

San Luis Valley

SNAPSHOT OF RURAL HEALTH IN COLORADO

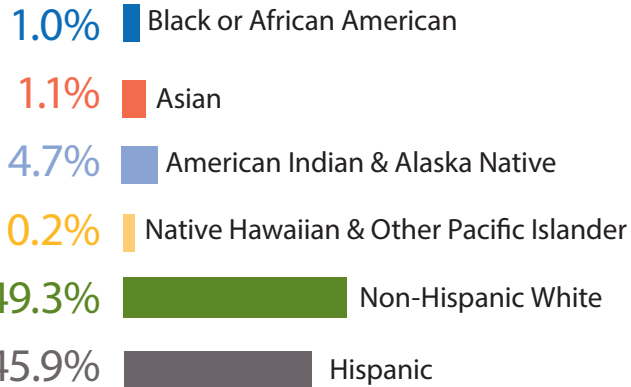
- 2024 -

 **COLORADO
RURAL HEALTH
CENTER**

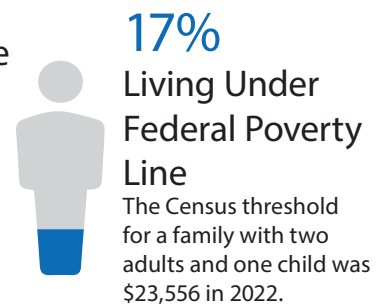
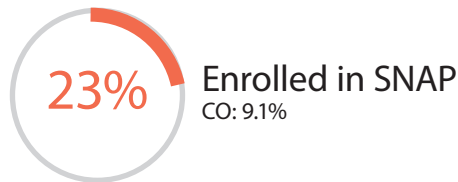
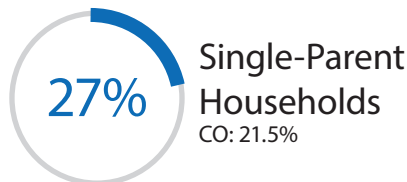
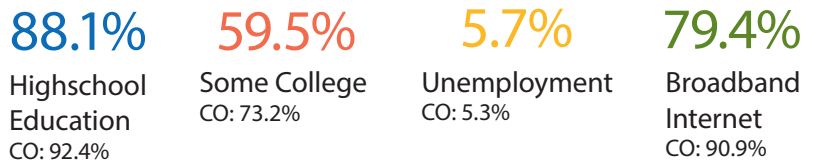
The State Office of Rural Health

San Luis Valley Region

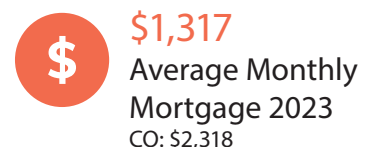
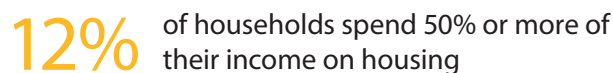
RACE AND ETHNICITY



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

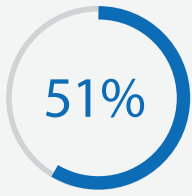
20% of population that are 65 +



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



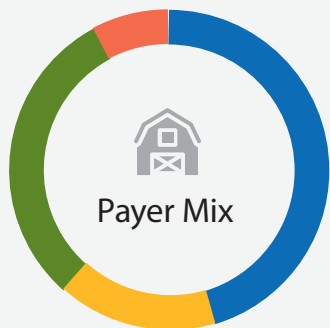
Regional Mental Health Providers: 183:1
State Mental Health: 234:1



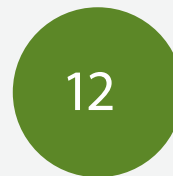
Regional Dentists: 1,412:1
State Dentists: 1,183:1

