

Southwest

SNAPSHOT OF RURAL HEALTH IN COLORADO

- 2024 -

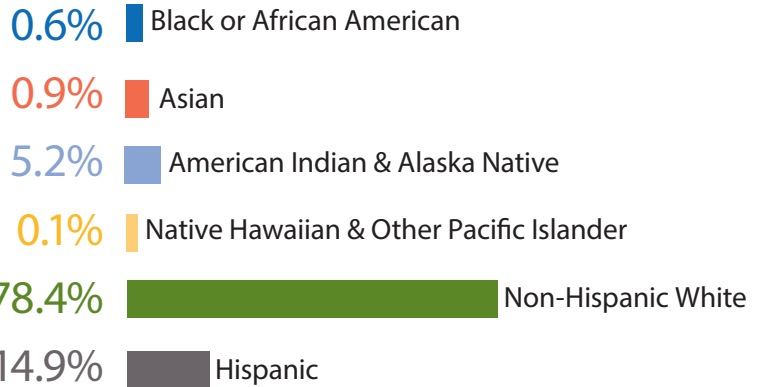
 **COLORADO
RURAL HEALTH
CENTER**

The State Office of Rural Health



Southwest Region

RACE AND ETHNICITY



 **11 counties**

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

 **208,061**

The estimated population in 2023. This is 28.9% of total rural population.

47 Median Projected Age

82 Average life expectancy

19% of population that are < 18

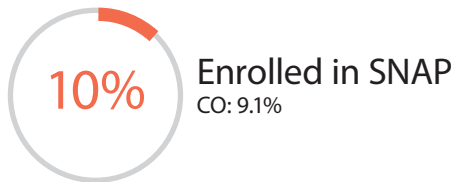
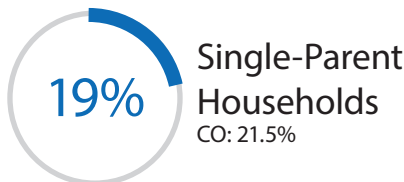
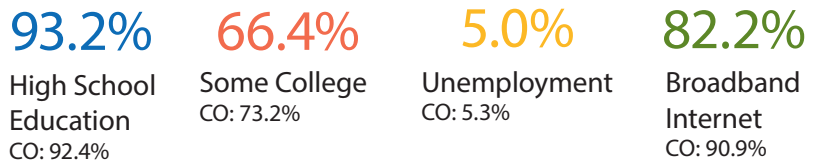
23% of population that are 65 +



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.

SOCIAL DETERMINANTS OF HEALTH




\$64,094
Median Household Income
CO: \$82,228

12% Living Under Federal Poverty Line
The Census threshold for a family with two adults and one child was \$23,556 in 2022.

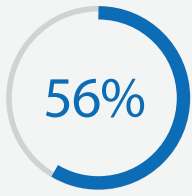
HOUSING

14% of households spend 50% or more of their income on housing

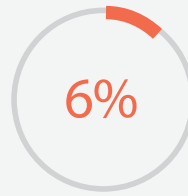
 **\$424,533**
Median Home Price 2023
CO: \$385,537

 **\$2,551**
Average Monthly Mortgage 2023
CO: \$2,318

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



13% of the population experienced poor mental health on 14+ days of past 30 days



The number of lives lost by suicide
80% among men
9% among veteran



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

PATIENT TO PROVIDER RATIO




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



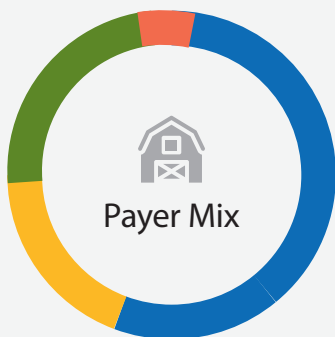
Regional Mental Health Providers: 431:1
State Mental Health: 234:1



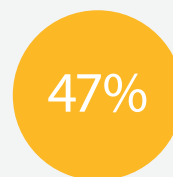
Regional Dentists: 1,463:1
State Dentists: 1,183:1

