SAN LUIS VALLEY REGION
Counties Included: Alamosa, Conejos, Costilla, Custer, Fremont, Mineral, Rio Grande, Saguache

DEMOGRAPHICS

Total Population (Less than 1% of the state population): 46,420
% of Single Family Households (compared to the state average of 28%): 26%
% Living Under the Federal Poverty Line: 20%
2019 Median Projected Age (compared to the state projected median age of 38): 44
% of the region enrolled in SNAP: 19%

71% of Children are Eligible for Free & Reduced Lunch

HIGH SCHOOL GRADUATION
81% % of High School Graduates
57% of the population has some college education

MEDIAN INCOME
$38,344
Lowest median income: Costilla at $27,944
Highest median income: Mineral at $50,481
The San Luis Valley has a median income $30,421 below the average urban median income of $68,756

HEALTH OUTCOMES
22% % of Adult Obesity (compared to the state average of 20%)
Lowest Obesity: Mineral County at 18%
Highest Obesity: Conejos at 25%

7% % of region with Adult Diabetes (compared to the state average of 6%)

This region’s teen birth rate is 45 per 1,000 female population, ages 15-19 while the rate of Colorado is 30 per 1,000.
11.7% % Children born with low birthweight (compared to the state average of 8.8%)
MENTAL AND BEHAVIORAL HEALTH

RURAL HEALTH FACILITIES

PATIENTS PER PROVIDER
- Regional Physicians: 1:1321
- Urban Physicians: 1:1713
- Regional Dentists: 1:5383
- Urban Dentists: 1:2342
- Mental Health Providers: 1:3584
- Urban Mental Health Providers: 1:755

PAYOR MIX
- Uninsured: 12.9%
- Private Pay: 37.5%
- Medicaid: 33.1%
- Medicare: 16.3%

17 Rural Facilities
- 2 Critical Access Hospitals
- 2 Additional Rural Hospitals
- 8 Federally Certified Rural Health Clinics
- 5 Additional Rural Clinics

Percent increase in Overdose Deaths (’02-’14): 86%
Annual Suicide Rate (per 100,000 individuals): 43
See all of the Regional Snapshot Reports at coruralhealth.org/policy