

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

At The Colorado Health Foundation, we believe in the importance of listening, and that's why each year we listen to Coloradans from across the state through our annual poll. In 2023, Pulse: The Colorado Health Foundation Poll asked 2,639 Coloradans about their experiences, worries and priorities. The cost of living, including housing, tops their list of concerns.

The Colorado Health Foundation is a nonprofit, nonpartisan organization bringing health in reach for all Coloradans by engaging closely with communities across the state through investing, policy advocacy and research. We believe in listening first to understand the experiences and priorities of those who call Colorado “home.” That is why we conduct an annual poll to understand the perspectives and concerns of Coloradans around the state.

According to findings from the fourth annual Pulse Poll, the **cost of living** and **worries about housing affordability** dominate the list of concerns for most Coloradans in 2023. A bipartisan team of researchers collected responses from 2,639 Coloradans between April 8 and May 3, 2023. The results show that persistently high living costs and housing affordability are presenting a ripple effect across multiple aspects of daily life and fueling worries for the state’s future generations.

These concerns are more pronounced for certain segments of the population. Members of **Health First Colorado**, our state’s Medicaid program, experienced higher rates of food and housing insecurity as well as strains on health and wellbeing as compared to the total population. A snapshot of experiences is included in the table below.

EXPERIENCES IN 2023	ALL COLORADANS (N = 2,639)	HEALTH FIRST CLIENTS (N = 291)
HEALTH AND WELLBEING: In the last year, have you experienced mental health strain such as anxiety, depression, loneliness, or stress?	57% yes	84% yes
Thinking ahead over the next year, how worried are you that you or someone else in your household will be without health insurance coverage?	37% very or somewhat worried	63% very or somewhat worried
In the last 12 months, have you experienced any of the following?		
• Skipped meals because you couldn’t afford food	14%	45%
• Postponed medical or dental care	38%	59%
• Postponed mental health care	25%	48%
COST OF LIVING AND HOUSING AFFORDABILITY: Thinking ahead over the next year, how worried are you that you might lose your home because you can’t afford the monthly rent or mortgage?	28% extremely or somewhat worried	56% extremely or somewhat worried
In order to pay your rent or your mortgage in the last year, have you had to do any of the following:		
• Work multiple jobs, or more than you wanted to	30%	51%
• Lived with a roommate or in a friend or family member’s home when you would rather not have	15%	37%
• Moved because you couldn’t afford your rent or mortgage	16%	31%