Eastern Plains

Snapshot of Rural Health in Colorado

- 2018 -
**EASTERN PLAINS REGION**

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

### DEMOGRAPHICS

<table>
<thead>
<tr>
<th>Total Population</th>
<th>% of Single Family Households</th>
<th>% Living Under the Federal Poverty Line</th>
<th>2019 Median Projected Age</th>
<th>% of the region enrolled in SNAP</th>
</tr>
</thead>
<tbody>
<tr>
<td>134,502</td>
<td>30%</td>
<td>19%</td>
<td>41</td>
<td>11%</td>
</tr>
</tbody>
</table>

- Total Population: 134,502 (2.4% of the state population)
- % of Single Family Households: 30% (compared to the state average of 28%)
- % Living Under the Federal Poverty Line: 19% (compared to the state projected median age of 38)
- 2019 Median Projected Age: 41
- % of the region enrolled in SNAP: 11%

### HIGH SCHOOL GRADUATION

- % of High School Graduates: 69%
- % of the population has some college education: 54%

### MEDIAN INCOME

- Median Income: $42,971
- Lowest median income: Otero County at $34,970
- Highest median income: Cheyenne at $50,620
- The eastern plains region has a median income of $25,785 below the urban areas of the state

### HEALTH OUTCOMES

- % of Adult Obesity: 24% (compared to the state average of 20%)
- Lowest Obesity: Baca County at 19%
- Highest Obesity: Kit Carson at 28%
- % of region with Adult Diabetes: 7% (compared to the state average of 6%)
- This region’s teen birth rate is 43 per 1,000 female population, ages 15-19 while the rate of Colorado is 30 per 1,000.
- % Children born with low birthweight: 8.3% (compared to the state average of 8.8%)
MENTAL AND BEHAVIORAL HEALTH

- Active Licensed Addiction Counselors: 11
- Inpatient Mental Health Facilities: 0
- Opioid Prescribing Rate: 6%
- Percent increase in Overdose Deaths ('02-'14): 190%
- Annual Suicide Rate (per 100,000 individuals): 28

RURAL HEALTH FACILITIES

- 13 Critical Access Hospitals
- 2 Additional Rural Hospitals
- 18 Federally Certified Rural Health Clinics
- 5 Additional Rural Clinics
- Total Rural Facilities: 38

PATIENTS PER PROVIDER

- Regional Physicians: 1:2453
- Urban Physicians: 1:1713
- Regional Mental Health Providers: 1:1236
- Urban Mental Health Providers: 1:755

PAYOR MIX

- Uninsured (8.4%)
- Medicaid (29.7%)
- Medicare (15.6%)
- Private Pay (46.2%)

Rural Payer Mix
See all of the Regional Snapshot Reports at 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