The Colorado Health Foundation™

WATCH: The Cost of Living is Top of Mind for Coloradans

Watch our latest video about our findings from Pulse on affordability and financial security.

(Subtítulos disponibles en español)

We know there are many factors that affect Coloradans' abilities to have health closer in reach – and financial security is one key measurement. Through Pulse, we learned: while Coloradans are expressing belief in a strong economic recovery, they are also feeling pinched by the state's increasing cost of living – from the lack of affordable housing to the high cost of child care. Often, this financial insecurity is paired with challenges to mental health and well-being, including anxiety and depression.

Pulse found that **nearly half of all Coloradans** are worried about at least one of four major financial stressors, including:

- Losing their home because they cannot afford to pay their rent or mortgage;
- Keeping their jobs;
- Having health insurance coverage;
- Or, even affording enough food to eat.

All of these stressors are having a deeper impact on communities of color, Coloradans living on low incomes and people living with disabilities.

Learn more and dig into the data yourself on our results page.

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Blog

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