Southwest

Snapshot of Rural Health in Colorado

- 2019 -

Colorado Rural Health Center
The State Office of Rural Health
SOUTHWEST REGION
Counties Included: Archuleta, Delta, Dolores, Gunnison, Hinsdale, La Plata, Montezuma, Montrose, Ouray, San Juan, San Miguel

DEMOGRAPHICS

- Total Population: 199,805
- % of Single Parent Households: 30%
- % Living Under the Federal Poverty Line: 13%
- 2020 Median Projected Age: 44
- % of the Region enrolled in SNAP: 8%

HIGH SCHOOL GRADUATION

- % of High School Graduates: 82%
- 66% of the population has some college education
- State average of 71%

MEDIAN INCOME

- $51,567
- Lowest median income: Montezuma at $40,679
- Highest median income: San Miguel at $67,251
- The southwest region has a median income $18,277 below the average urban median income of $69,844

HEALTH OUTCOMES

- Adult Obesity: 19%
  - State average: 21%
  - Lowest Obesity: Gunnison County at 15%
  - Highest Obesity: Delta County at 23%
- Adult Diabetes: 6%
  - State average: 6%
- Teen Birth Rate: 10%
  - State average: 9%
  - This region's teen birth rate is 24 per 1,000 female population, ages 15-19 while the rate of Colorado is 24 per 1,000.
MENTAL AND BEHAVIORAL HEALTH

**Patients per Provider**
- Regional Physicians: 1:1502
- State Physicians: 1:1243
- Regional Mental Health Providers: 1:653
- State Mental Health Providers: 1:326

**Payer Mix**
- Medicaid (23.1%)
- Medicare (17.9%)
- Private Pay (47.8%)
- Insured (10.7%)

**Designated Rural Health Facilities**
- Critical Access Hospitals: 3
- Federally Qualified Health Centers: 9
- Federally Certified Rural Health Clinics: 8
- Total Designated Rural Facilities: 20

**Opportunities and Challenges**
- Active Licensed Addiction Counselors: 21
- Inpatient Mental Health Facilities: 0
- Opioid Prescriptions dispensed per 100 people: 56
- Average Age-Adjusted Death Rate per 100,000: 17
- Annual Suicide Rate (per 100,000 individuals): 31
See all of the Regional Snapshot Reports at coruralhealth.org/policy

REGIONS

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

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