



A Profile of the People You Serve

CONGRESSIONAL DISTRICT 3 FEBRUARY 2026



The Colorado Health Foundation™



COLORADO HEALTH INSTITUTE

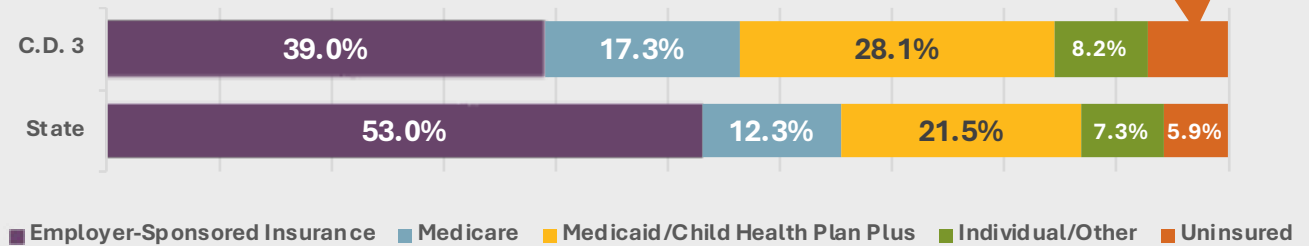


Congressional District 3

Health Insurance

Medicaid membership is **higher than the state average** in this district.
The uninsured rate is **higher than the state rate**.

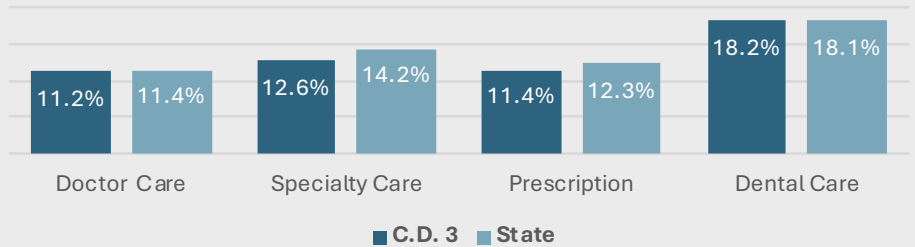
7.3%
uninsured



Barriers to Health Care

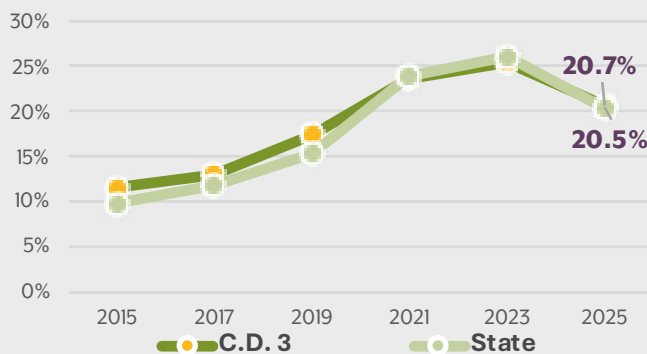
11.2% of people in this district could not get doctor care they needed in 2025.

Percentage of people who needed but didn't get medical care



Mental Health

Eight or more days of poor mental health in the past month, ages 5 and up



Needed but couldn't get mental health care **11.9%**

State rate: 12.9%

Affordability

34.1%

of people in this district had trouble paying for medical care, housing, or food in 2025.