 558 Telehealth visits per 1,000 residents
32% of all payer telehealth visits were for behavioral health

ACCESS TO CARE



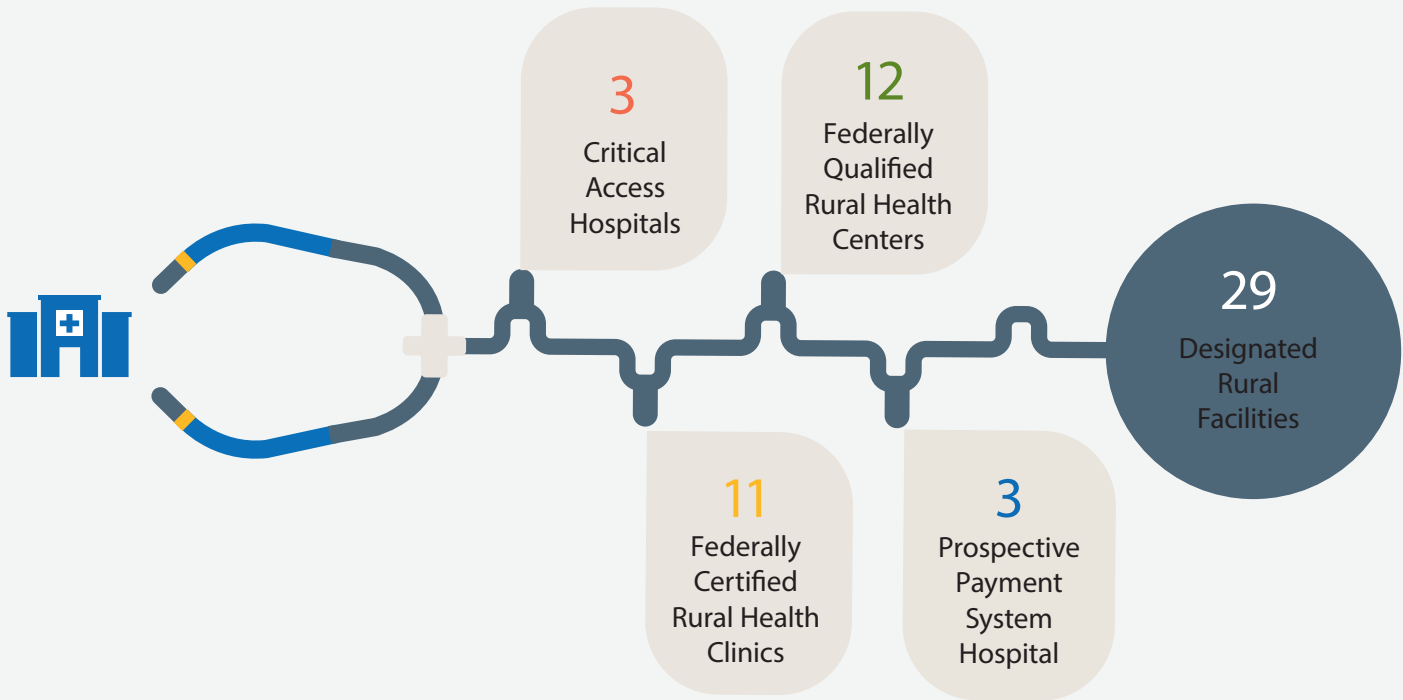
- 59.3% Private Payer
- 22.4% Medicaid alone/ or in combination
- 24.3% Medicare alone/ or in combination
- 10.8% Uninsured



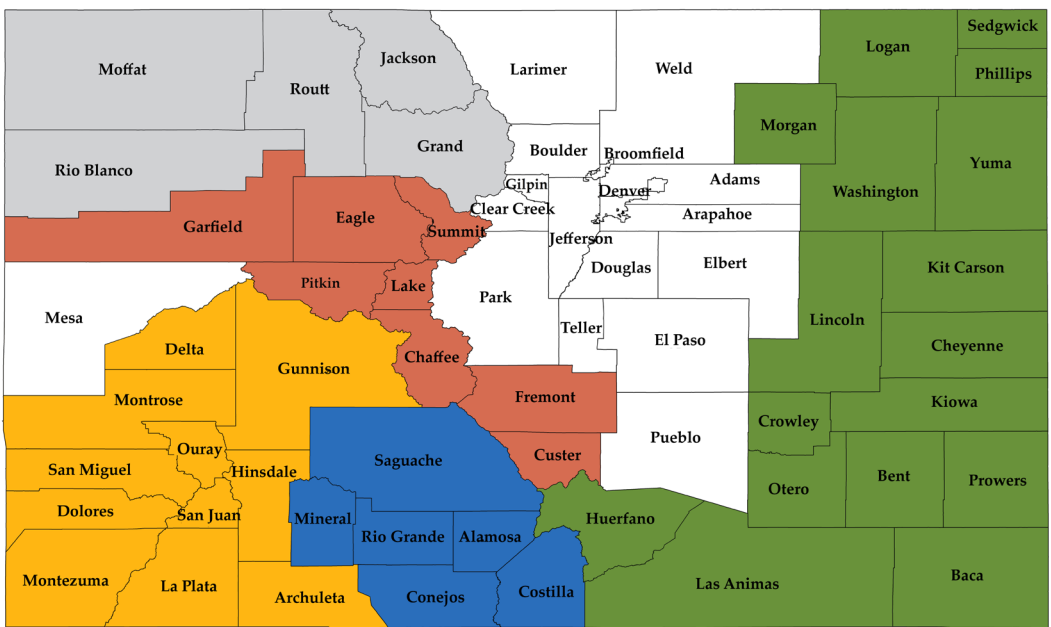
Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening

Average Years of Potential Life Lost: **7,240**

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