Eastern Plains

Snapshot of Rural Health in Colorado - 2019 -
EASTERN PLAINS REGION

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

DEMOGRAPHICS

Total Population (Approximately 21% of the rural population) 155,033
% of Single Family Households (state average of 28%) 31%
% Living Under the Federal Poverty Line (state average of 12%) 19%
2020 Median Projected Age (state projected median age of 38) 43
% of the Region Enrolled in SNAP (57% of Children are Eligible for Free & Reduced Lunch) 12%

HIGH SCHOOL GRADUATION

High School Graduates (state average of 77%) 69%
55% of the population has some college education (state average of 71%)

MEDIAN INCOME

$42,635
Lowest median income: Bent at $33,951
Highest median income: Cheyenne at $50,558
The eastern plains region has a median income $27,209 below the average urban median income of $69,844

HEALTH OUTCOMES

Adult Obesity (state average of 21%) 25%
Lowest Obesity: Kiowa County at 21%
Highest Obesity: Logan County at 29%

With Adult Diabetes (state average of 6%) 7%

Children Born with Low Birthweight (state average of 9%) 9%
This region’s teen birth rate is 38 per 1,000 women ages 15-19 while the overall Colorado rate is 24 per 1,000.
MENTAL AND BEHAVIORAL HEALTH

DESIGNATED RURAL HEALTH FACILITIES

15 Critical Access Hospitals
17 Federally Qualified Health Centers
20 Federally Certified Rural Health Clinics
52 Designated Rural Facilities

PAYER MIX

Regional Physicians: 1:2881
State Physicians: 1:1243
Regional Dentists: 1:2894
State Dentists: 1:1291
Regional Mental Health Providers: 1:1167
State Mental Health Providers: 1:326

Uninsured (8.8%)
Medicaid (30.2%)
Medicare (15.9%)
Private Pay (45.0%)

Rural Payer Mix

PATIENTS PER PROVIDER

Active Licensed Addiction Counselors: 12
Inpatient Mental Health Facilities: 0
Opioid Prescriptions dispensed per 100 people: 65
Average Age-Adjusted Death Rate per 100,000 individuals: 19
Annual Suicide Rate (per 100,000 individuals): 36
See all of the Regional Snapshot Reports at coruralhealth.org/policy

For a detailed list of Snapshot data sources, please visit https://coruralhealth.org/2019regionalsnapshottcitations

REGIONS

- Grey - Northwest
- Red - Mountain West
- Yellow - Southwest
- Blue - San Luis Valley
- White - Urban
- Green - Eastern Plains