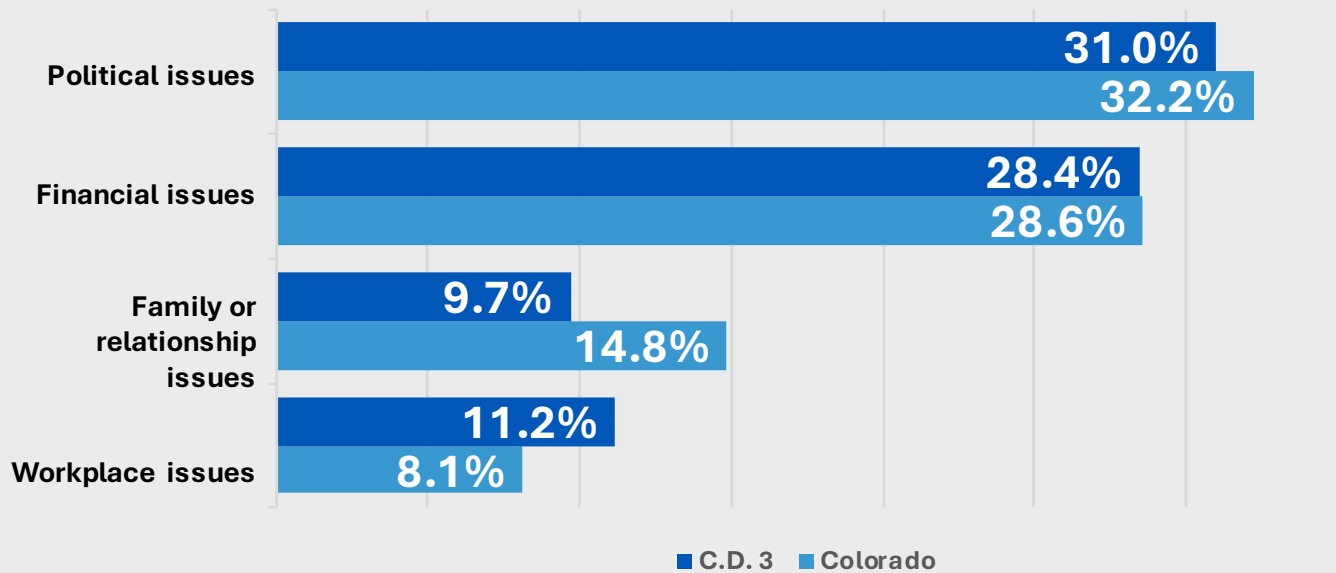
State rate: 33.7%

	Medical Care	Housing	Food
District	26.7%	11.1%	11.3%
State	27.5%	11.3%	10.5%

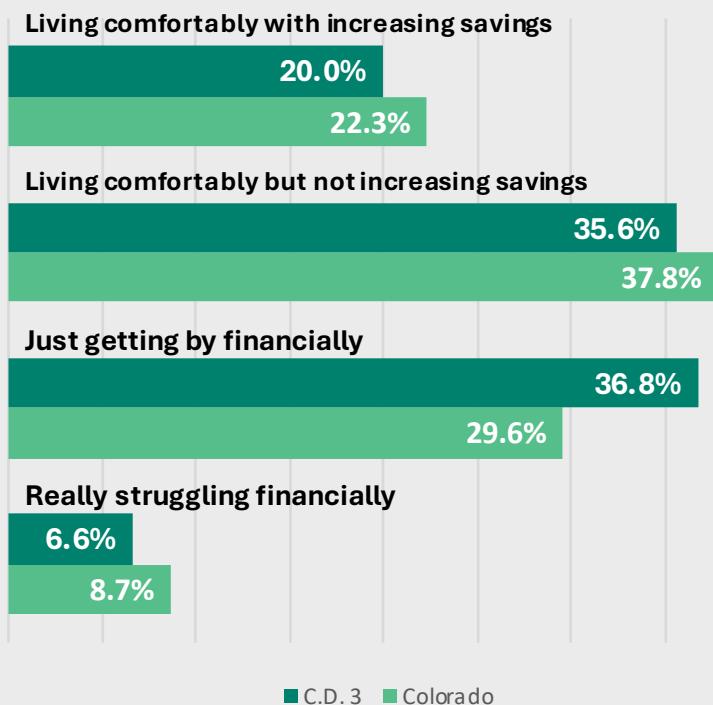
Congressional District 3

According to 2025 Pulse data, government and politics was cited as the top concern facing Colorado, followed by cost of living and housing affordability.

