

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.



1 in 5 Coloradans
are Hispanic or Latino*

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

*Hispanic and Latino are ethnicities, referring to persons of Spanish or Latin culture or origin, regardless of race.

74% are of
Mexican descent

4% are of
Spanish descent

3% are of Central
American 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

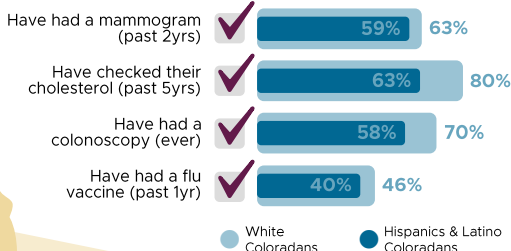
3.3X as likely to not have a high school degree

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:



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

Obesity rates of Colorado kids:



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.cdph.state.co.us>
Colorado Health Report Card (2016): <http://www.coloradohealthreportcard.org>
US Census Bureau (2014): <http://factfinder2.census.gov>