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The Colorado Health Foundation Poll

2022 Findings: Coloradans on Health and Well-Being



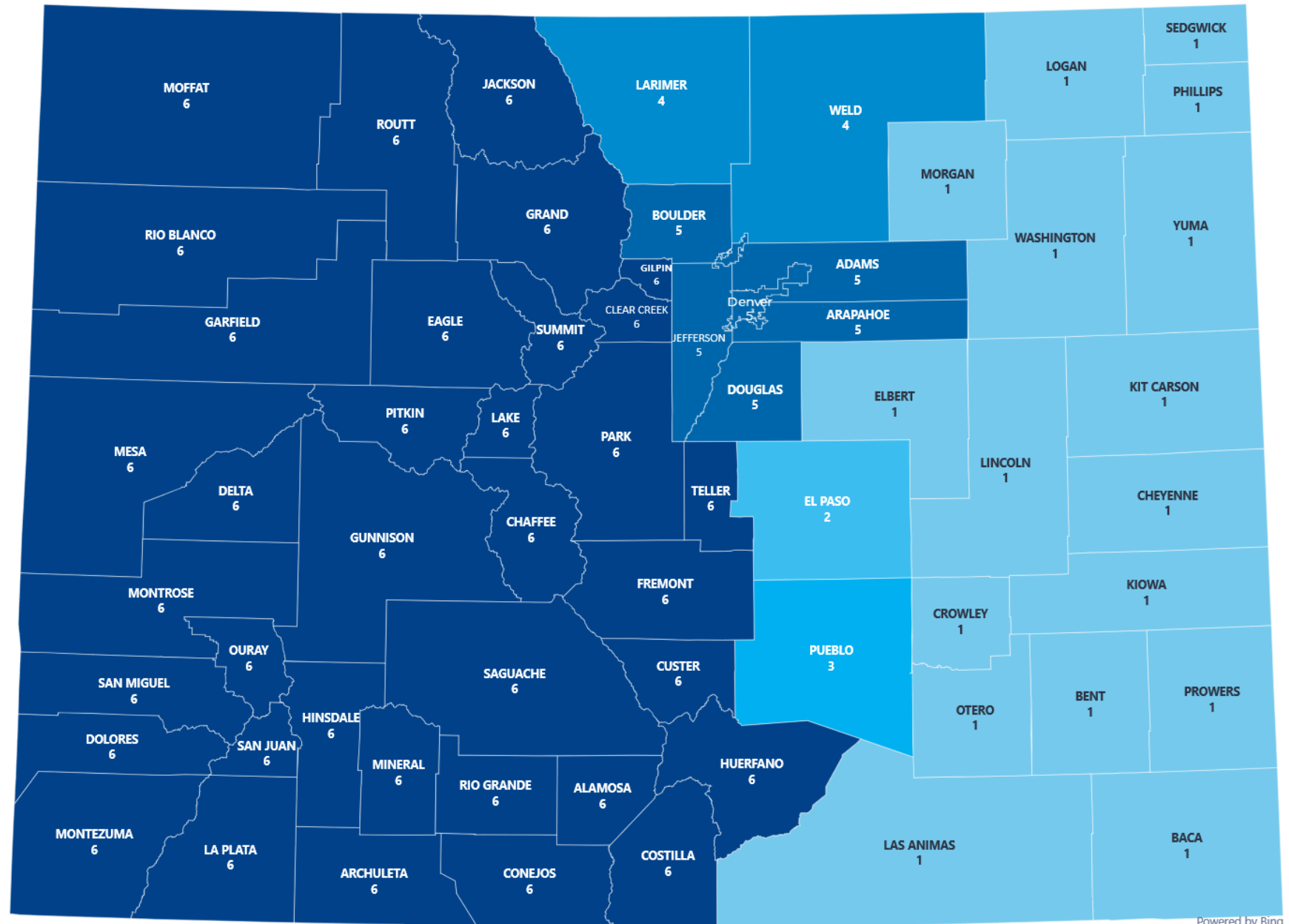
Survey Specifics and Methodology

(Not All Results Will Sum to 100% Due to Rounding)

Dates	April 5-26, 2022
Research Team	FM3 Research (D) and New Bridge Strategy (R)
Survey Type	Dual-mode Phone and Online Survey of Adult Coloradans
Total Interviews	2,985 Coloradans including oversamples of Black/African American, Native American/Indigenous, and Asian American Coloradans, as well as residents of Pueblo County
Margin of Sampling Error	±2.2% at the 95% Confidence Level
Contact Methods	<div> Telephone Calls</div> <div> Email Invitations</div> <div> Text Invitations</div> <div> Postcard Invitations</div>
Data Collection Modes	<div> Telephone Interviews</div> <div> Online Interviews</div>
Languages	English and Spanish

Colorado Region Map

Eastern Plains (1)	3%
El Paso (2)	13%
Pueblo (3)	3%
Larimer Weld (4)	11%
Denver Metro (5)	56%
Western Slope (6)	14%



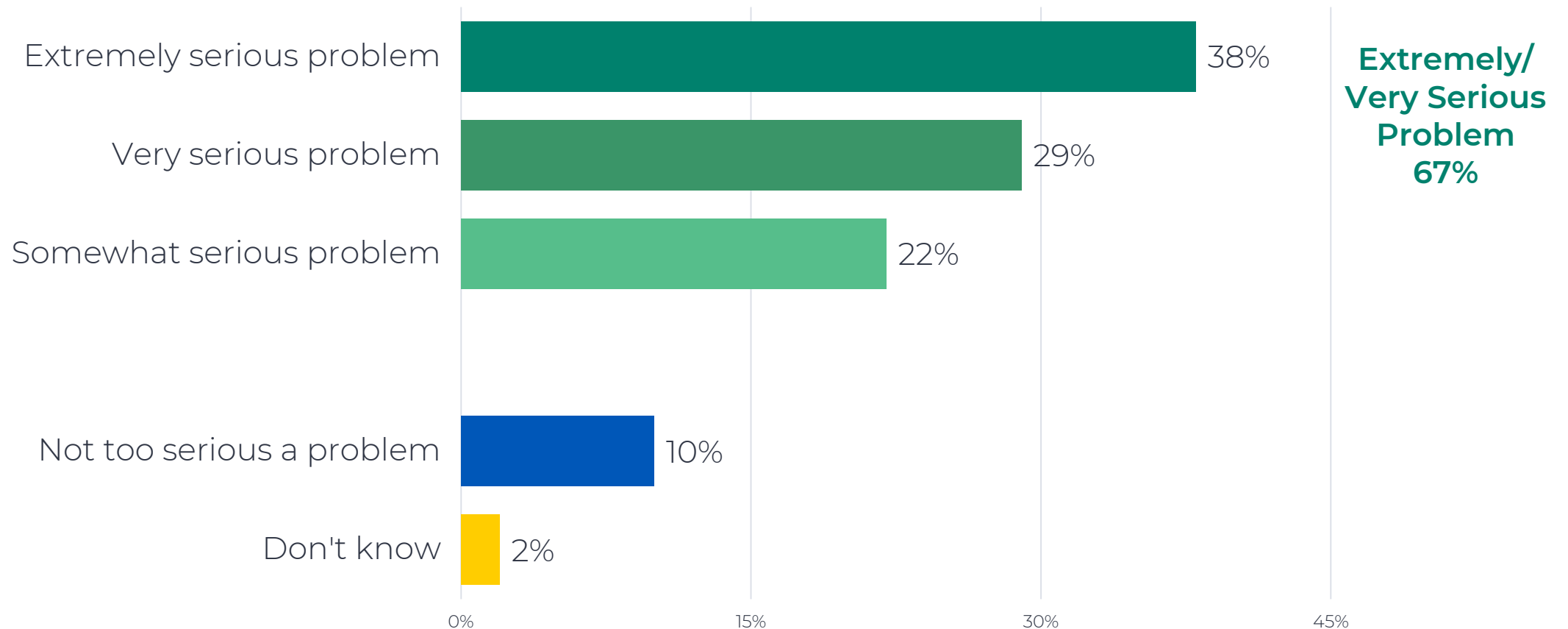
A blurred background image showing a group of people in a meeting or workshop. In the foreground, a person's hands are visible, writing in a small notebook with a pen. The scene is dimly lit, with a blueish tint. The text 'Concern about Health and Well-Being' is overlaid in white, bold, sans-serif font.

