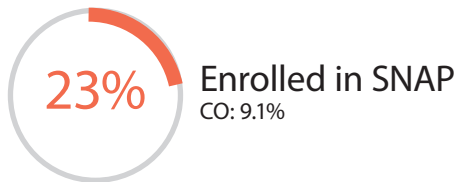
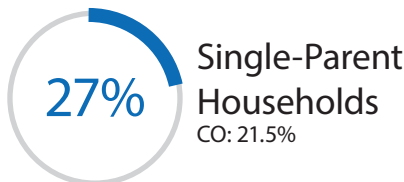
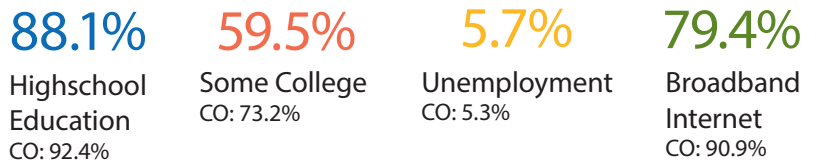


# San Luis Valley Region

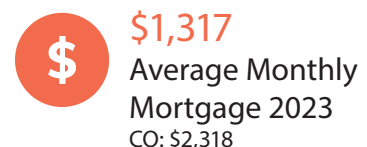
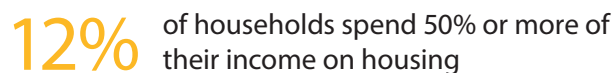
## RACE AND ETHNICITY



## SOCIAL DETERMINANTS OF HEALTH



## HOUSING



## 6 counties

Alamosa, Conejos, Costilla, Mineral, Rio Grande, Saguache

46,647

The estimated population in 2023. This is 6.5% of total rural population.

45 Median Projected Age

82 Average life expectancy

23% of population that are < 18

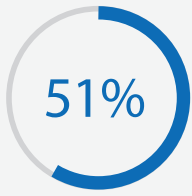
20% of population that are 65 +



**RURAL:** A non-metropolitan county containing no municipalities over 50,000 residents.

**FRONTIER:** A county with a population density of 6 or fewer residents per square mile.

## HEALTH OUTCOMES



of adults were overweight or obese compared to 61% of Coloradans



of adults had adult diabetes compared to 8% of Coloradans

## MENTAL AND BEHAVIORAL HEALTH



The number of unintentional drug related overdoses



11% of the population experienced poor mental health on 14+ days of past 30 days



The number of lives lost by suicide  
85% among men  
15% among veteran



492.2 per 1,000 population  
age-adjusted opioid perscriptions dispensed

## PATIENT TO PROVIDER RATIO




Regional Physicians: 1,664:1  
State Physicians: 1,204:1



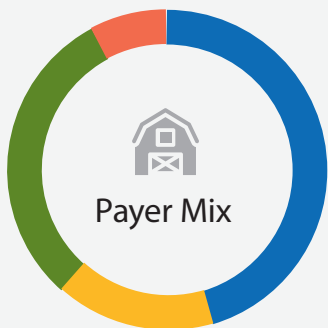
Regional Mental Health Providers: 183:1  
State Mental Health: 234:1



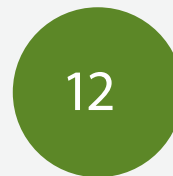
Regional Dentists: 1,412:1  
State Dentists: 1,183:1

