



## Join Us to Learn Insights from The Colorado Health Foundation's 2025 Pulse Poll

From the rising cost of living and persistent housing challenges to concerns about government dysfunction and mental health, **Pulse: The Colorado Health Foundation Poll** captures how people across Colorado are experiencing life in our state. Each year, the poll provides critical insights to inform policies that shape the health and well-being of our communities.

This year's findings offer both a deeper understanding of Coloradans' priorities and a clear signal to policymakers and community leaders: **people are under pressure—and increasingly unsure whether anyone is listening.** The most pressing takeaways from this year's results include:

- **Government and politics now top the list of concerns.** For the first time in Pulse history, more Coloradans pointed to political dysfunction and polarization as their greatest worry—even ahead of cost of living.
- **Affordability remains a daily pressure.** Housing costs, health care, and basic expenses continue to stretch household budgets, especially for renters, young adults, and people without health insurance.
- **People are adjusting—but not necessarily doing better.** There are fewer signs of growing financial struggle, but also fewer signs of meaningful improvement. Many Coloradans appear to be coping with a new, more constrained normal.

- **Trust in civic action is low.** Most people don't believe that contacting elected officials or speaking up at meetings will lead to real change—though volunteering remains a bright spot.
- **Experiences vary widely.** Data cuts show significant differences across rural and urban regions, political affiliations (including unaffiliated voters), and economic circumstances, highlighting the need for tailored solutions.

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