Concern about Health and Well-Being

Two-thirds of Coloradans label the cost of health care a “very serious” problem.

Q14g. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

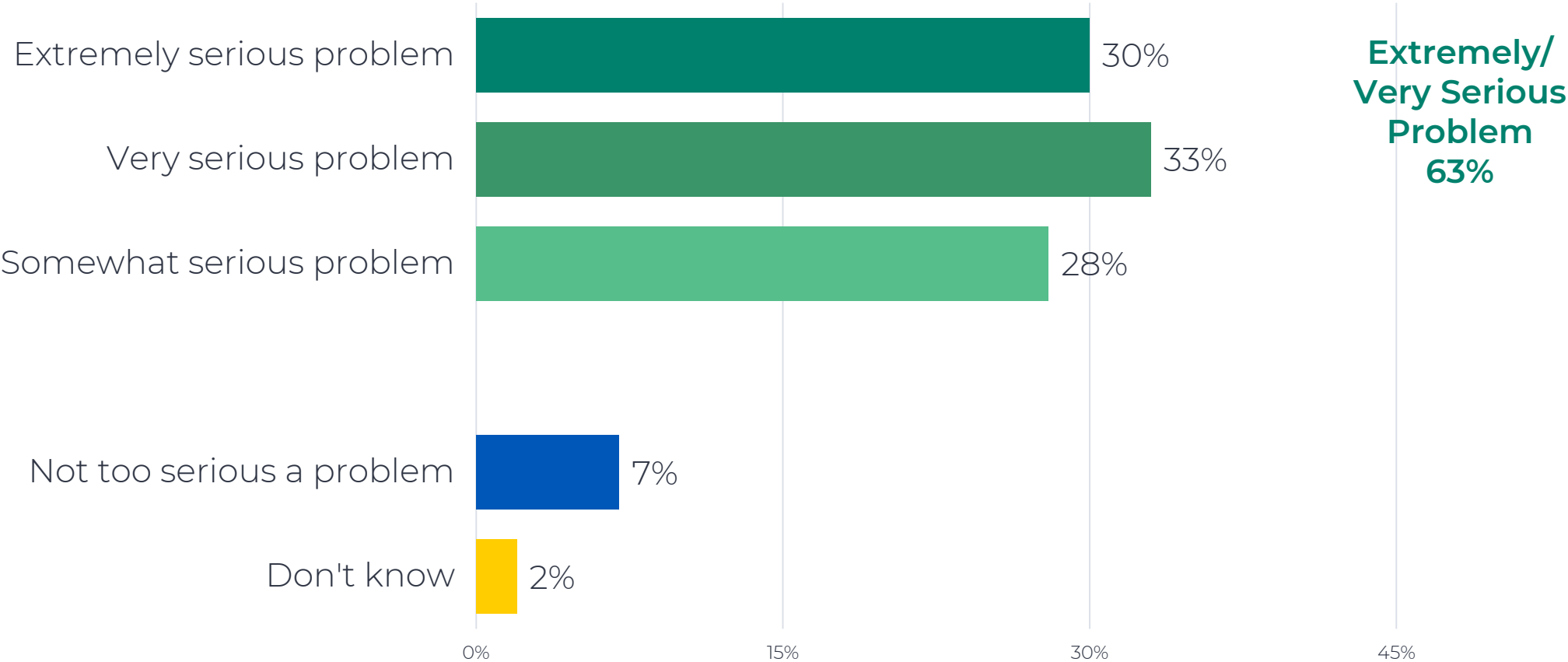
(The cost of health care)



Nearly two-thirds call mental health a “very serious” problem in Colorado.

Q14m. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

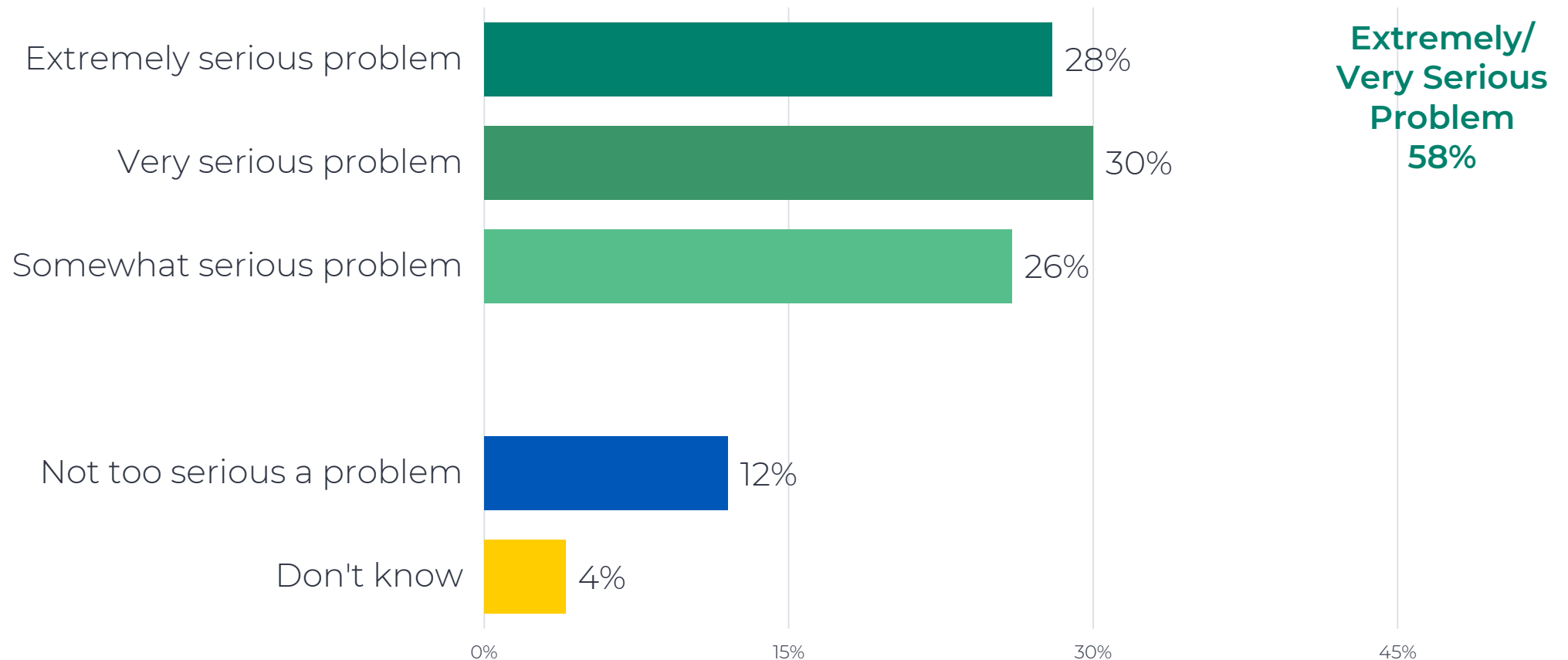
(Mental health)



Three in five view drug and alcohol use as a “very serious” problem, though only just over one-quarter label it “extremely serious.”

