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OF THE ROCKIES

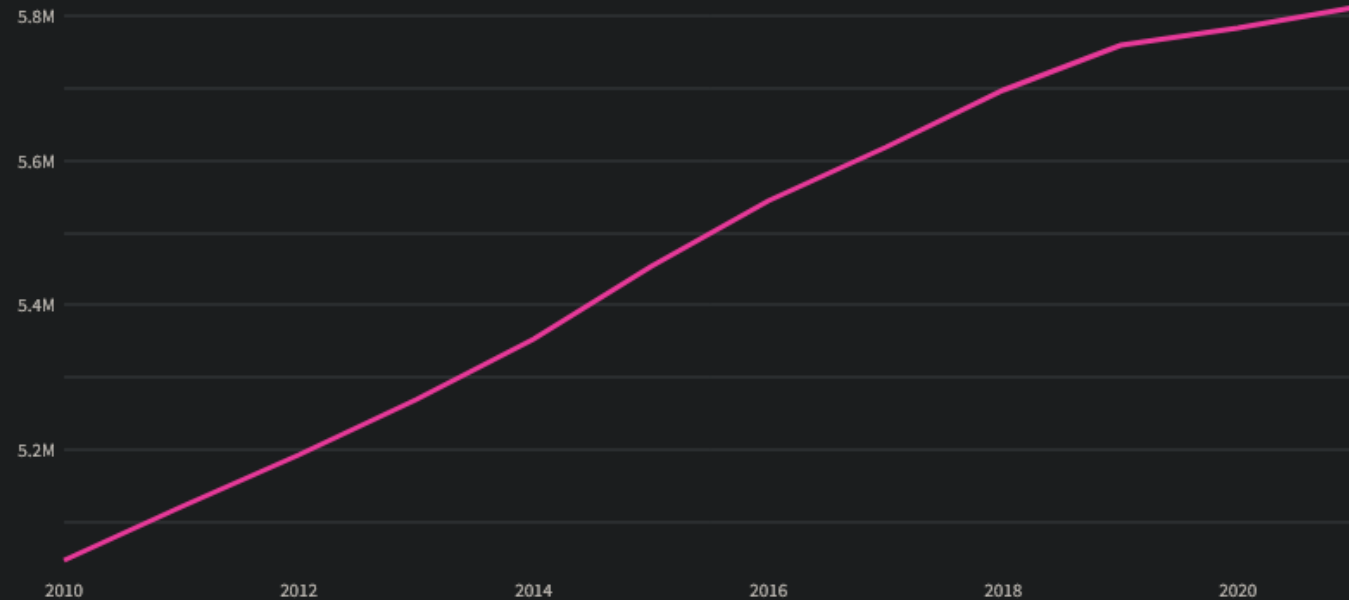
Colorado Demographics + Hispanic Presence in Colorado

Population Growth

How many people live in Colorado?

Colorado's population **grew 15.1%** from the **5 million** people who lived there in **2010**. For comparison, the population in the US **grew 7.3%** during that period.

Population in Colorado



Source: [Census Bureau](#)

