**Rural Health Clinics**

- Rural Health Clinics (RHCs) are federally certified facilities located in non-urban healthcare professional shortage areas.
- RHCs must be staffed by at least one nurse practitioner, physician assistant or certified nurse midwife, who must be on-site to see patients at least 50% of the time.
- Often the only medical facility in rural communities, RHCs depend on sound business practices, Medicare, Medicaid, private insurance, and minimal grant funding to keep their doors open.
- The 49 RHCs across Colorado provide primary care services to an estimated 130,000 adults and children annually.

**Rural Health Clinics in Your District**

<table>
<thead>
<tr>
<th>Akron Clinic, Akron</th>
<th>Mt. San Rafael Hospital Clinic, Trinidad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arkansas Valley Medical Clinic, La Junta</td>
<td>Parke Health Clinic, Burlington</td>
</tr>
<tr>
<td>Brush Family Clinic, Brush</td>
<td>Prairie View Clinic, Cheyenne</td>
</tr>
<tr>
<td>Centennial Family Health Center, Ordway</td>
<td>Rocky Ford Family Health Center, Rocky Ford</td>
</tr>
<tr>
<td>Eads Medical Clinic, Eads</td>
<td>Southeast Colorado Physicians Clinic, Springfield</td>
</tr>
<tr>
<td>Family Care Clinic, Sterling</td>
<td>Stratton Medical Clinic, Stratton</td>
</tr>
<tr>
<td>Family Practice of Holyoke, Holyoke</td>
<td>Trinidad Family Medical Center, Trinidad</td>
</tr>
<tr>
<td>Fort Morgan Pediatric Clinic, Fort Morgan</td>
<td>Valley Medical Clinic, Julesburg</td>
</tr>
<tr>
<td>Kit Carson Clinic, Kit Carson</td>
<td>Walsh Medical Clinic, Walsh</td>
</tr>
<tr>
<td>Lamar Medical Clinic, Lamar</td>
<td>Washington County Health Clinic, Akron</td>
</tr>
<tr>
<td>Las Animas Family Practice, Las Animas</td>
<td>Yuma Clinic, Yuma</td>
</tr>
</tbody>
</table>

**Critical Access Hospitals**

- Critical Access Hospitals (CAHs) are small, rural hospitals that have a maximum of 25 beds.
- The CAH Program was created by Congress in 1997 to support the fragile rural healthcare system.
- The 29 CAHs across Colorado provide local integrated health delivery systems including acute, primary, emergency and long-term care.

**Critical Access Hospitals in Your District**

<table>
<thead>
<tr>
<th>East Morgan County Hospital, Brush</th>
<th>Wray Community District Hospital, Wray</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haxtun Hospital, Haxtun</td>
<td>Weisbrod Memorial Hospital, Eads</td>
</tr>
<tr>
<td>Kit Carson County Memorial Hospital, Burlington</td>
<td>Yuma District Hospital, Yuma</td>
</tr>
<tr>
<td>Lincoln Community Hospital, Hugo</td>
<td>Sylvia Medical Center, Lamar</td>
</tr>
<tr>
<td>Melissa Memorial Hospital, Holyoke</td>
<td>Sedgwick County Health Center, Julesburg</td>
</tr>
<tr>
<td>Mt. San Rafael Hospital, Trinidad</td>
<td>Southeast Colorado Hospital, Springfield</td>
</tr>
<tr>
<td>Prowers Medical Center, Lamar</td>
<td></td>
</tr>
</tbody>
</table>
The definition of rural and frontier varies depending on the purpose of the program or policy in which they are used. Therefore, these are referred to as programmatic designations, rather than definitions. One designation commonly used to determine geographic eligibility for federal grant programs is based on information obtained through the Office of Management and Budget: All counties that are not designated as parts of Metropolitan Areas (MAs) are considered rural. The Colorado Rural Health Center frequently assumes this designation, as well as further classifies frontier counties as those counties with a population density of six or fewer persons per square mile. You may visit the Rural Health Grants Eligibility Advisor to determine if a county or address is designated rural, or contact the Office of Rural Health Policy at (301) 443-0835.
**Demographics**

- Children: 26%
- Adults: 63%
- Seniors: 11%

1 out of 4 (25%) rural Coloradans live in your district, 11% are over 65 years old.

The elderly population will increase by 24% by 2018.

**Social Determinants**

- 9% fewer students in your district graduate high school on time than the state average.
- 16% fewer adults are unemployed in your district when compared to the state average.
- 44% fewer families live in poverty in your district than the state average.

**Economic Indicators**

- Household income in your district below state average: $2,200
- Cost of care per Medicare beneficiary has decreased in your district in the last 5 years: $274
Health Outcomes & Access

Mental Health

Suicide rates are 26% below the state average

Colorado adults report having 3 poor mental health days in the past month

Aging & Chronic Disease

Projection of seniors by 2018: 14%

11% of the population is currently on Medicare

Number of adults who have diabetes is 10% above the state average

1 out of 25 people in your district have heart disease

72 people die of chronic lower respiratory disease annually in your district, per 100,000

Nationally, 7 out of 10 deaths are due to chronic disease

Oral Health

Dentist visits in your district are 3% above the state average

Adult tooth loss due to disease is 2% below the state average

Dental disease is the leading chronic disease of children

Nearly 40% of Colorado kids have dental decay by the time they reach kindergarten

Reproductive

Infant mortality is 3% below the state average

Infant mortality is twice as high for the poorest 20% of the nation

44% of births are to teens, the state average is 39%

Prenatal care is accessed by 74% of expecting mothers

Patients per Provider in Your District

State Average

Dentists 2,326
Mental Health 5,066
Primary Care 1,600

Dental Health Center
The State Office of Rural Health

3033 S Parker Rd., Ste. 606
Aurora, CO 80014
303.832.7493 • 800.851.6782
info@coruralhealth.org
www.coruralhealth.org

Data that was included must represent at least a 20% variance between district and rural/state averages. Data was compiled from various public databases; contact CRHC for more information.