Q14I. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

(Drug and alcohol use)



Concern about drug and alcohol use has increased steadily over the last several years.

Q14 b-j, l-o. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

(% Extremely/Very Serious Problem)

Problem	2020	2021	2022	Difference (2021-2022)
Drug and alcohol use	45%	50%	58%	+8%
The cost of health care	--	65%	67%	+2%
Mental health	55%	63%	63%	0%



Concern about health-related issues cuts across racial and ethnic lines.

Q14. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

(% Extremely/Very Serious Problem)

Problem	All	Race/Ethnicity						
		Asian/ Pacific Islander	Black/ African American	Hispanic/ Latino	Native American/ Indigenous	White	Multi- racial	All People of Color
The cost of health care	67%	80%	50%	65%	74%	67%	59%	67%
Mental health	63%	53%	65%	67%	81%	62%	68%	65%
Drug and alcohol use	58%	56%	58%	68%	51%	55%	44%	57%



Eastern Plains residents are less concerned about health care costs and mental health, and more concerned about drug and alcohol use.

Q14. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

(% Extremely/Very Serious Problem)

Problem	All	Region					
		Eastern Plains	Colorado Springs	Pueblo	Larimer/Weld	Denver Metro	Western Slope
The cost of health care	67%	58%	68%	70%	73%	65%	68%
Mental health	63%	44%	61%	59%	63%	65%	59%
Drug and alcohol use	58%	74%	58%	71%	56%	57%	57%



Concern about health issues is modestly higher among lower-income households.

Q14. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

(% Extremely/Very Serious Problem)

Problem	All	Household Income				
		<\$30,000	\$30,000-\$50,000	\$50,000-\$75,000	\$75,000-\$100,000	\$100,000+
The cost of health care	67%	72%	73%	68%	68%	66%
Mental health	63%	65%	66%	61%	69%	61%
Drug and alcohol use	58%	64%	66%	62%	53%	55%



Democrats express more concern about mental health and health care costs; Republicans are more concerned about drug and alcohol use.

Q14. I'd like to read you some problems facing Colorado that people have mentioned. Please tell me whether you think it is an extremely serious problem, a very serious problem, somewhat serious problem, or not too serious a problem in Colorado.

(% Extremely/Very Serious Problem)

Problem	All	Party			Dem-Rep. Diff.
		Democrats	Independents	Republicans	
The cost of health care	67%	72%	69%	57%	+15%
Mental health	63%	75%	61%	51%	+24%
Drug and alcohol use	58%	54%	55%	64%	-10%

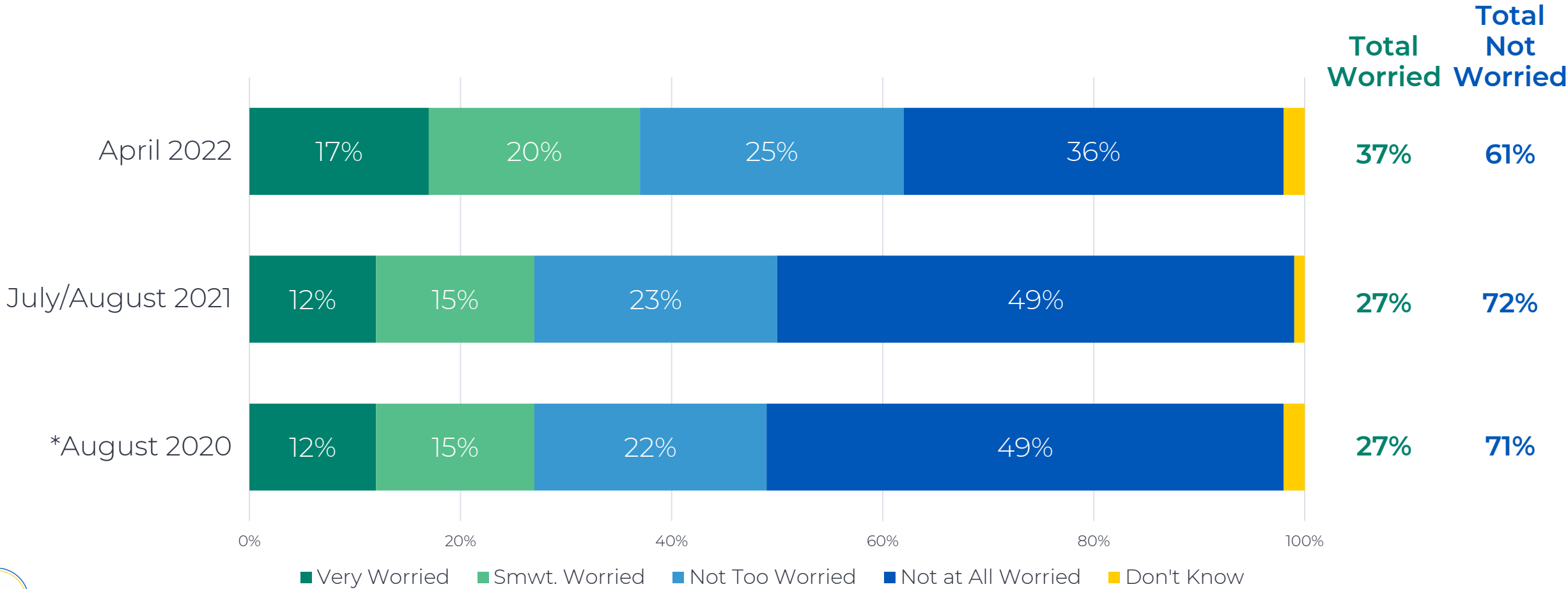


A photograph of a group of people sitting around a wooden table in a meeting. In the foreground, a person's hands are visible, holding a pen and writing in a small notebook. Other people are seated around the table, some looking towards the camera and others looking away. The image has a dark, blue-tinted overlay.

Health Care

Nearly two in five worry about going without health insurance coverage, a 10-point increase since 2021.

Q20. Thinking ahead over the next year, how worried are you that you or someone else in your household will be without health insurance coverage?



*Wording Slightly Different

Coloradans of color and those who are unemployed are more worried about going without health coverage.

Q20. Thinking ahead over the next year, how worried are you that you or someone else in your household will be without health insurance coverage?

