

*San Luis Valley*

# SNAPSHOT OF RURAL HEALTH IN COLORADO

- 2021 -



**COLORADO**  
**RURAL HEALTH**  
**CENTER**

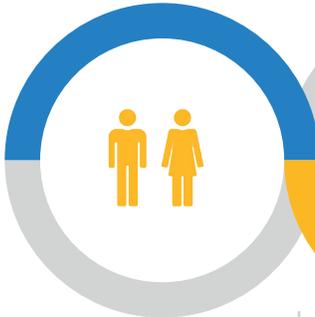
*The State Office of Rural Health*

# SAN LUIS VALLEY REGION

Counties Included: Alamosa, Conejos, Costilla, Mineral, Rio Grande, Saguache



## DEMOGRAPHICS



47,007

**Total Population**  
(Approximately 7% of the rural population)



29%

**% of Single Family Households** (state average of 27%)



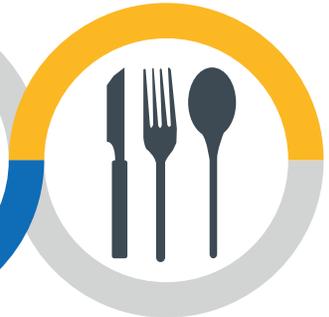
19%

**% Living Under the Federal Poverty Line** (state average - 9%)  
The 100% Federal Poverty Guidelines for a family of 4 in 2020 is \$26,200



44

**2021 Median Projected Age** (state projected median age of 38)



18%

**% of the Region Enrolled in SNAP** (66% of children in the region eligible for free & reduced lunch)

## HIGH SCHOOL GRADUATION

82%

**High School Graduates (state: 81%)**  
57% of the population has some college education (state: 72%)

## MEDIAN INCOME

\$42,414

Lowest median income: Costilla at \$31,557. Highest median income: Mineral at \$60,210  
The SLV region has a median income \$33,948 below the average urban median income of \$76,362

## MEDIAN HOME PRICE

\$176,271

Average Mortgage Cost: \$713  
In 2016, there were 99 housing foreclosures in this region.  
Home Price in Alamosa County: \$167,802  
Average Mortgage Cost: \$679

## HEALTH OUTCOMES

26%

**Adult Obesity** (compared to the state average of 22%)  
Lowest Obesity: Mineral County at 21%  
Highest Obesity: Saguache County at 29%

9%

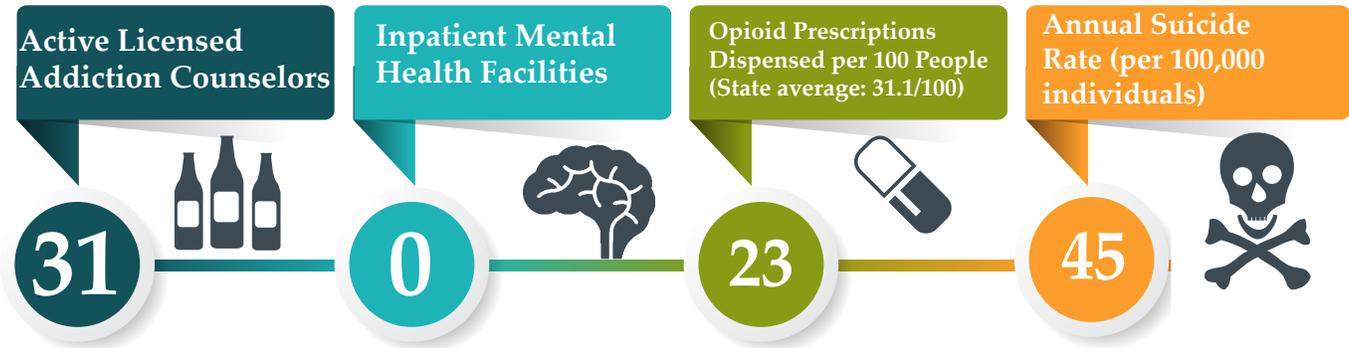
**With Adult Diabetes** (compared to the state average of 6%)