Top contributors to mental health strain



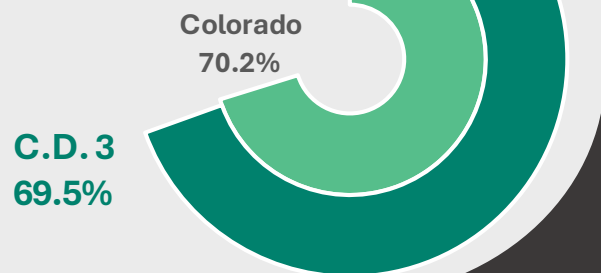
Economic Well-Being



In order to pay the rent or mortgage:

- District**
28.8% Had to cut back on other needs like food or health care
- 25.6%** Had to get a second job or work extra hours
- 22.3%** Took on high-interest debt like credit cards or payday loans

Are you worried about whether you will be able to afford to live in Colorado in the future?



Context of Federal Funding for Your Constituents

Actions taken by the federal government through the passage of H.R. 1 will have significant impacts on the lives of Coloradans. This timeline is shared to inform decisions made by Colorado policymakers.

2025

JULY

▶ **H.R. 1 passes.**

Immediate effect was a loss of \$1.2 billion in state tax revenue.

OCTOBER

▶ **SNAP work requirements expanded to include adults 55 to 64, parents with children 14 to 17.**

- Refugees and asylees no longer eligible for SNAP.
- SNAP Education grant terminated, eliminating \$6 million in annual funding to nutrition education programs in Colorado.

AUGUST

▶ **Colorado governor calls special session, resulting in \$250 million in cuts to health, housing, and higher education.**

DECEMBER

▶ **Federal government grants Colorado \$200 million through the new Rural Provider Relief fund. Rural hospitals, clinics, and other health providers will be eligible to apply for this funding.**

JANUARY

▶ **Enhanced subsidies end for people purchasing insurance through Connect for Health Colorado.**

▶ **Federal government freezes about \$300 million in Colorado for child care subsidies, Temporary Assistance for Needy Families, and the Social Services Block Grant. The state sues to reverse this decision.**

2026

OCTOBER

▶ **About 7,000 immigrants barred from Medicaid, including refugees, asylees, humanitarian parolees, and trafficking survivors.**

▶ **SNAP funding cuts begin.**

State and counties must pay an extra \$50 million for administrative costs.

2027

JANUARY

▶ **Medicaid work requirements begin for about 380,000 Coloradans.**

Eligibility checks increase to twice a year, instead of annually.

OCTOBER

▶ **Cuts begin for Medicaid's Hospital Provider Fee.**

Colorado could lose \$900 million to \$2.5 billion annually by 2032.

▶ **Federal government stops paying full cost of SNAP food benefits.**

States must pay up to 15%, based on their payment error rates.



The Colorado Health Foundation™



About the Pulse Poll

At The Colorado Health Foundation, we believe in listening first. Each year, we ensure Coloradans' voices are heard on crucial issues like affordable housing, health care, and mental well-being. Working with a bipartisan polling team, we gather data rooted in Coloradans' experiences and perspectives. Pulse provides valuable insights to inform policy decisions that will have a lasting impact on the well-being of Colorado's communities for years to come.

For more information, visit www.copulsepoll.org.

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About The Colorado Health Foundation

The Colorado Health Foundation is a nonprofit and nonpartisan private foundation that works statewide to advance our mission to improve the health and well-being of Coloradans. Through community engagement, research, grantmaking, and private sector investments, the Foundation aims to ensure that everyone in Colorado has what they need to be healthy.

Learn more at www.coloradohealth.org.



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About the Colorado Health Access Survey

Since 2009, the biennial Colorado Health Access Survey has been the premier source of data on health coverage, access to health care, and the factors that influence health in Colorado. With nine surveys spanning nearly two decades, the CHAS provides a reliable source of information on the health trends and issues affecting our state. For more information, visit colo.health/CHAS.

About the Colorado Health Institute

The [Colorado Health Institute](http://coloradohealthinstitute.org) is a nonprofit public health institute. We work to improve the systems that influence people's health and well-being. We provide resources for people seeking to make those systems more effective and equitable. We answer critical questions, make sense of complex issues, and support others to reach actionable solutions. Visit coloradohealthinstitute.org.

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