Demographic Group	Total Worried	Total Not Worried	Don't Know
All	37%	61%	2%
Employment			
Full-time	37%	62%	2%
Part-time	42%	55%	3%
Unemployed	55%	45%	0%
Race/Ethnicity			
Asian/Pacific Islander	50%	49%	1%
Black/African American	35%	62%	3%
Hispanic/Latino	49%	50%	1%
Native American/Indigenous	48%	46%	7%
White	33%	65%	2%
Multiracial	47%	51%	2%
All People of Color	48%	51%	2%



Most Coloradans with incomes under \$30,000 are worried about going without health coverage.

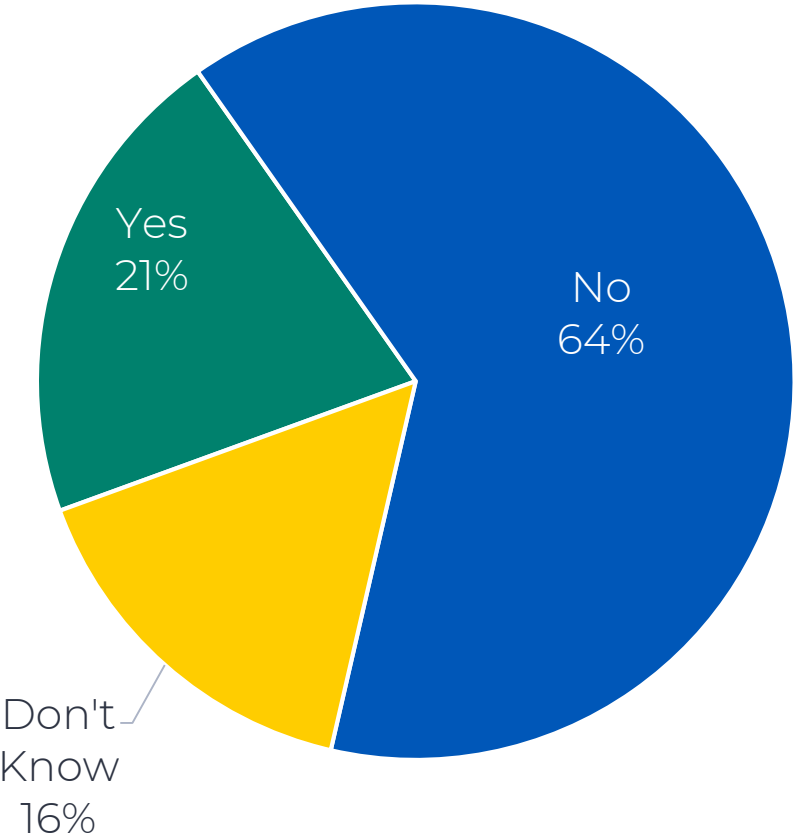
Q20. Thinking ahead over the next year, how worried are you that you or someone else in your household will be without health insurance coverage?

Demographic Group	Total Worried	Total Not Worried	Don't Know
Household Income			
<\$30,000	53%	44%	4%
\$30,000-\$50,000	49%	50%	1%
\$50,000-\$75,000	47%	51%	2%
\$75,000-\$100,000	43%	55%	2%
\$100,000+	24%	75%	1%
Immigration			
Immigrants	49%	50%	2%
Not immigrants	36%	62%	2%
Language Spoken at Home			
Speak language other than English	45%	53%	2%
Do not speak language other than English	35%	64%	2%



One in five Coloradans say they or someone they know has experienced unfair treatment based on race or ethnicity when seeking health services.

Q16d. Please tell me whether you - or someone you know - has been treated unfairly in any of the following situations here in Colorado as a result of their race or ethnicity: When seeking health care services



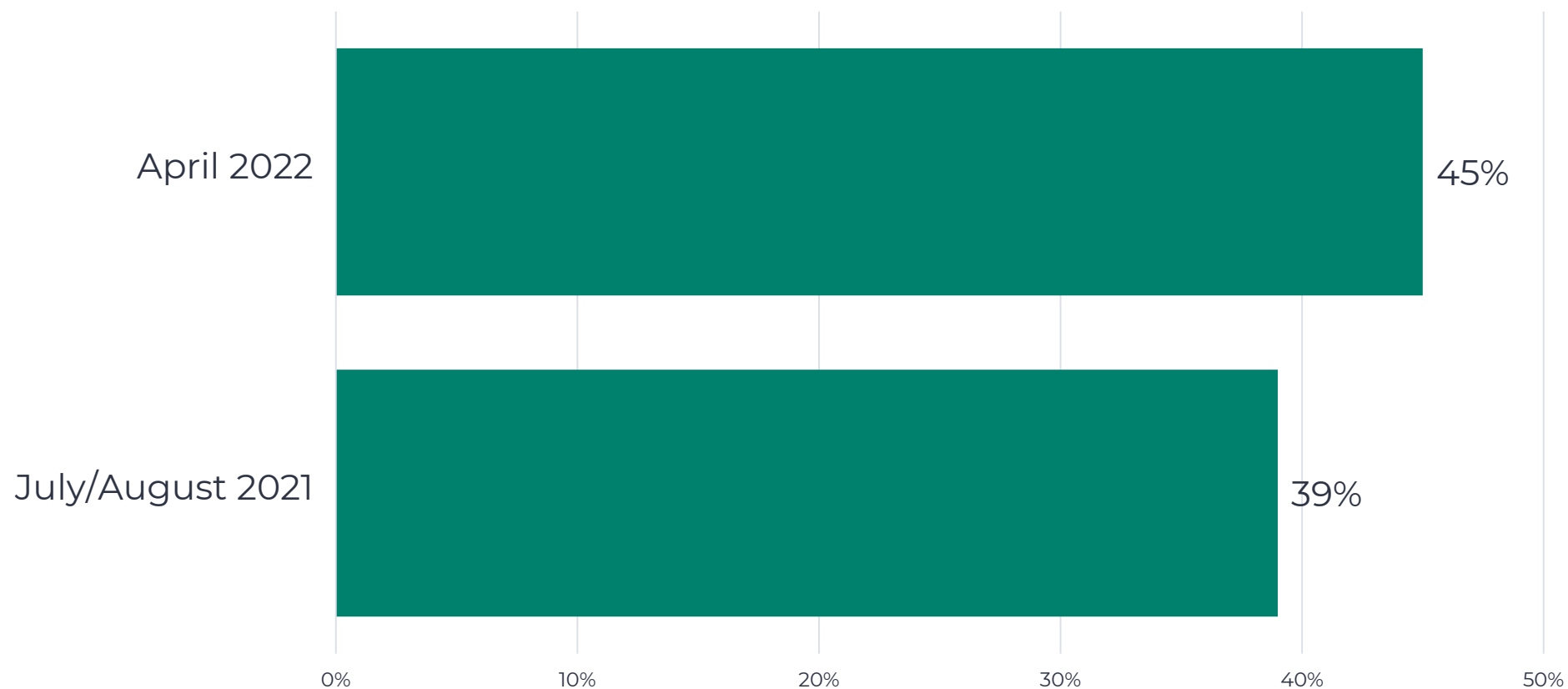
Demographic Group	Total Experienced
All	21%
Race/Ethnicity	
Asian/Pacific Islander	19%
Black/African American	32%
Hispanic/Latino	27%
Native American/Indigenous	52%
White	18%
Multiracial	31%
All People of Color	27%



Coloradans have increasingly postponed medical care in the last 12 months.