 697 Telehealth visits per 1,000 residents  
39% of all payer telehealth visits were for behavioral health

## ACCESS TO CARE



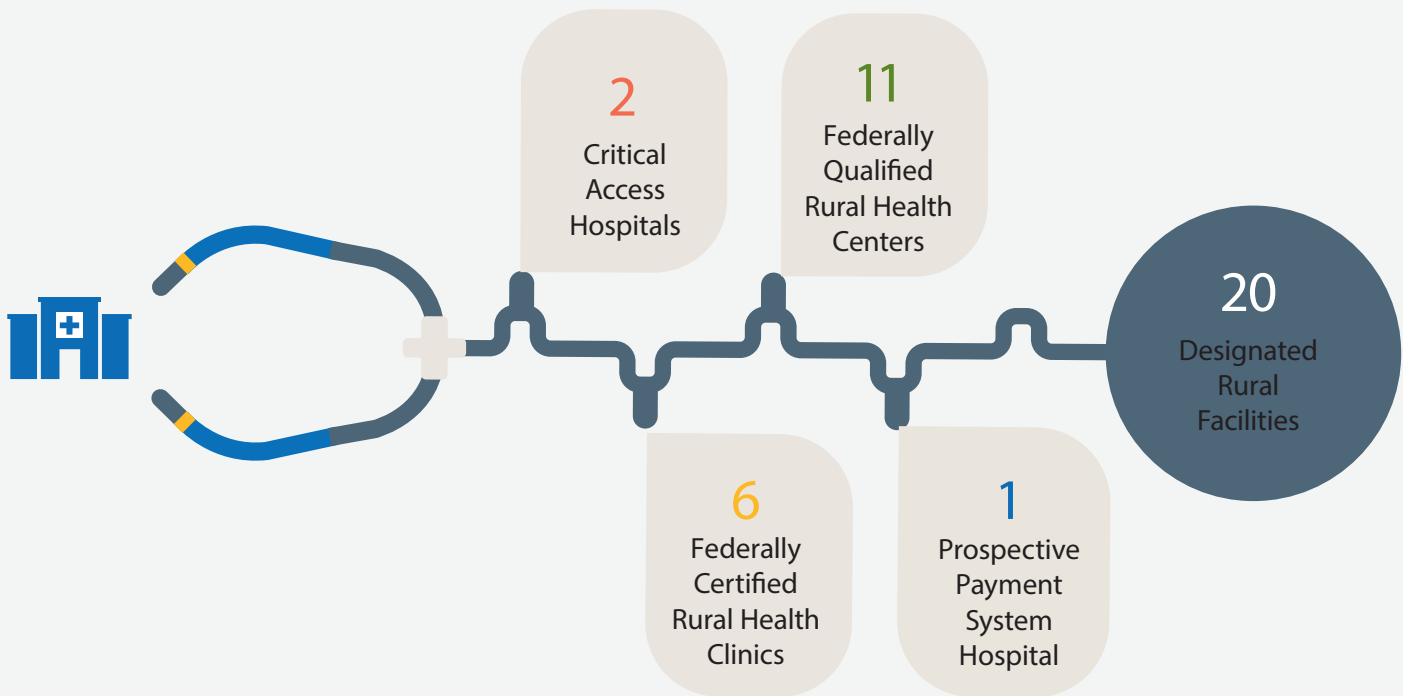
49.9% Private Payer  
21.9% Medicaid alone/  
or in combination  
33.6% Medicare alone/  
or in combination  
11.3% Uninsured



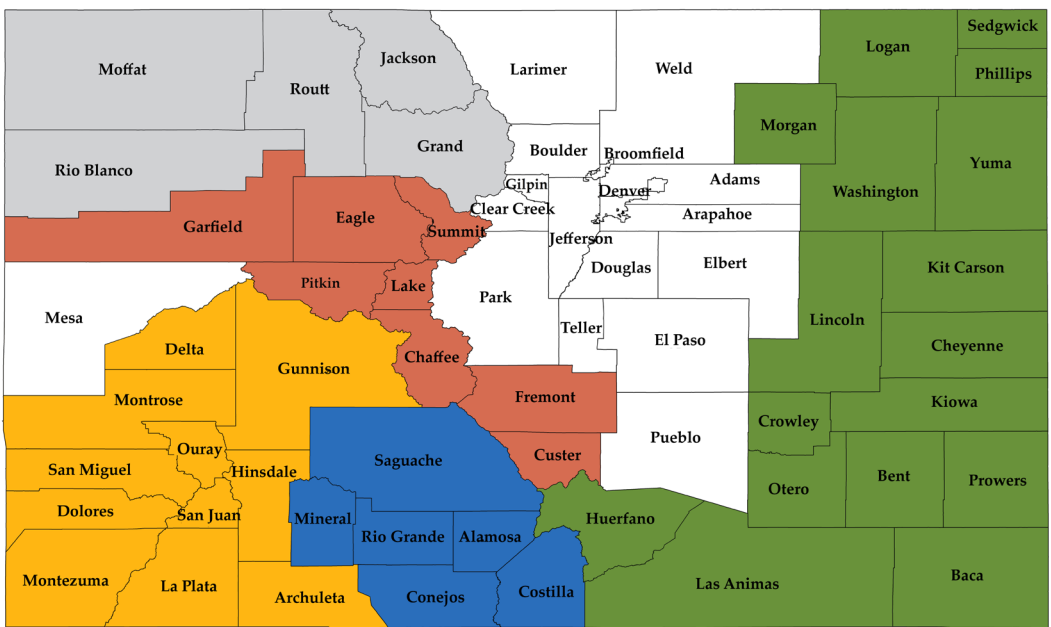
Age adjusted rate per 100,000 population for late stage breast cancer diagnosis in San Luis Valley of Colorado

Average Years of Potential Life Lost: **10,751**

# Designated Rural Facilities



## REGIONS



Regions are grouped based on geographic and economic similarities

For a detailed list of Snapshot data sources, please visit [coruralhealth.org](http://coruralhealth.org)

**COLORADO RURAL HEALTH CENTER** | *The State Office of Rural Health*

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