

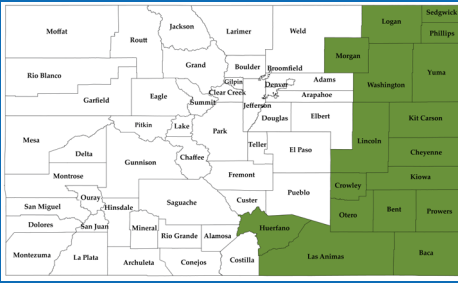
Eastern Plains

SNAPSHOT OF RURAL HEALTH IN COLORADO

- 2024 -

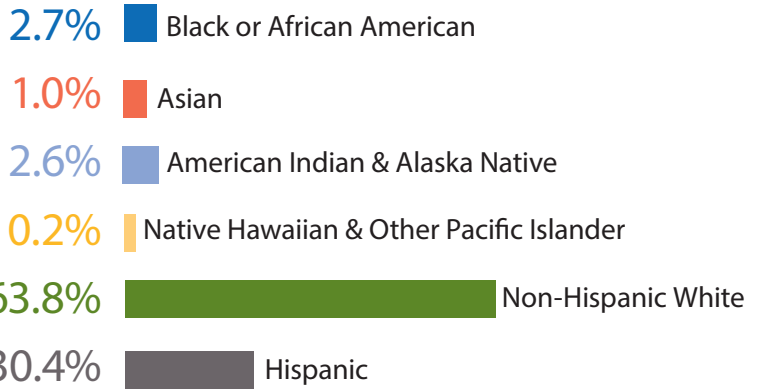
 **COLORADO
RURAL HEALTH
CENTER**

The State Office of Rural Health



Eastern Plains Region

RACE AND ETHNICITY



17 counties

Baca, Bent, Cheyenne, Crowley, Huerfano, Kiowa, Kit Carson, Las Animas, Lincoln, Logan, Morgan, Otero, Phillips, Prowers, Sedgwick, Washington, Yuma

153,527

The estimated population in 2023. This is 21.3% of total rural population.

42 Median Projected Age

77 Average life expectancy

22% of population that are < 18

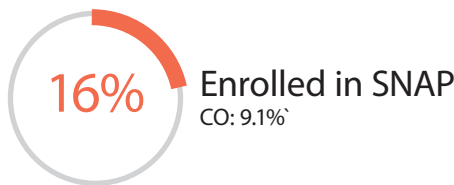
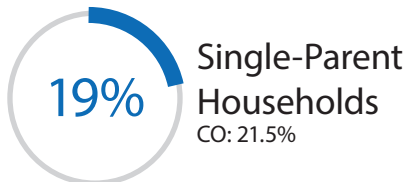
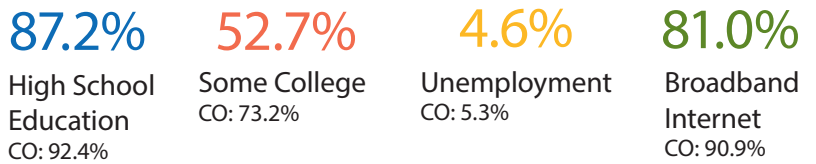
20% of population that are 65 +



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.

SOCIAL DETERMINANTS OF HEALTH



\$50,718
Median Household Income
CO: \$82,228

16%
Living Under Federal Poverty Line
The Census threshold for a family with two adults and one child was \$23,556 in 2022.

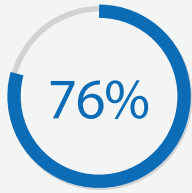
HOUSING

12% of households spend 50% or more of their income on housing

\$185,916
Median Home Price 2023
CO: \$385,537

\$1,118
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



17% of the population experienced poor mental health on 14+ days of past 30 days



The number of lives lost by suicide
78% among men
14% among veteran



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

PATIENT TO PROVIDER RATIO




Regional Physicians: 1,895:1
State Physicians: 1,204:1



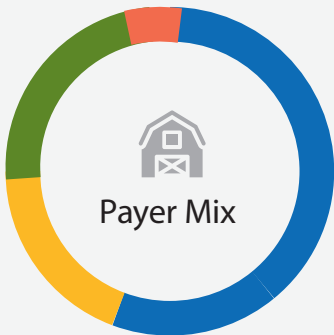
Regional Mental Health Providers: 479:1
State Mental Health: 234:1