Q23. In the last 12 months, have you experienced any of the following: postponed medical or dental care?

(% Yes)



A wide variety of factors likely drive Coloradans' postponement of medical or dental care.

- **Lack of insurance:** 65% of uninsured Coloradans and 64% of those who are worried about not having insurance postponed care.
- **Fear of racial bias:** 65% of those who experienced or know someone who has experienced unfair treatment when seeking health care postponed medical or dental care.
- **Financial instability:** 78% of people who skipped meals because they couldn't afford food also postponed medical or dental care.



LGBTQ people, uninsured Coloradans and people living with disabilities are among the most likely to have postponed care.

Q23. In the last 12 months, have you experienced any of the following: postponed medical or dental care?

Demographic Group	Postponed Care	Did Not	Don't Know
LGBTQ Identity			
LGBTQ	56%	43%	1%
Not LGBTQ	42%	57%	1%
Insurance			
Uninsured	65%	33%	2%
Insured through employer	45%	55%	1%
Insured through public programs	39%	60%	0%
Purchased insurance	51%	49%	0%
Disability			
Live with disability	61%	39%	0%
Do not live with disability	39%	60%	1%

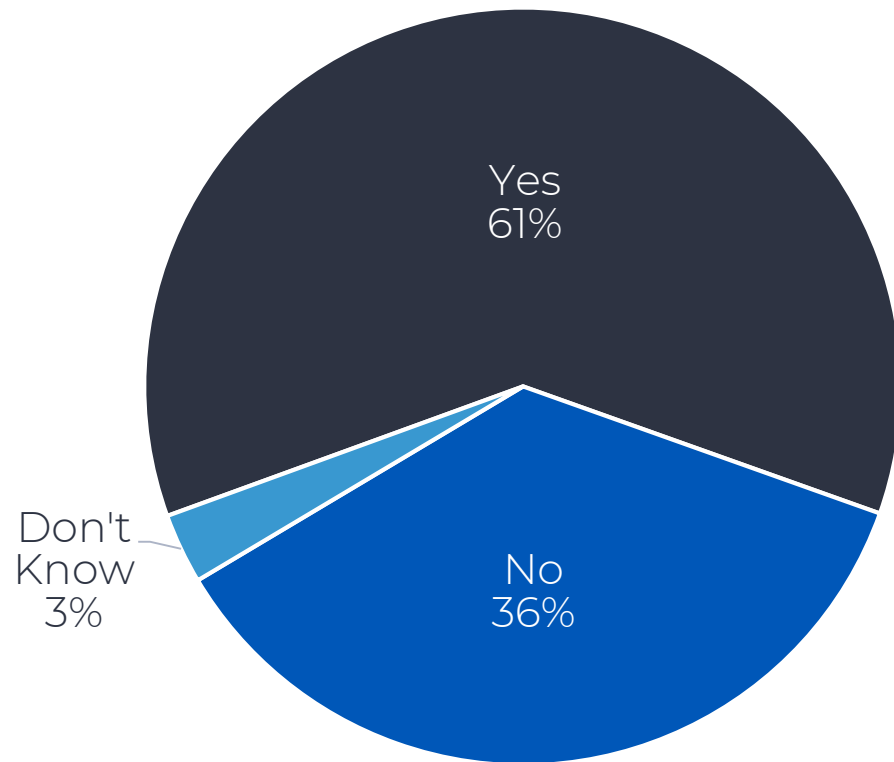


A blurred background image showing a group of people in a meeting or workshop. In the foreground, a person's hands are visible, holding a pen and writing in a small notebook. The scene is dimly lit, with a blueish tint. The text 'Mental Health' is overlaid in white.

Mental Health

Three in five say they've experienced mental health strain in the last year.

Q29. In the last year, have you experienced mental health strain such as anxiety, depression, loneliness, or stress?



Most Likely to Have Experienced Mental Health Strain

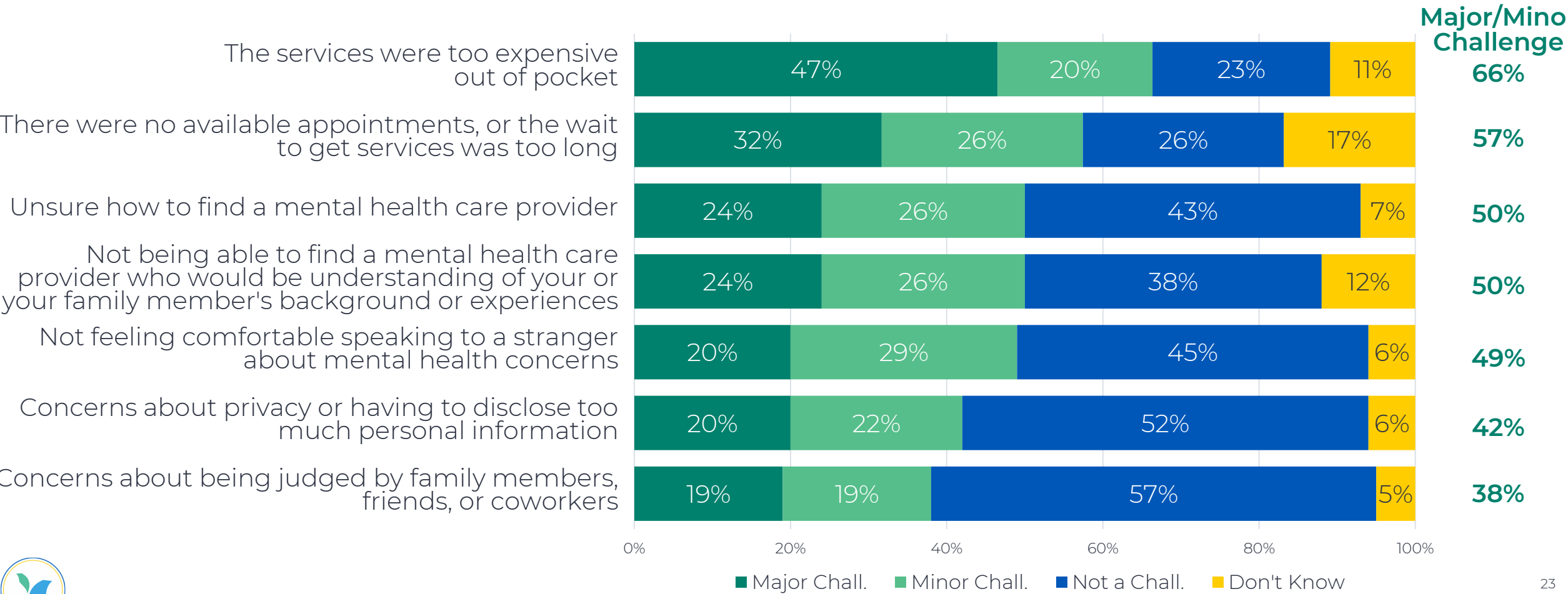
LGBTQ Coloradans (84%)
Women ages 18-49 (80%)
Under age 30 (79%)
Native American (79%)
Insured through Medicaid (74%)
Live with disability (73%)
Income under \$50K (72%)
Uninsured (72%)



Out-of-pocket costs present the greatest challenge to accessing mental health care.

