

COSTILLA COUNTY

Coloradans across the state say their mental health is good. However, while fewer than one in 10 people report poor mental health in some areas of the state, more than one in five struggle with mental health in other regions.

Rates of good mental health in Costilla County vs. Colorado vs. other rural parts of the state.

Self-reported good, very good, or excellent mental health status by county, 2019



Studies have shown that both urban and rural areas face mental health challenges. [28,29]

However, this is not to say geography doesn't matter. Factors such as increased isolation and poverty vary across the state and are known to impact mental health.

In addition, insurance coverage rates and access to mental health professionals pose greater challenges to many areas of Colorado – often rural counties. [28]

Insurance status varies across the state.

Percentage with health insurance by geography, 2019

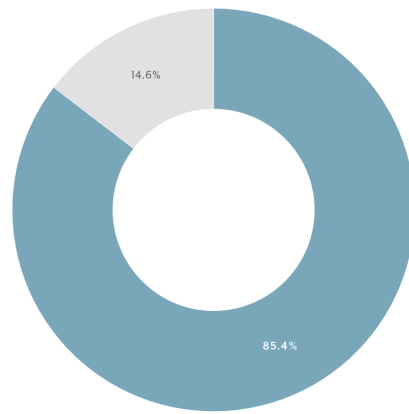


In 2019, 10 years after the Affordable Care Act was passed, 360,000 Coloradans lacked health insurance coverage.

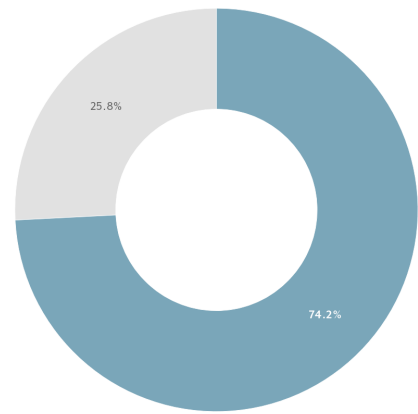
One large, randomized control trial found that insurance coverage is associated with improvements in mental health, including a 10 percent improvement in depression rates. [7]

Percentage reporting good mental health by insurance status, 2019

Insured Coloradans are more likely to report good mental health.



Insured
Percent Good Mental Health: 85.4%



Uninsured
Percent Good Mental Health: 74.2%

Housing is closely associated with health, including mental health.

Percentage reporting stable housing by geography, 2019

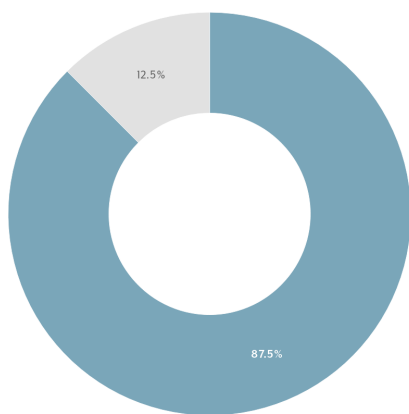


This goes beyond feeling safe in your home. A lack of stable housing can also harm mental health later in life. [8]

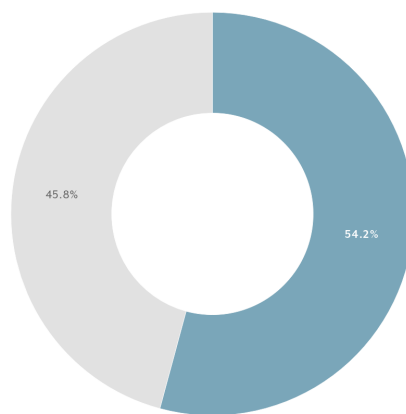
Housing instability is present in communities throughout the state. While the cost and availability of housing in Denver is a challenge for many residents, Colorado's rural communities are just as likely to have problems with housing

security as those on the Front Range. The dynamics vary between high-cost resort towns in the mountains and agricultural towns where the housing stock is older and limited.

Percentage reporting good mental health by housing stability, 2019



Housing Stable
Percent Good Mental Health: 87.5%



Housing Unstable
Percent Good Mental Health: 54.2%

Coloradans with stable housing report better mental health.