Colorado Sounds the Alarm About the Health of Its Latino Population

A Colorado survey finds that its Latino communities are in crisis—and explains why. Plus: CPR News highlights everyday realities of Latinos in the state.

January 12, 2026 By Kate Ferguson

A survey of Latinos across Colorado finds a community at a breaking point. They're stressed and worried about their future in the state. Their list of growing concerns includes rising costs, housing affordability, health care access, mental health and public safety as well as political dysfunction and polarization, according to results from Pulse: The Colorado Health Foundation Poll, an annual comprehensive statewide survey.

Conducted by The Colorado Health Foundation (CHF) in partnership with a bipartisan team of public opinion researchers, the Pulse poll explores how various demographic groups in different regions of the state experience these factors, which, ultimately, affect community health and wellness.

"Colorado's Hispanic and Latino community is dealing with a mix of tough, connected challenges—rising costs, gaps in health care, mental health stress and worries about safety," said Maribel Cifuentes, CHF's portfolio director. "These struggles make one thing clear: The community needs real, workable solutions that create more stability and open up opportunity."

The sixth annual Pulse poll surveyed nearly 2,300 adult Coloradans via telephone calls, email and text invitations; interviews were conducted in both Spanish and English. The poll included a representative sample of almost 500 Latinos as well as targeted oversamples of African American, Asian American and Native American respondents from regions across the state.

According to the survey, significant numbers of Latinos of varied socioeconomic backgrounds have serious problems with the rising cost of living:

- 98% were families with children 19 years of age and older,
- 73% were non-college-educated men,
- 88% were unemployed; and
- 82% did not have health insurance.

While the survey offers a sweeping overview of issues Latinos and other racial and ethnic groups in the state face, a CPR News article profiles individual Latinos, fleshing out the survey's data with real lives, challenges and hopes.

A man in Greeley, Colorado, whose family immigrated from Guatemala said fear of deportation prevented him and his mother from getting regular health checks even though diabetes runs in their family. Mother and son finally received the critical physicals they needed at a health fair organized by a local church that included a mobile health clinic.

"When I heard about this, that they're gonna have it for free, I told my mom…. 'We have to go since we don't have to pay anything,'" the man, who wasn't named due to concerns for his safety, told CPR News. "We could see how our health was doing…. She's afraid that they're gonna send her information to immigration…so I would say there's a lot of fear right now in the community."

His viewpoints underscore findings of the Pulse poll, which revealed that immigration and politics were issues that caused "deep divides" among Latinos in Colorado, with many people expressing opposing opinions on the topics. For example, the poll found that: 49% of surveyed Latinos said they view illegal immigration as an extremely or very serious concern (a decrease from 59% last year), and 46% believe immigrant mistreatment is an extremely or very serious concern, which is higher than the rest of the state (37%), with one exception: 67% of African American Coloradans agree that immigrant mistreatment is an extremely or very serious problem.

Despite the conflicting perspectives, however, the findings are a clear call to action that might resonate with most. "The Hispanic/Latino community is calling for bold investments that uplift their families and drive lasting progress for all Coloradans," said Cifuentes.

To learn more about health issues in the Latino community, read "Scholarship Supports Next Generation of Latino Mental Health Professionals" and "Latino Leaders Launch Equity-Driven National Hispanic Health Research Center."

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.realhealthmag.com/article/colorado-sounds-alarm-health-latino-population