Q30. Here are some reasons that some people who live in Colorado have been unable to get access to the mental health care they needed. Please tell me if this was a major challenge, minor challenge, or not a challenge for you or a family member in accessing mental health services.

(Asked of Those Who Experienced Mental Health Strain Only, n=1,819)



Costs are a barrier to accessing mental health care regardless of income.

Q30. Here are some reasons that some people who live in Colorado have been unable to get access to the mental health care they needed. Please tell me if this was a major challenge, minor challenge, or not a challenge for you or a family member in accessing mental health services.

(% Major/Minor Challenge, Asked of Those Who Experienced Mental Health Strain Only, n=1,819)

Reason	All	Household Income				
		<\$30,000	\$30,000-\$50,000	\$50,000-\$75,000	\$75,000-\$100,000	\$100,000+
The services were too expensive out of pocket	66%	71%	64%	73%	74%	64%
There were no available appointments, or the wait to get services was too long	57%	57%	58%	67%	54%	57%
Unsure how to find a mental health care provider	50%	63%	55%	49%	50%	47%
Not being able to find a mental health care provider who would be understanding of your or your family member's background or experiences	50%	56%	49%	61%	49%	45%
Not feeling comfortable speaking to a stranger about mental health concerns	49%	58%	60%	49%	51%	42%
Concerns about privacy or having to disclose too much personal information	42%	50%	48%	50%	39%	35%
Concerns about being judged by family members, friends, or coworkers	38%	50%	35%	43%	42%	32%

Asked of Those Who Experienced Mental Health Strain Only



Native Americans are especially likely to say that they couldn't find a provider who understood their experiences and that they worried about disclosing personal information.

Q30. Here are some reasons that some people who live in Colorado have been unable to get access to the mental health care they needed. Please tell me if this was a major challenge, minor challenge, or not a challenge for you or a family member in accessing mental health services.

(% Major/Minor Challenge, Asked of Those Who Experienced Mental Health Strain Only, n=1,819)

Reason	All	Race/Ethnicity						
		Asian/ Pacific Islander	Black/ African American	Hispanic/ Latino	Native American/ Indigenous	White	Multi- racial	All People of Color
The services were too expensive out of pocket	66%	73%	69%	65%	54%	66%	66%	68%
There were no available appointments, or the wait to get services was too long	57%	76%	58%	56%	66%	58%	58%	57%
Unsure how to find a mental health care provider	50%	68%	67%	51%	55%	49%	53%	54%
Not being able to find a mental health care provider who would be understanding of your or your family member's background or experiences	50%	66%	61%	49%	70%	47%	48%	54%
Not feeling comfortable speaking to a stranger about mental health concerns	49%	55%	47%	51%	47%	46%	49%	52%
Concerns about privacy or having to disclose too much personal information	42%	48%	32%	48%	78%	40%	45%	47%
Concerns about being judged by family members, friends, or coworkers	38%	52%	50%	49%	43%	34%	50%	48%

Asked of Those Who Experienced Mental Health Strain Only



Residents of the Eastern Plains and Larimer/Weld regions worry about privacy more than others do.

Q30. Here are some reasons that some people who live in Colorado have been unable to get access to the mental health care they needed. Please tell me if this was a major challenge, minor challenge, or not a challenge for you or a family member in accessing mental health services.

(% Major/Minor Challenge, Asked of Those Who Experienced Mental Health Strain Only, n=1,819)

Reason	All	Region					
		Eastern Plains	Colorado Springs	Pueblo	Larimer Weld	Denver Metro	Western Slope
The services were too expensive out of pocket	66%	56%	71%	59%	67%	67%	60%
There were no available appointments, or the wait to get services was too long	57%	43%	62%	45%	62%	56%	56%
Unsure how to find a mental health care provider	50%	51%	55%	39%	56%	49%	50%
Not being able to find a mental health care provider who would be understanding of your or your family member's background or experiences	50%	44%	62%	41%	46%	50%	45%
Not feeling comfortable speaking to a stranger about mental health concerns	49%	55%	46%	42%	54%	49%	47%
Concerns about privacy or having to disclose too much personal information	42%	63%	43%	39%	50%	39%	45%
Concerns about being judged by family members, friends, or coworkers	38%	34%	41%	31%	35%	39%	34%



Asked of Those Who Experienced Mental Health Strain Only

Those living with a disability are more likely to experience many of the challenges to getting mental health care.

Q30. Here are some reasons that some people who live in Colorado have been unable to get access to the mental health care they needed. Please tell me if this was a major challenge, minor challenge, or not a challenge for you or a family member in accessing mental health services.

(% Major/Minor Challenge, Asked of Those Who Experienced Mental Health Strain Only, n=1,819)

Reason	All	Disability Status	
		Live with Disability	Do Not
The services were too expensive out of pocket	66%	68%	65%
There were no available appointments, or the wait to get services was too long	57%	59%	56%
Unsure how to find a mental health care provider	50%	58%	47%
Not being able to find a mental health care provider who would be understanding of your or your family member's background or experiences	50%	59%	46%
Not feeling comfortable speaking to a stranger about mental health concerns	49%	59%	45%
Concerns about privacy or having to disclose too much personal information	42%	48%	39%
Concerns about being judged by family members, friends, or coworkers	38%	42%	35%

Asked of Those Who Experienced Mental Health Strain Only



Challenges are present for Coloradans across insurance types.

Q30. Here are some reasons that some people who live in Colorado have been unable to get access to the mental health care they needed. Please tell me if this was a major challenge, minor challenge, or not a challenge for you or a family member in accessing mental health services.