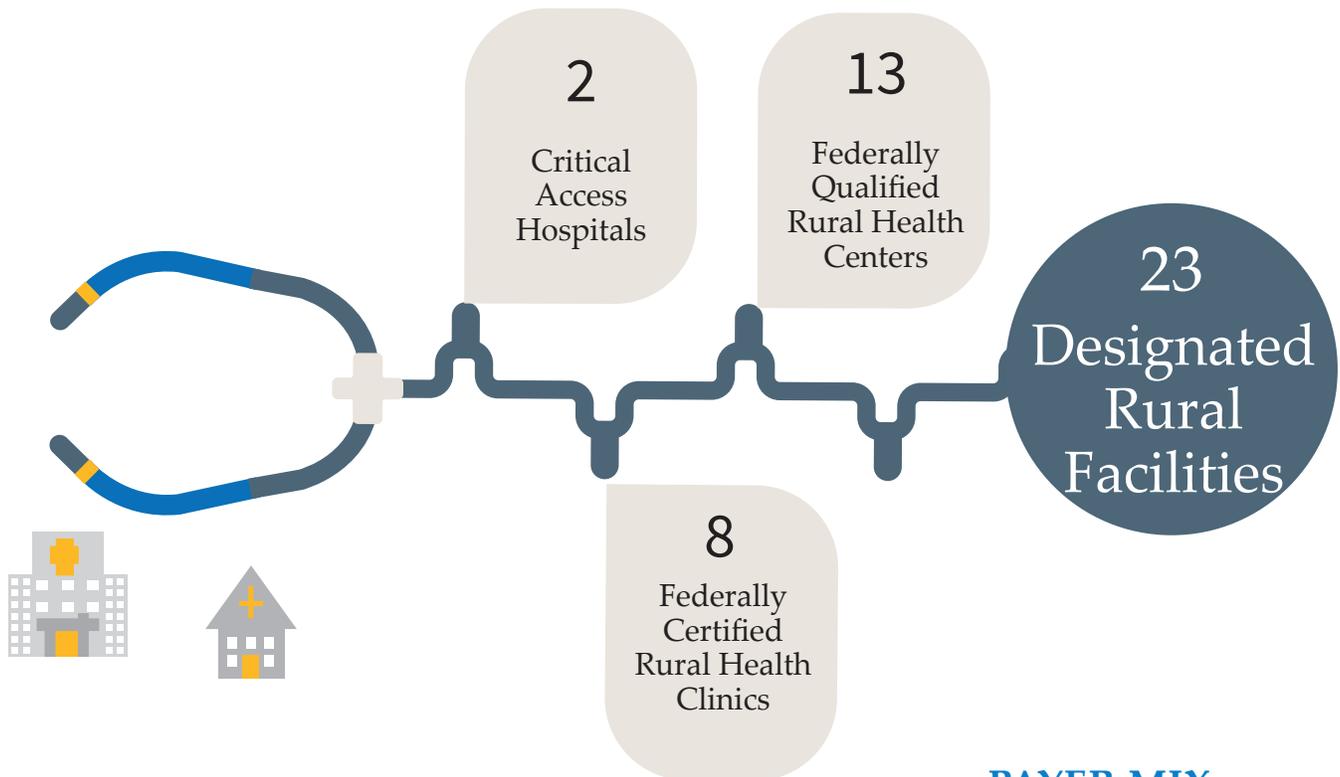
This region's teen birth rate is 28 per 1,000 women ages 15-19 while the overall Colorado rate is 19 per 1,000.

Lowest Teen Birth Rate County in Region: Alamosa - 20 per 1,000  
Highest Teen Birth Rate County in Region: Saguache - 35 per 1,000

## MENTAL AND BEHAVIORAL HEALTH



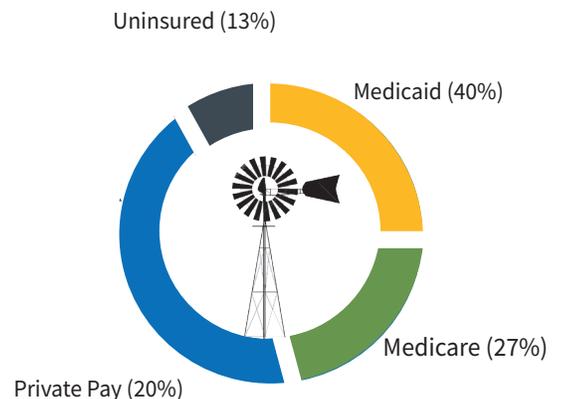
## DESIGNATED RURAL HEALTH FACILITIES



## REGIONAL PATIENTS PER PROVIDER

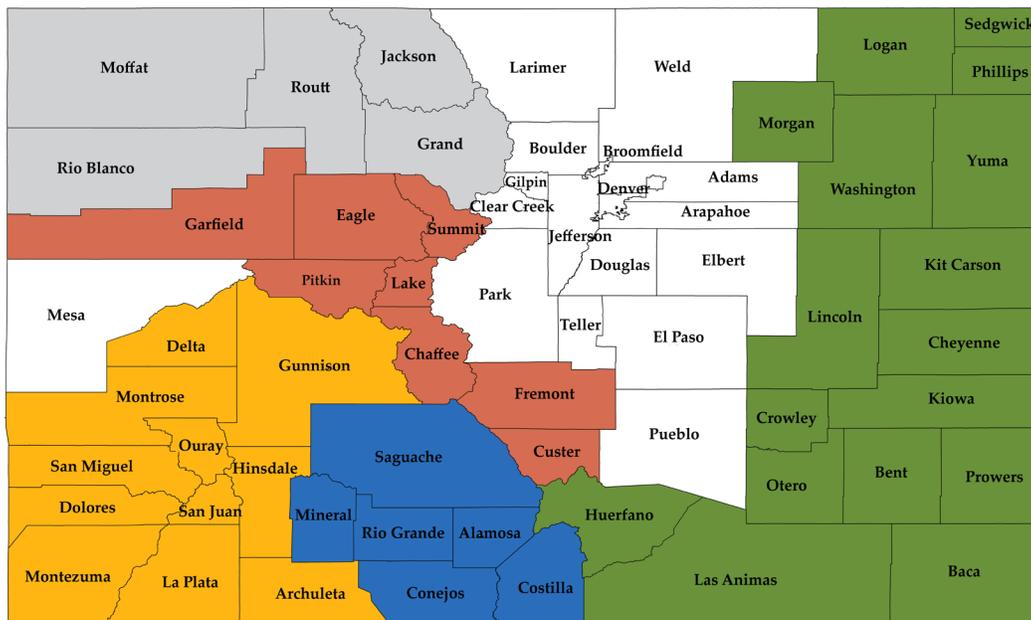


## PAYER MIX



Note: Private Pay/Other is an estimation based off the summing of Medicaid, Medicare, and Uninsured categories. To arrive at a comprehensive interpretation of payer mix, different sources were utilized with the assumption that all values will sum to 100%. Please see citation sheet for more details.

See all of the Regional Snapshot Reports at  
[coruralhealth.org/policy](http://coruralhealth.org/policy)



## REGIONS

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

For a detailed list of Snapshot data sources, please visit [coruralhealth.org](http://coruralhealth.org)