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: 20.1%
  - Highest Region: 46.2%

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

### HEALTH STATUS

- **20.2%** of people reported poor general health
  - Lowest Region: 3.6%
  - Highest Region: 20.6%

- **24.2%** of people reported poor oral health
  - Lowest Region: 6.9%
  - Highest Region: 31%

- **22.8%** of people ages 5+ reported poor mental health
  - Lowest Region: 16.9%
  - Highest Region: 29.2%

### MENTAL HEALTH

- **14.7%** did not get needed mental health care in the past 12 months
  - Lowest Region: 9.6%
  - Highest Region: 17.6%

- **18.8%** expect to need mental health care in the next 12 months
  - Lowest Region: 10.6%
  - Highest Region: 26.6%

- **23.1%** talked with a general doctor about their mental health
  - Lowest Region: 13.9%
  - Highest Region: 28%

- **13.8%** talked with a mental health provider about their mental health
  - Lowest Region: 9.6%
  - Highest Region: 20.9%

### ORAL HEALTH

- **77.7%** had dental insurance
  - Lowest Region: 59.6%
  - Highest Region: 87.4%

- **59.3%** visited a dentist in the past 12 months
  - Lowest Region: 55.4%
  - Highest Region: 81.2%

- **48,920 people** had dental pain that kept them from everyday activities

- **48,232 people** didn’t go to the dentist because they were worried about pain

### MISSED CARE

When trying to receive health care in the past 12 months, did you...

- **Not Fill a Prescription**: 12.0%
  - Due to Cost: 4.9%
  - For Any Other Reason: 6.1%

- **Not Get General Doctor Care**: 13.9%
  - Due to Cost: 6.3%
  - For Any Other Reason: 7.3%

- **Not Get Specialist Care**: 13.6%
  - Due to Cost: 8.5%
  - For Any Other Reason: 5.1%

- **Not Get Dental Care**: 23.7%
  - Due to Cost: 15.7%
  - For Any Other Reason: 8.0%

Download profiles for all 21 Health Statistics Regions and the State of Colorado at colo.health/CHAS21
In the past 12 months, did not receive needed care because...

- **You couldn't get an appointment as soon as you needed one:**
  - 2015: 17.6%
  - 2017: 16.5%
  - 2019: 28.0%
  - 2021: 18.8%

- **The doctor's office wasn't accepting patients with your type of insurance:**
  - 2015: 10.0%
  - 2017: 13.1%
  - 2019: 9.4%
  - 2021: 11.1%

- **The doctor's office wasn't accepting new patients:**
  - 2015: 7.1%
  - 2017: 9.9%
  - 2019: 8.7%
  - 2021: 8.9%

* Asked of currently insured

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The Colorado Health Institute believes that good health policy leads to a healthier Colorado. Every day we bring research, insight, and expertise to leaders across the state because informed decisions lead to better health for all. The Colorado Health Access Survey is the premier source of information on health insurance coverage, access to health care, and use of health care services in Colorado.