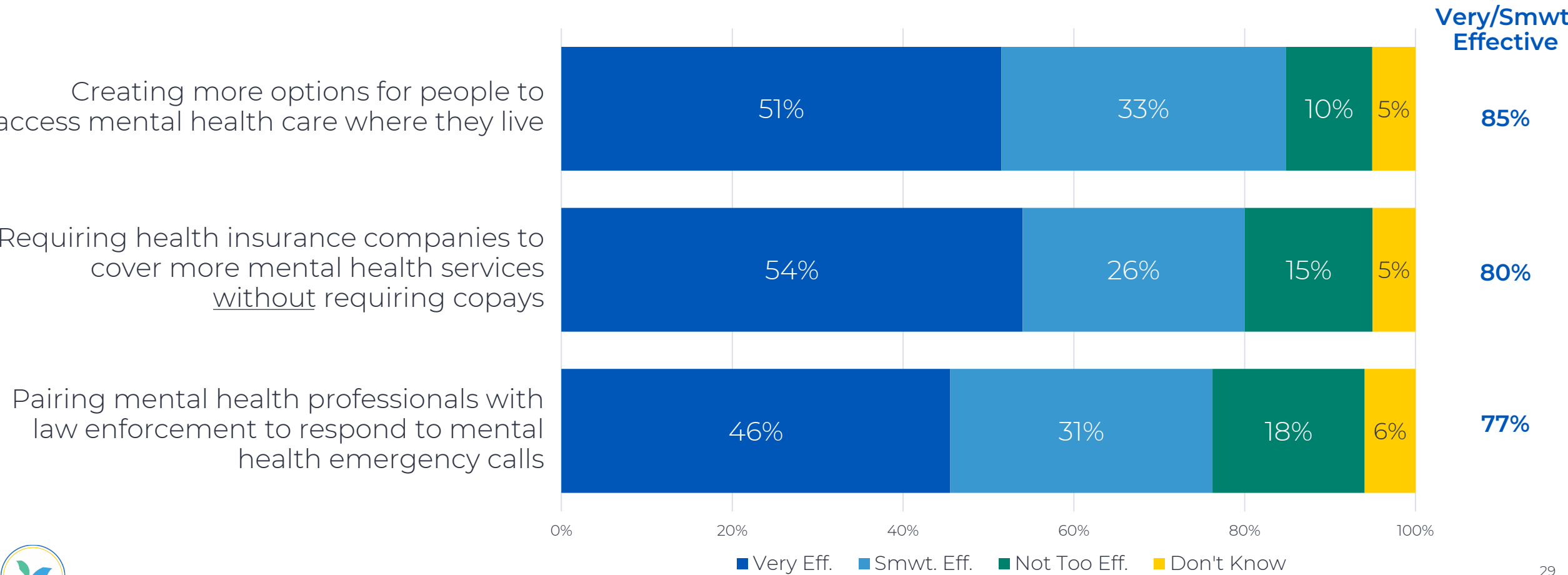
(% Major/Minor Challenge, Asked of Those Who Experienced Mental Health Strain Only, n=1,819)

Reason	All	Insurance				
		Un-insured	Medicaid	Medicare	Employer	Self
The services were too expensive out of pocket	66%	77%	57%	54%	70%	64%
There were no available appointments, or the wait to get services was too long	57%	48%	62%	43%	58%	52%
Unsure how to find a mental health care provider	50%	52%	59%	36%	52%	40%
Not being able to find a mental health care provider who would be understanding of your or your family member's background or experiences	50%	52%	58%	35%	51%	42%
Not feeling comfortable speaking to a stranger about mental health concerns	49%	50%	60%	41%	45%	46%
Concerns about privacy or having to disclose too much personal information	42%	43%	49%	34%	41%	41%
Concerns about being judged by family members, friends, or coworkers	38%	36%	41%	27%	37%	29%



Coloradans view a series of proposals to improve mental health as effective.

Q31. Here are some actions that some people say will improve mental health in Colorado. Please tell me how effective you think it will be in improving mental health: very effective, somewhat effective, or not too effective.



Most voters across party lines view the proposals as effective.

Q31. Here are some actions that some people say will improve mental health in Colorado. Please tell me how effective you think it will be in improving mental health: very effective, somewhat effective, or not too effective.

(% Very/Somewhat Effective)

Proposal	All	Party			Dem-Rep. Diff.
		Democrats	Independents	Republicans	
Creating more options for people to access mental health care where they live	85%	92%	87%	79%	+13%
Requiring health insurance companies to cover more mental health services <u>without</u> requiring copays	80%	92%	81%	73%	+19%
Pairing mental health professionals with law enforcement to respond to mental health emergency calls	77%	92%	79%	62%	+30%



Perceptions of the proposals were relatively consistent across the state.

Q31. Here are some actions that some people say will improve mental health in Colorado. Please tell me how effective you think it will be in improving mental health: very effective, somewhat effective, or not too effective.

(% Very/Somewhat Effective)

Proposal	All	Region					
		Eastern Plains	Colorado Springs	Pueblo	Larimer Weld	Denver Metro	Western Slope
Creating more options for people to access mental health care where they live	85%	84%	86%	79%	87%	86%	80%
Requiring health insurance companies to cover more mental health services <u>without</u> requiring copays	80%	82%	82%	75%	82%	80%	78%
Pairing mental health professionals with law enforcement to respond to mental health emergency calls	77%	77%	79%	67%	75%	78%	74%

