

Health



The Colorado Lotus Project frames its work around seven areas to better understand the strengths and disparities faced by Asian American and Native Hawaiian and Other Pacific Islander (AANHPI) communities. These include demographics, health, housing, income and economic opportunity, education, crime and justice, and democracy.

This fact sheet highlights data and community voices related to health, including the physical and mental health status of AANHPI people in Colorado and their access to care.

Spotlights

1. AANHPI communities report fair or poor general health status at rates comparable to or lower than the overall state average, but this varies by specific identity.

However, this may not show the full picture. The percentage of people experiencing fair or poor general health ranges from 3.7% to 13.8% for various AANHPI identities in Colorado, compared with the state average of 13.2%.¹

2. Rates of poor mental health are at an all-time high across Colorado. Korean adults and AANHPI high school students report high rates of poor mental health.

While the ability to separate self-reported mental health status among AANHPI identities is limited, data show that 22.2% of Korean people in Colorado report mental health distress, defined as 14 or more poor mental health days in the last month. By comparison, 12.4% of people in Colorado report mental health distress.¹

3. Colorado has a lack of culturally and linguistically responsive providers to meet the needs of AANHPI communities, and access to care and to insurance vary greatly by community.

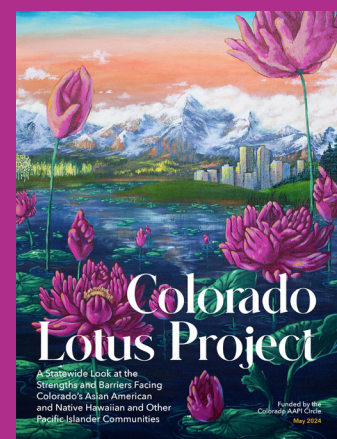
"I had to interpret for my parents when they would go to the doctor. There's a lack of accommodation for Asian families. There's also a lack of research and understanding of what Asian populations need."

– Participant in the East Asian-identifying focus group

Colorado Lotus Project:

A Statewide Look at the Strengths and Barriers Facing AANHPI Coloradans

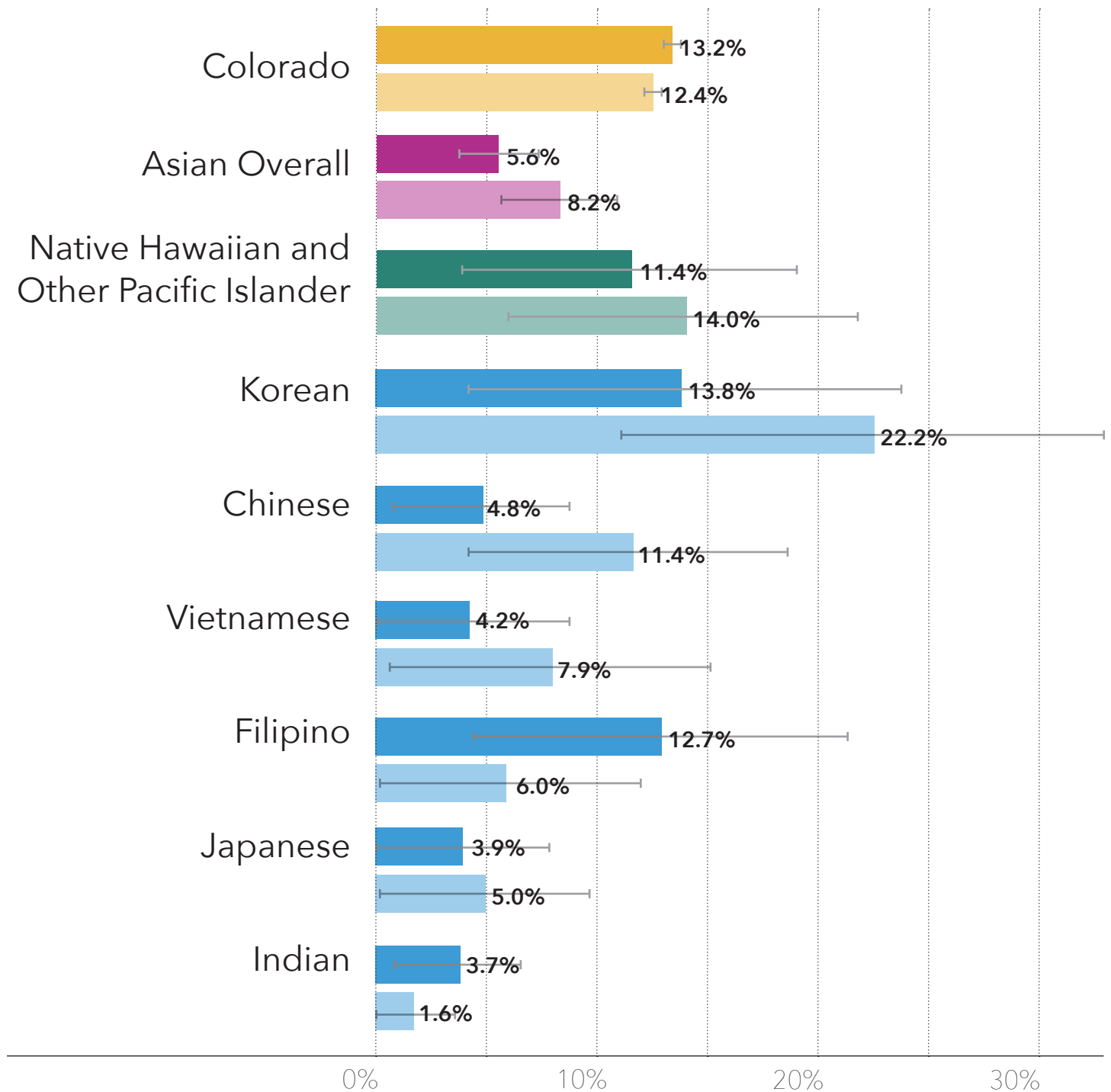
The Colorado Lotus Project is an effort to uplift the unique voices and experiences of Asian American and Native Hawaiian and Other Pacific Islander (AANHPI) people living in Colorado, and to tear down the idea that the AANHPI community is a monolith. The goal of this work is to call attention to the need for better data and to achieve a more equitable allocation of resources.



For more data, a better understanding of the experiences of the people behind the numbers, and the methodology for reporting, read the full Colorado Lotus Project report colo.health/COlotus

Percentage of People 18 and Older in Colorado Reporting Fair or Poor General Health and Mental Health Distress, by AANHPI Identity (2017-2021)¹

● ● ● ● Fair or Poor General Health
● ● ● ● Mental Health Distress (14 or more poor mental health days in the last month)



*Native Hawaiian, Guamanian, Chamorro, Samoan, and Other Pacific Islander are available categories in this data source but have been included in one group of "Native Hawaiian and Other Pacific Islander" due to small sample sizes. AANHPI identities beyond this are unavailable due to the way data are collected. Gray lines represent confidence intervals, which show the degree of certainty of the data. There is 95% confidence that the true value lies between the range indicated by the interval.