The COVID-19 pandemic had wide-ranging health and social effects. The Colorado Health Access Survey captured evidence of many of these effects, including:

Percentage of Coloradans age 16+ in this region reporting the following effects of the COVID-19 pandemic:

- **Decline in mental health**
  - Lowest Region: 27%
  - Highest Region: 49.4%

- **Decline in physical health**
  - Lowest Region: 9.8%
  - Highest Region: 23.3%

- **Continued working as an essential worker**
  - Lowest Region: 29.1%
  - Highest Region: 46.2%

- **Had reduced hours/income**
  - Lowest Region: 19.4%
  - Highest Region: 35.7%

### HEATH STATUS

- **14.4%**
  - Of people reported poor general health
  - Lowest Region: 3.6%
  - Highest Region: 20.6%

- **19.6%**
  - Of people reported poor oral health
  - Lowest Region: 6.9%
  - Highest Region: 31%

- **23.4%**
  - Of people ages 5+ reported poor mental health
  - Lowest Region: 16.9%
  - Highest Region: 29.2%

### MENTAL HEALTH

- **15.0%**
  - Did not get needed mental health care in the past 12 months
  - Lowest Region: 9.6%
  - Highest Region: 17.6%

- **17.8%**
  - Expect to need mental health care in the next 12 months
  - Lowest Region: 10.6%
  - Highest Region: 26.6%

- **18.5%**
  - Talked with a general doctor about their mental health
  - Lowest Region: 13.9%
  - Highest Region: 28%

- **12.7%**
  - Talked with a mental health provider about their mental health
  - Lowest Region: 9.6%
  - Highest Region: 20.9%

### ORAL HEALTH

- **61.0%**
  - Had dental insurance
  - Lowest Region: 59.6%
  - Highest Region: 87.4%

- **56.7%**
  - Visited a dentist in the past 12 months
  - Lowest Region: 55.4%
  - Highest Region: 81.2%

- **6,438 people**
  - had dental pain that kept them from everyday activities

- **10,150 people**
  - didn’t go to the dentist because they were worried about pain
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