Southwest

Snapshot of Rural Health in Colorado - 2018 -

Photo: Cortez, CO

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 (About 3.6% of the state population)
- **% of Single Family Households**: 26%
- **% Living Under the Federal Poverty Line**: 13%
- **2019 Median Projected Age**: 45 (compared to the state projected median age of 38)
- **% of the region enrolled in SNAP**: 8%

**HIGH SCHOOL GRADUATION**

- **82%**
- % of High School Graduates
- 65% of the population has some college education

**MEDIAN INCOME**

- **$51,024**
- Lowest median income: Delta at $42,586
- Highest median income: San Miguel at $62,793
- The southwest region has a median income $17,732 below the average urban median income of $68,756

**HEALTH OUTCOMES**

- **19%**
- % of Adult Obesity (compared to the state average of 20%)
- Lowest Obesity: Gunnison County at 15%
- Highest Obesity: Montezuma County at 22%

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

- **9.4%**
- % Children born with low birthweight (compared to the state average of 8.8%)

This region’s teen birth rate is 30 per 1,000 female population, ages 15-19 while the rate of Colorado is 30 per 1,000.
RURAL HEALTH FACILITIES

3 Critical Access Hospitals
2 Additional Rural Hospitals
8 Federally Certified Rural Health Clinics
22 Additional Rural Clinics

35 Rural Facilities

PATIENTS PER PROVIDER

Regional Physicians: 1:1494
Urban Physicians: 1:1713
Regional Dentists: 1:1827
Urban Dentists: 1:2342
Regional Mental Health Providers: 1:692
Urban Mental Health Providers: 1:755

PAYOR MIX

Private Pay (47.8%)
Medicare (17.9%)
Medicaid (23.1%)
Uninsured (10.7%)

MENTAL AND BEHAVIORAL HEALTH

21 Active Licensed Addiction Counselors
0 Inpatient Mental Health Facilities
7% Opioid Prescribing Rate
157% Percent increase in Overdose Deaths (’02-'14)
31 Annual Suicide Rate (per 100,000 individuals)
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