

The Pulse of Coloradans: Insights from the 2023 Colorado Health Foundation Poll

About Pulse

At The Colorado Health Foundation, we believe in listening first to understand the experiences and priorities of those who call Colorado “home.” We ensure Coloradans’ voices are heard each year on crucial issues like affordable housing, health care and mental well-being. Pulse provides valuable insights to inform policies that will have a lasting impact on the well-being of Colorado’s communities for years to come.

Methodology

The 2023 Pulse Poll was conducted by telephone and online in English and Spanish from April 8 to May 3, 2023. A bipartisan team of researchers collected responses from a random representative sample of 2,639 adults aged 18 and older living in Colorado. The margin of sampling error for the full sample is +/-2.2% at the 95% confidence interval. For results based on subgroups, the margin of sampling error is higher.

2023 Highlights

This year's Pulse Poll results reveal that **Coloradans' concerns about the cost of living and housing affordability continue to be at the top of the list of issues facing the state**. More than ever before, these concerns are impacting Coloradans in very real ways, including about 40% of Coloradans saying they are “just getting by financially” and 40% sharing that they are “worse off financially” than they were a year ago.

- 85% of renters aspire to own a home, but a majority of those people do not think it's likely they will ever be able to purchase a home in Colorado.
- 83% of respondents say they're worried that their children won't be able to afford to live in Colorado in the future.
- Among the top 5 concerns facing the state, Coloradans also shared fears about rising homelessness and the cost of health care.

Coloradans are worried about mental health, health care and drug and alcohol use.

- Nearly seven out of every 10 respondents (69%) shared that mental health is a very serious problem, up from 55% in 2020.
- Perhaps most concerning is 57% of Coloradans who reported that they've experienced mental health strains such as anxiety, depression, loneliness or stress in the last year; and that one in four people surveyed said they have postponed seeking mental health care in the past year primarily due to financial challenges.

They are increasingly concerned about crime and gun violence.

- Concerns about gun violence increased a staggering 13% between 2022 and 2023, the only category that experienced double-digit growth.
- Closely connected, concerns about crime rose to an all-time high (61% compared to 57% in 2022 and 41% in 2021).

Many Coloradans shared doubts about the efficacy of state government.

- Overall, Coloradans are split on whether they are satisfied (52%) or dissatisfied (45%) with the state government in Colorado and how well it works for people like them.
- 91% say that “political polarization and a lack of compromise between parties” is a challenge, with 73% saying it's a major challenge.

Want to learn more about Pulse? Contact Austin Montoya at amontoya@coloradohealth.org.