This infographic is part of a series that explores health from the perspectives of different populations. Developed using health survey data, they collectively demonstrate Coloradans’ varying experiences of health and health care.

Colorado has nearly 1,200,000 Hispanic and Latino residents

- 74% are of Mexican descent
- 3% are of Central American descent
- 4% are of Spanish descent
- 3% are of Puerto Rican descent

Hispanics and Latinos are at an increased risk of poor health due to a variety of social factors

Compared to all Coloradans, Hispanics & Latinos are:
- 1.8X as likely to live in poverty
- 1.8X as likely to be uninsured
- 3.3X as likely to not have a high school degree

Although disparities remain, all of these gaps have shrunk since 2011

23% of Hispanic and Latino Coloradans are in fair or poor health, compared to 13% of all Coloradans

Colorado’s Hispanic and Latino population is going without important preventive care

Hispanics and Latinos are less likely to receive preventive care screenings than White Coloradans:
- 40% with a mammogram (past 2 yrs)
- 60% with a cholesterol test (past 5 yrs)
- 58% with a colonoscopy (ever)
- 40% with a flu vaccine (past yr)

Furthermore, obesity is a significant health concern for Colorado’s Hispanics and Latinos

57% of Colorado adults are overweight

67% of Colorado Hispanics and Latinos are overweight

Lack of exercise and a poor diet contribute to obesity.
Of Colorado’s Hispanics and Latinos:
- 36% eat <1 serving of fruit a day
- 22% eat <1 serving of vegetables a day
- 27% did not exercise in the last 30 days

Hispanics and Latinos face increased barriers to good health because of systemic and historic injustices. We must address the root causes of these disparities to ensure all Coloradans have the opportunity to live a healthy life.

Sources:
- Colorado Department of Public Health & Environment (2014) [http://www.cdphe.state.co.us]
- US Census Bureau (2014) [http://quickfacts.census.gov]

centerforhealthprogress.org