# Coloradans are worried about their health and well-being

In 2022, Pulse: The Colorado Health Foundation Poll asked 2,985 Coloradans about their experiences, worries and priorities. Across the state we heard: the cost of health care remains a problem for a majority of people; the mental health strain that many thought was caused by COVID-19 lingers on; and alcohol and drug use is an increasing issue.

Majorities of Coloradans think health care costs, mental health and alcohol and drug use are extremely or very serious problems.

Cost of health care
67%

Mental health
63%

Alcohol and drug use
58%

● Ext. Serious ● Very Serious ● Smwt. Serious ● Not too Serious
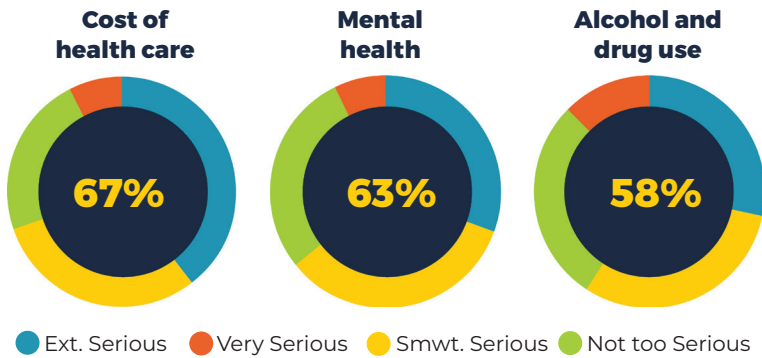
## 37% of Coloradans are worried they might not have health insurance in the next year – up from 27% in 2021.

2021 — **27%**
2022 — **37%**

Almost half of all Coloradans
postponed medical or dental care in the last year.

45%
All Coloradans

65%
Uninsured Coloradans
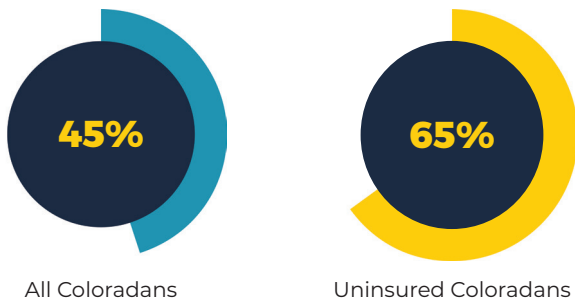
61% of Coloradans report they have experienced mental health strain.

More than 4 out of 5 lesbian, gay, bisexual, transgender and queer (LGBTQ) Coloradans are experiencing mental health strain – and running into challenges getting help.
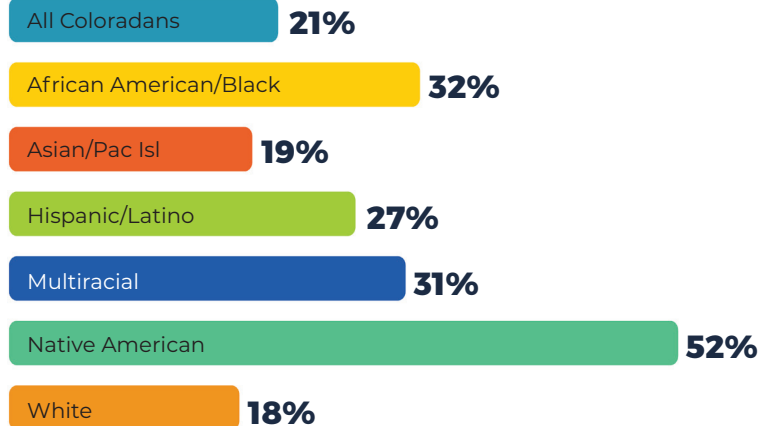
84%
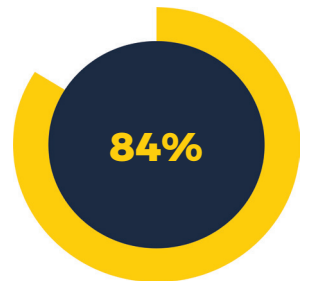
77% of LGBTQ Coloradans say mental health services were too expensive out of pocket.

67% say there were no available appointments, or the wait to get services was too long.

65% say they're unsure how to find a mental health care provider.

Many Coloradans of color say they – or someone they know – have been treated unfairly because of race or ethnicity when seeking health care services.

Group	Percent
All Coloradans	**21%**
African American/Black	**32%**
Asian/Pac Isl	**19%**
Hispanic/Latino	**27%**
Multiracial	**31%**
Native American	**52%**
White	**18%**

For complete results, including an interactive data dashboard, visit **COPulsePoll.org**.

The Colorado Health Foundation™

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The **Colorado Health Foundation** Poll

Majorities of Coloradans see policy change as an effective way to improve mental health and address increasing alcohol and drug use

Pulse: The Colorado Health Foundation Poll was conducted Apr. 5 – Apr. 26, 2022, by mail, phone and online in English and Spanish.

Please note: The Colorado Health Foundation provides this fact sheet for educational and informational purposes only. The Foundation is prohibited from engaging in direct lobbying activities and does not take positions in support or opposition to any state or local policy.

How effective you think each action would be for improving mental health and lowering alcohol and drug use in Colorado: very effective, somewhat effective, or not too effective?*

● All Coloradans   ● Democrats   ● Independents   ● Republicans

Creating more options for people to access mental health care where they live.

- All Coloradans: 85%
- Democrats: 92%
- Independents: 87%
- Republicans: 79%

Making treatment for addiction more affordable and more easily available.

- All Coloradans: 81%
- Democrats: 89%
- Independents: 84%
- Republicans: 75%

Requiring health insurance companies to cover more mental health services without requiring copays.

- All Coloradans: 80%
- Democrats: 92%
- Independents: 81%
- Republicans: 73%

Connecting people trying to recover from addiction with support from other people like them.

- All Coloradans: 81%
- Democrats: 86%
- Independents: 82%
- Republicans: 77%

Pairing mental health professionals with law enforcement to respond to mental health emergency calls.

- All Coloradans: 77%
- Democrats: 92%
- Independents: 79%
- Republicans: 62%

Sending people to treatment, not to jails or prisons, if they've committed a crime related to alcohol or drug use.

- All Coloradans: 67%
- Democrats: 85%
- Independents: 70%
- Republicans: 46%

*(% Very/Somewhat Effective)

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