

Healthiest Colorado

Our Community, Our Story

COSTILLA COUNTY

Health doesn't happen only at the doctor's office. It happens in our homes and our schools and our neighborhoods. It's part of where we work and where we worship, where we shop and where we socialize.

Health is everyone's business. And it depends on many things. Nutritious and affordable food. Convenient and safe places to exercise. Meaningful employment opportunities. Good schools. Supportive family, friends and neighbors. Engaged public officials.

Health is intensely personal, shaped by our genes, habits and beliefs.

At the same time, it is a community commitment, the promise that our shared decisions and efforts will make it easier for each of us to live a healthier life.

Across Colorado, each community is different. Priorities

for health in Pueblo are different than those in Paonia. Sterling's challenges are not the same as South Fork's.

Data in this Colorado Health Report Card Data Spotlight help to pinpoint those differences.

The crucial next step is learning from the insights of caring community members.

Together, the data and the personal experiences add up to a community's story.

And that is where we can best focus the hard work of creating the healthiest Colorado.

OUR COMMUNITY: COSTILLA COUNTY

Who we are as a community shapes how we move forward together. These data help to paint that picture.

POPULATION

3,596

Colorado: 5,439,294

↑ **2.6%** from 3,505 in 2013

↑ **3.8%** to 3,733 by 2020.*

*Projected. Colorado's projected population growth rate is 8.9%.

AGE

Median Age:

50.8

Colorado: 36.5

Population Under 19:

20.4%

Colorado: 24.8%

Increase in 65+ Population by 2020:

6.9%

Colorado: 25.9%

RACE/ETHNICITY

31.4% White
Colorado: 69.7%

65.1% Hispanic
Colorado: 20.8%

Primary Language at Home

49.9% English
Colorado: 83.2%

47.7% Spanish
Colorado: 11.8%

OUR HEALTH: COSTILLA COUNTY

Health is influenced by our surroundings and our choices, our economic opportunities and our education. In other words, where we live, work and play impacts our health.

ECONOMIC STABILITY

Money matters. The connection between income and health is clear. Good jobs and wages provide the resources needed to build healthy lives.



Average Hourly Wage

\$12.98

That's 51.5% lower than the Colorado average of \$26.78



Unemployment Rate

6.5%

Higher than the Colorado rate of 4.3 percent



Median Household Income

\$28,233

Lower than Colorado's \$58,942

26.0% of residents live in poverty

Statewide, 12.9 percent of Coloradans live in poverty.

EDUCATION

A high school diploma is a good health insurance policy.

Getting an education is an important step toward a good job, a decent paycheck and a safe place to live. It's also a critical ingredient for good health.



Reading

80.0%

of third graders are proficient in reading.

That compares to the statewide average of 71.5%



High School Graduation

92.9%

of high school students – 39 of 42 – graduated on time in 2014.

That's higher than the statewide rate of 77.3%



Post-Secondary

25.8%

of adults between 25 and 44 have some post-secondary education.

The state rate is 70.0%

NEIGHBORHOODS AND THE BUILT ENVIRONMENT

Having a place to call home is healthy. Yet high housing costs often require difficult and stressful trade-offs.

40.2%

of households spent more than 30 percent of their monthly income on a mortgage. That's 6.3 percentage points higher than the Colorado average of 33.9%



53.6%

of households spent more than 30 percent of their monthly income on rent. That's higher than the Colorado average of 48.8% of renters

SOCIAL AND COMMUNITY CONTEXT

Making our voices heard at the ballot box is one way to build a healthy community. Community members must feel that voting is worthwhile and that elected officials are listening to them.

69.9%

of registered voters voted in the **2012 presidential election.**

That is nearly the same as the 71.2% of Colorado registered voters.



55.0%

of registered voters voted in the **2014 mid-term elections.**

That compares with 56.9% of Colorado registered voters.

HEALTH AND HEALTH CARE

Health insurance makes a difference. People with coverage get more preventive care and other care they need, they're generally healthier and they have more financial security.

Health Insurance*

8.5%

don't have health insurance. Compared with the statewide rate of 6.7%.



49.4% drop in uninsurance between 2013 and 2015. The statewide decline was 53.1%.

Preventive Visits*

62.5%

had a preventive care visit in the past 12 months.

Lower than the Colorado rate of 66.1%.

*For the region of Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache counties

Costilla County is on the road to better health.

4.6%

turn to an emergency room for their health care, down from 9.0% in 2013.

15.2%

are underinsured compared to 16.4% of all Coloradans.

8.2%

report they did not get needed mental health care compared to 9.0% statewide.

But there's still work to do for a healthier Costilla County.

73.9%

rate their health as excellent, very good or good in 2015, lower than the statewide rate of 86.8%.

54.4%

visited a dentist in the past 12 months, less than the statewide rate of 68.3%.

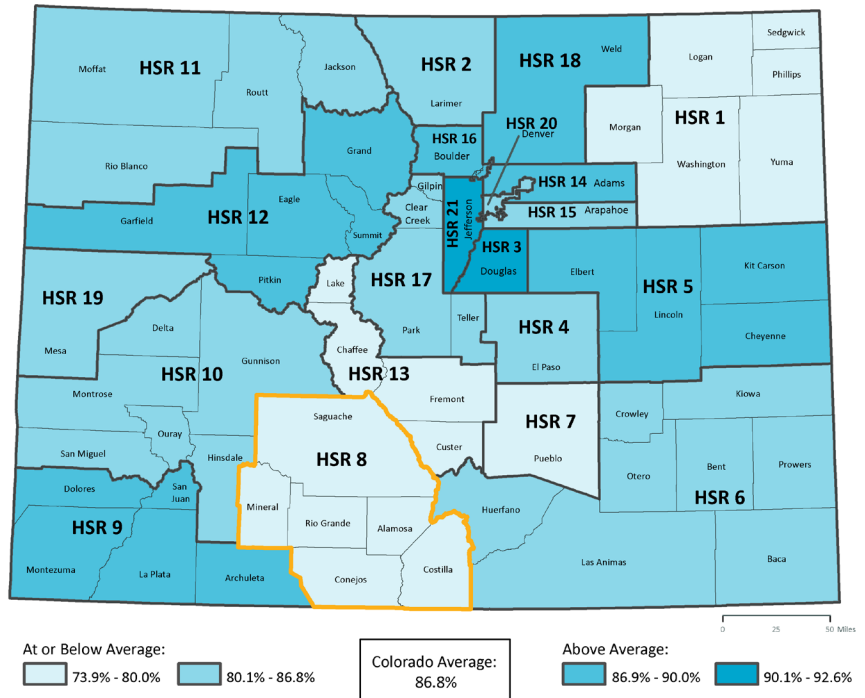
31.8%

strongly agree the health system meets their family's needs compared to 39.7% statewide.

*All data on this page reflect the region of Alamosa, Conejos, Costilla, Mineral, Rio Grande and Saguache counties

Different Communities, Different Health

Percentage Reporting Excellent, Very Good or Good Health, by Health Statistics Region (HSR), 2015



Map prepared September 2015 by the Colorado Health Institute
Source: 2015 Colorado Health Access Survey

Across Colorado, we are making slow but steady progress toward becoming a straight-A state when it comes to health. The 2015 Colorado Health Report Card showed improvement in many areas.

Still, one of each seven Coloradans says their health is fair or even poor. This means that more than 651,000 Coloradans wake up each day without the advantage of good health.

We can tackle these challenges. Being in the business of health means having healthy relationships. And the most important relationships are among yourselves.

Working together will make it possible for you to be your healthiest. And for your family, your neighbors, your community and your state to be their healthiest, too.

