

Executive Summary

Outcomes for Colorado's Rural, Rural Resort, and Urban Communities

The below tables present data for each health and social determinant of health indicator included in the quantitative analysis. Values are color-coded to show how rural and rural resort communities compare with urban areas. The report uses statistical tests (two-sided z-tests) to highlight relatively large disparities, defined as differences of at least 1.96 standard deviations between groups.

- **Orange shading** indicates the community type fared **less favorably** than urban communities on a given indicator.
- **Green shading** indicates **more favorable** outcomes.
- **No shading** indicates **no statistically significant difference**.
- Statewide values are provided for reference.

Accessibility Note: We recognize that in some cases where computer blue light filters are used, the shading may appear a different color. In these cases, please refer to the data.

Table 1. Health Outcomes by Community Type

Indicator	Rural Resort	Rural	Urban	Statewide
Health Status Indicators (%, 2021-2023 combined)				
Adults reporting fair or poor health status	11%	17%	14%	14%
Adults reporting their physical health was not good for 14+ days in the past month	8.7%	13%	11%	11%
Adults reporting their mental health was not good for 14+ days in the past month	11%	14%	15%	15%
Deaths and Premature Mortality (rate per 100,000 population, 2021-2023 combined)				
Death rate, all causes, age-adjusted	521	826	728	727
Premature mortality (years of potential life lost before age 75)	5,717	9,982	7,353	7,499
Chronic Disease Deaths (rate per 100,000 population, 2021-2023 combined)				
All-site cancer deaths, age-adjusted	97	133	123	122
Lung cancer deaths, age-adjusted	15	23	20	20
Colorectal cancer deaths, age-adjusted	6.9 [†]	14	11	11
Breast cancer deaths, age-adjusted (Rate per 100,000 females)	16 [†]	21	18	18
Prostate cancer deaths, age-adjusted (Rate per 100,000 males)	17 [†]	21	20	20
Heart disease deaths, age-adjusted	102	145	126	127
Chronic lower respiratory disease deaths, age-adjusted	23	49	35	36
Cerebrovascular disease (stroke) deaths, age-adjusted	25	30	35	34
Alzheimer's disease deaths, age-adjusted	13	21	32	30
Liver disease/cirrhosis deaths, age-adjusted	14	23	19	19
Diabetes mellitus deaths, age-adjusted	6.8 [†]	22	18	18
Injury Deaths (rate per 100,000 population, 2021-2023 combined)				
Drug-related overdose deaths, age-adjusted	20	33	31	31
Deaths due to motor vehicle crashes, age-adjusted	13	23	12	13
Suicide deaths, age-adjusted	21	30	21	22
Communicable Disease Deaths (rate per 100,000 population, 2021-2023 combined)				
Flu and pneumonia deaths, age-adjusted	4.2 [†]	7.9	5.7	5.9

[†] Note: Statistical tests were not performed because the death count for this indicator was under 100 for this group in 2021-2023. Data sources for each indicator in this table are included in Appendix C.