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

ACCESS TO CARE



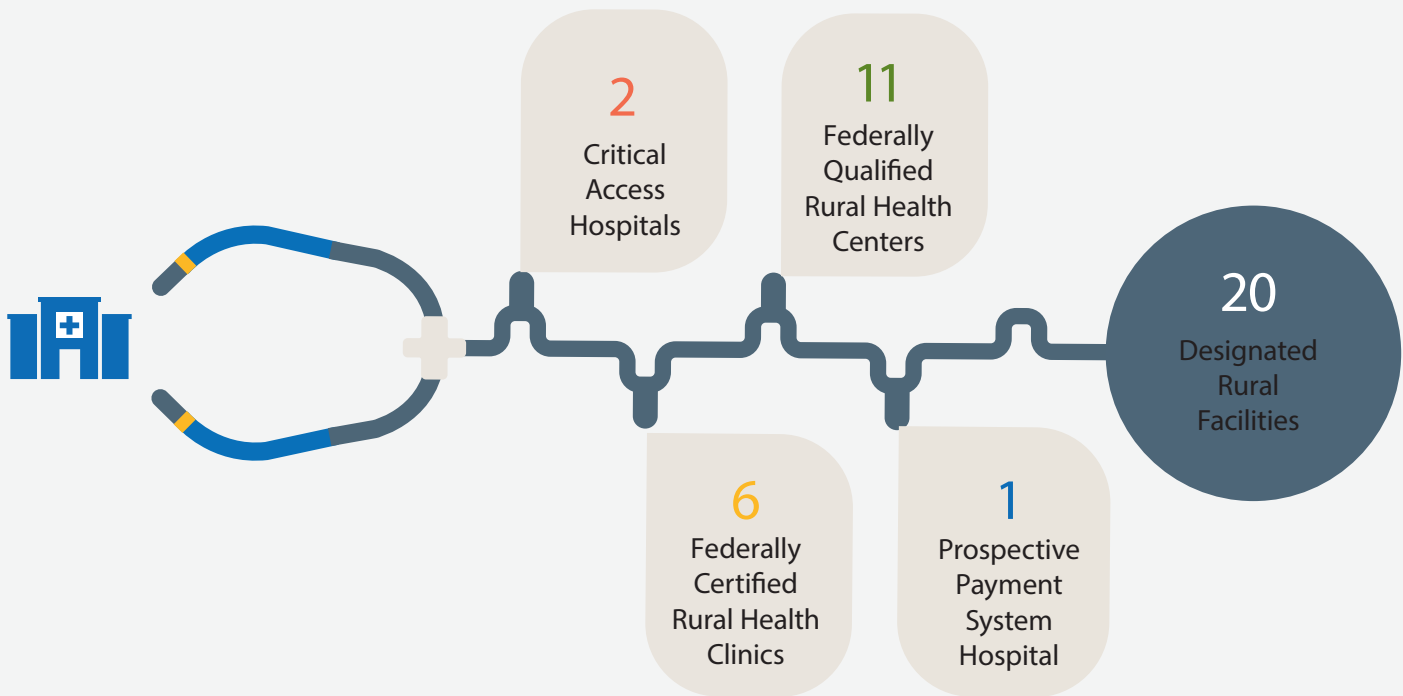
49.9% Private Payer
21.9% Medicaid alone/
or in combination
33.6% Medicare alone/
or in combination
11.3% Uninsured



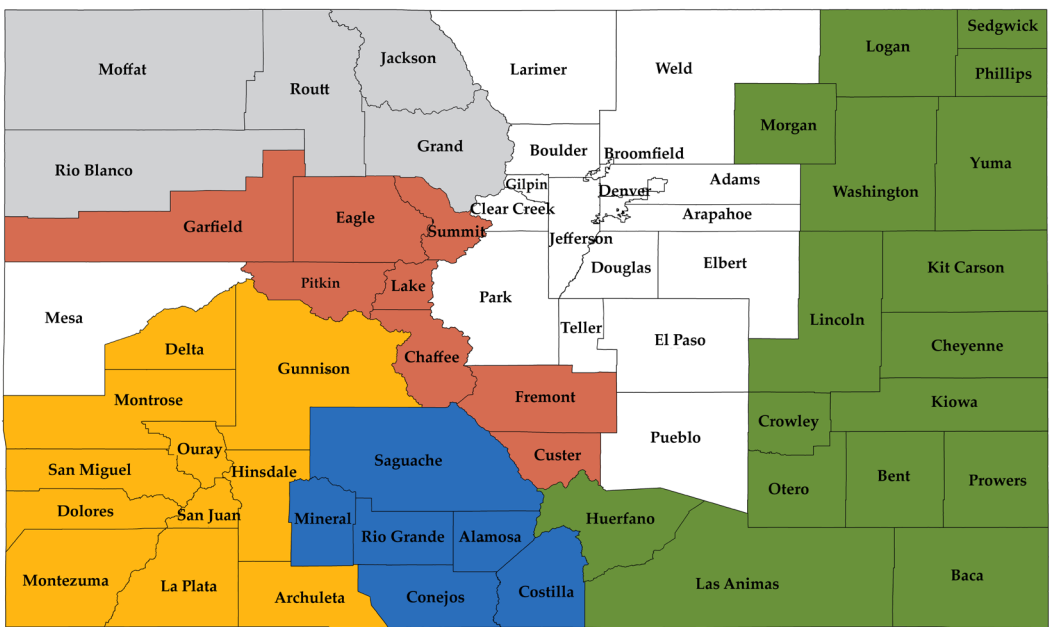
Age adjusted rate per 100,000 population for late stage breast cancer diagnosis in San Luis Valley of Colorado

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

Designated Rural Facilities



REGIONS



- Northwest
- Resort West
- Southwest
- San Luis Valley
- Eastern Plains
- Urban

Regions are grouped based on geographic and economic similarities

For a detailed list of Snapshot data sources, please visit coruralhealth.org