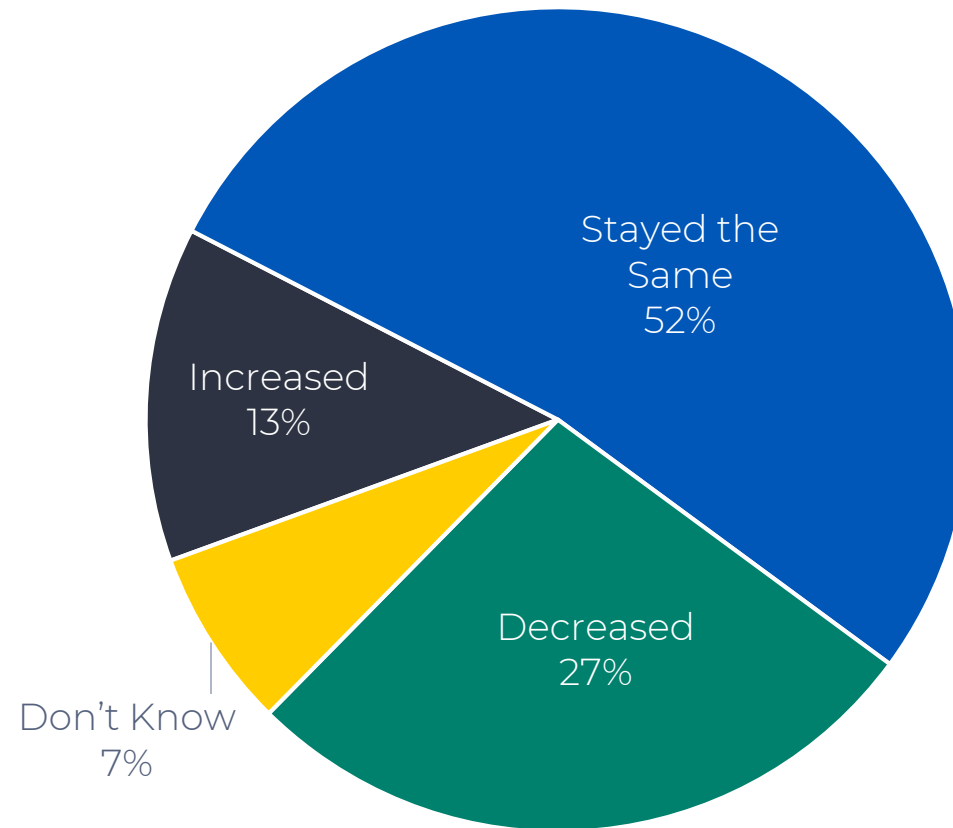




Alcohol and Drug Use

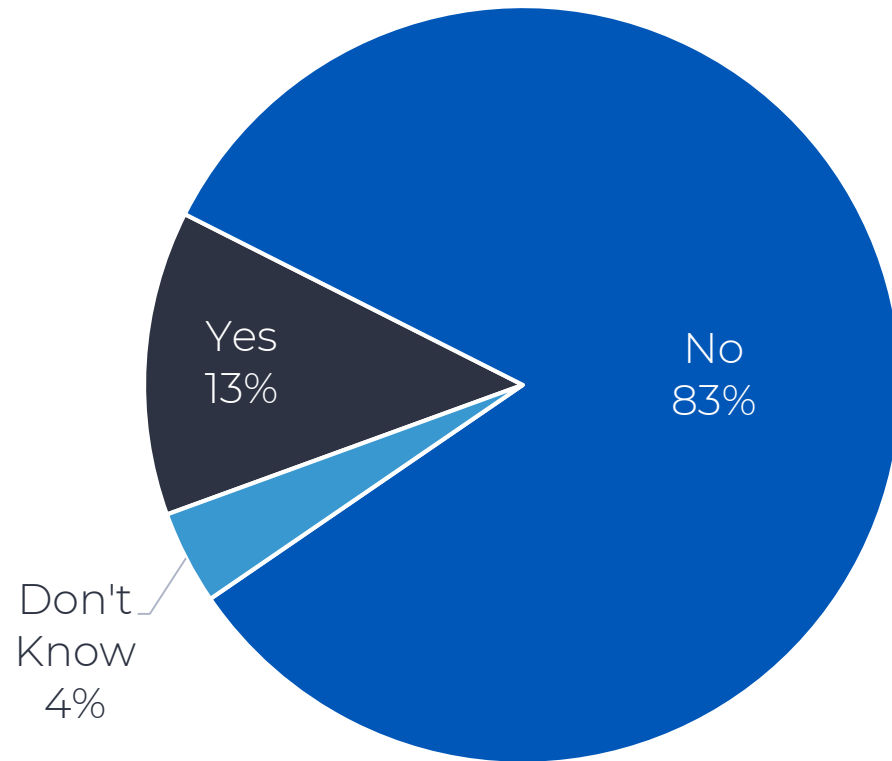
Most Coloradans say their alcohol and drug use has remained the same or even decreased in the past year.

Q32. In the past year, would you say the amount of alcohol or drugs you consume has:



Approximately one in ten worry about the amount they consume.

33. And in the past year, have you ever felt worried about the amount of alcohol or drugs you consume?



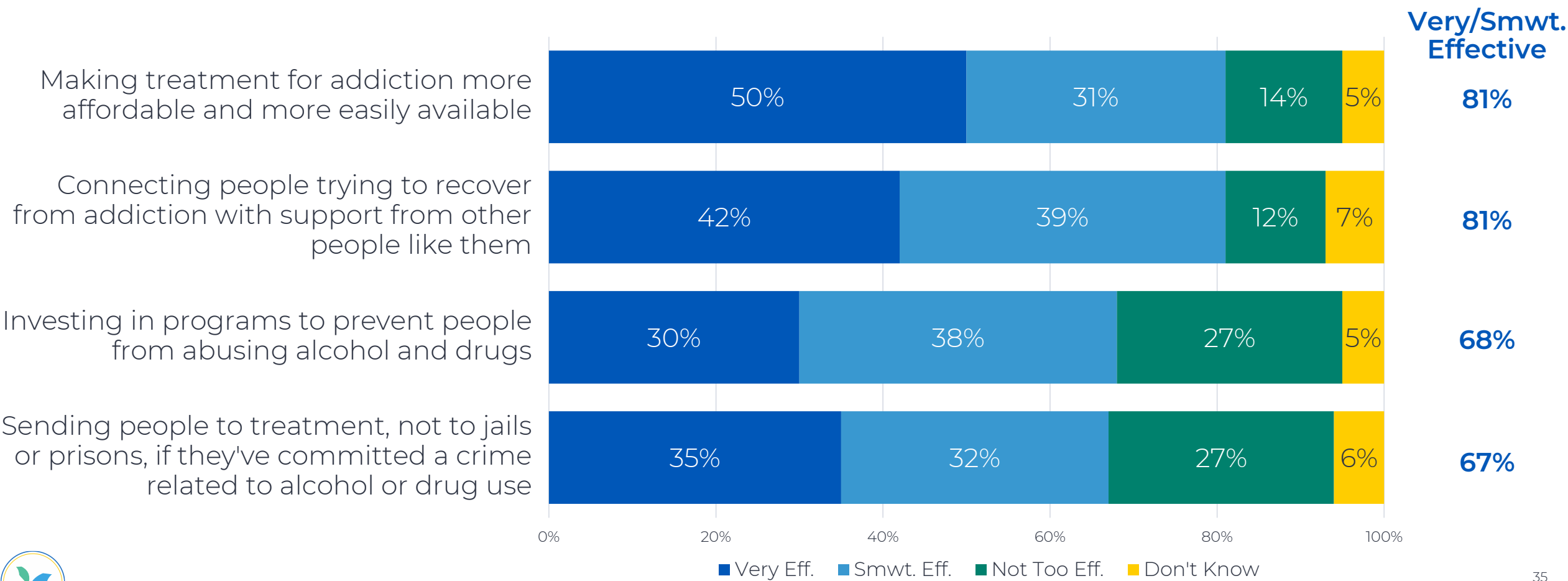
Most Likely to Worry About Consumption

LGBTQ (25%)
Under age 30 (20%)
In their 30's (19%)
Native American/Indigenous (19%)
Live with a disability (18%)
Speak language other than English at home (18%)
Black/African American (18%)
Denver County (17%)
Larimer/Weld (17%)
Unemployed (17%)
Asian American/Pacific Islanders (17%)



Coloradans view making treatment for addiction affordable and connecting people with others who can support them as most effective.

Q34. Here are some actions that some people say will address increasing rates of alcohol and drug use in Colorado. Please tell me how effective you think it will be in decreasing alcohol and drug use: very effective, somewhat effective, or not too effective.



Republicans are split on sending people to treatment instead of jail, but Democrats and independents widely see the approach as effective.

34. Here are some actions that some people say will address increasing rates of alcohol and drug use in Colorado. Please tell me how effective you think it will be in decreasing alcohol and drug use: very effective, somewhat effective, or not too effective.

(% Very/Somewhat Effective)

Proposal	All	Party			Dem-Rep. Diff.
		Democrats	Independents	Republicans	
Making treatment for addiction more affordable and more easily available	81%	89%	84%	75%	+14%
Connecting people trying to recover from addiction with support from other people like them	81%	86%	82%	77%	+9%
Investing in programs to prevent people from abusing alcohol and drugs	68%	74%	71%	59%	+15%
Sending people to treatment, not to jails or prisons, if they've committed a crime related to alcohol or drug use	67%	85%	70%	46%	+39%



Residents of Eastern Plains and Pueblo are less likely to view treatment as a more effective solution than jail.

Q34. Here are some actions that some people say will address increasing rates of alcohol and drug use in Colorado. Please tell me how effective you think it will be in decreasing alcohol and drug use: very effective, somewhat effective, or not too effective.

(% Very/Somewhat Effective)

Proposal	All	Region					
		Eastern Plains	Colorado Springs	Pueblo	Larimer Weld	Denver Metro	Western Slope
Making treatment for addiction more affordable and more easily available	81%	69%	84%	79%	83%	82%	75%
Connecting people trying to recover from addiction with support from other people like them	81%	74%	84%	73%	82%	81%	78%
Investing in programs to prevent people from abusing alcohol and drugs	68%	63%	69%	58%	70%	68%	66%
Sending people to treatment, not to jails or prisons, if they've committed a crime related to alcohol or drug use	67%	51%	65%	53%	70%	70%	64%



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**THANK
YOU**