Regional Dentists: 2,018:1
State Dentists: 1,183:1

 658 Telehealth visits per 1,000 residents
38% of all payer telehealth visits were for behavioral health

ACCESS TO CARE



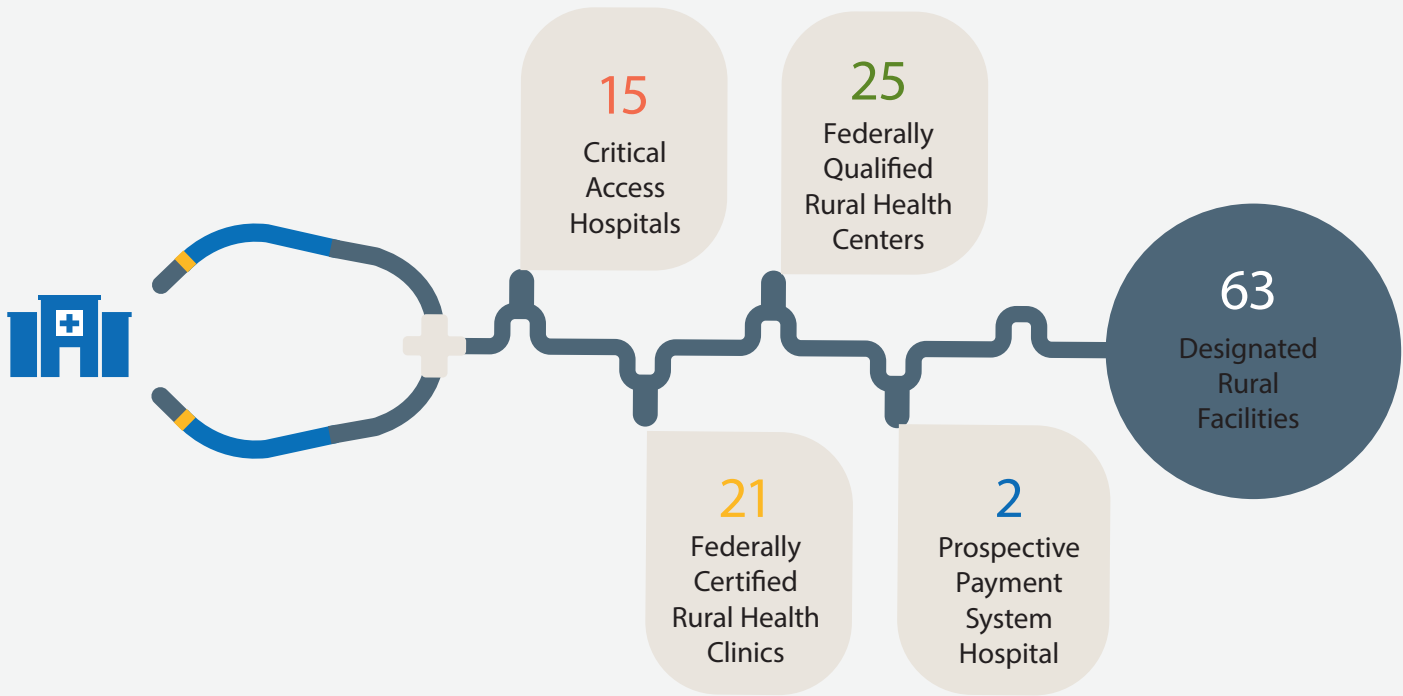
57.6% Private Payer
21.5% Medicaid alone/
or in combination
29.3% Medicare alone/
or in combination
9.3% Uninsured



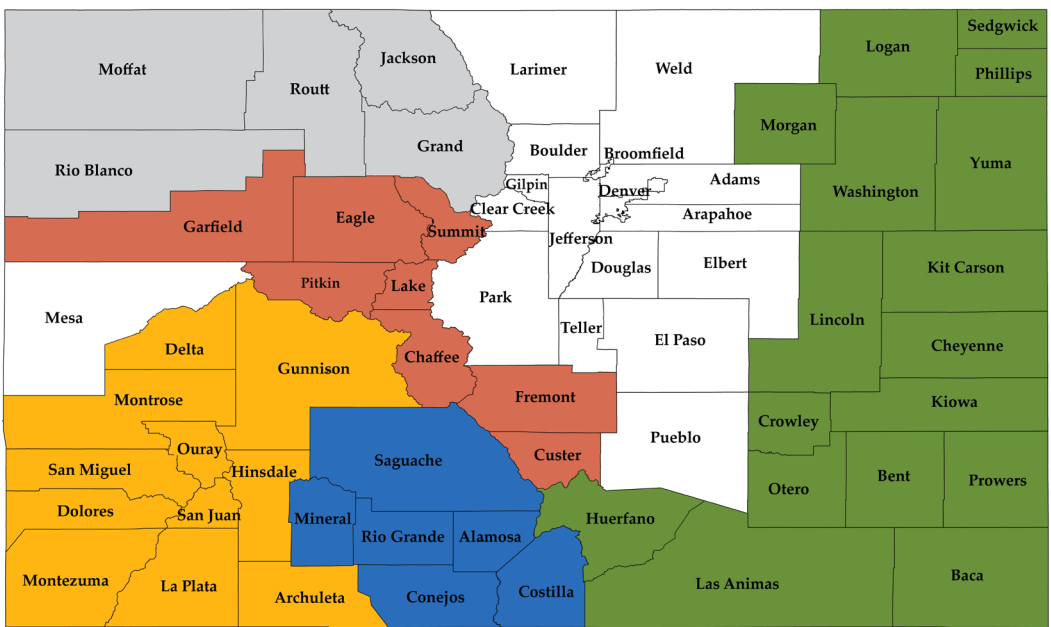
Percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening

Average Years of Potential Life Lost: **9,391**

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

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