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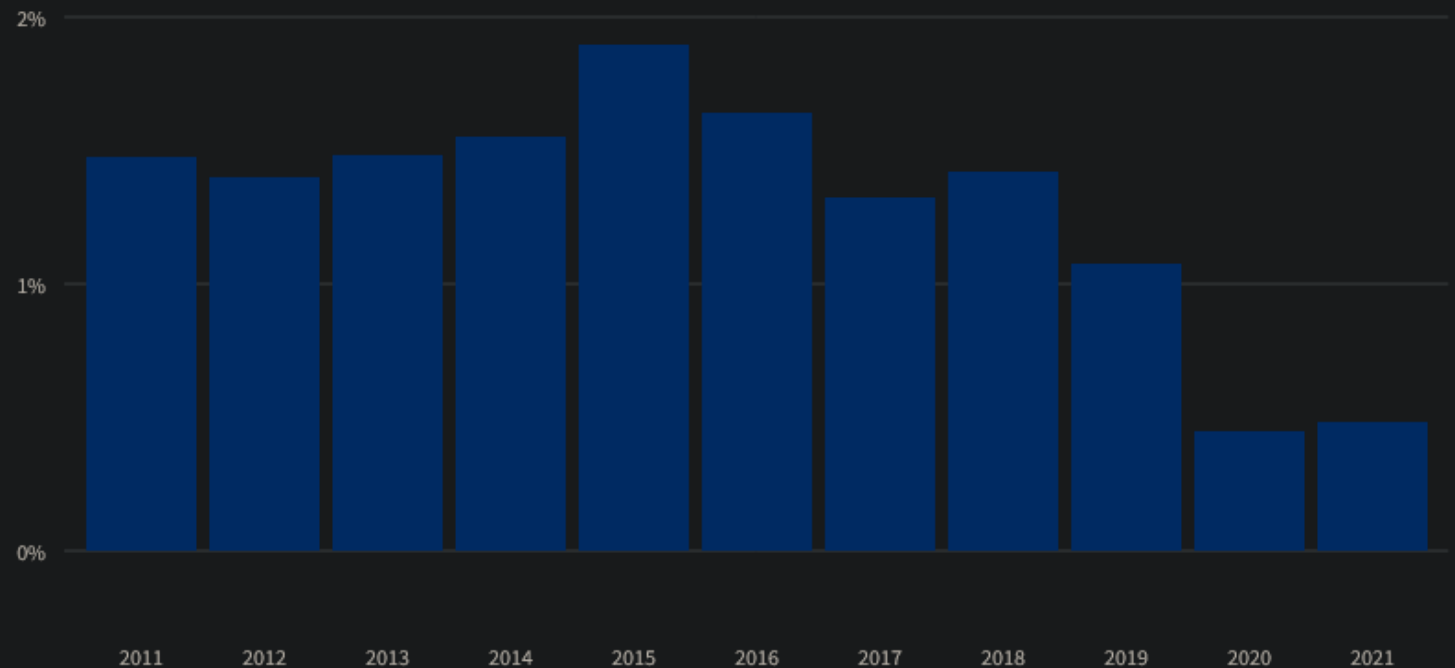


Population Growth

How has Colorado's population changed over the years?

Colorado's population increased **11** out of the **11** years between year **2010** and year **2021**. Its largest annual population increase was **1.9%** between **2014** and **2015**. Between **2010** and **2021**, the state grew by an average of **1.3%** per year.

Annual population change in Colorado



Source: [Census Bureau](#)

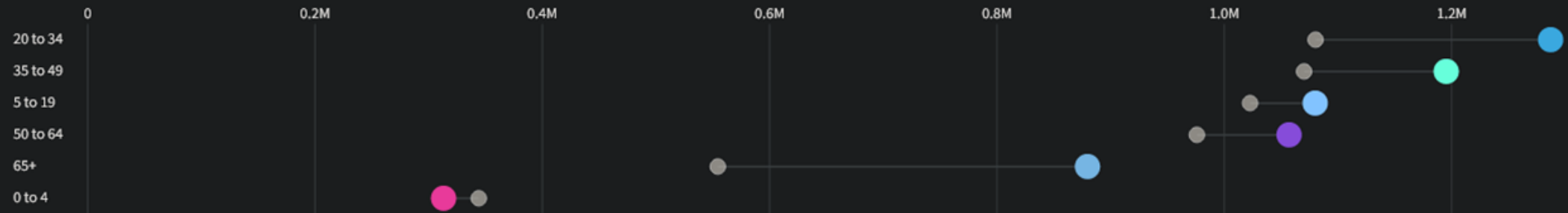
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How old are Coloradans?

How old is the population in Colorado?

Population by age in Colorado



Among six age groups — 0 to 4, 5 to 19, 20 to 34, 35 to 49, 50 to 64, and 65 and older — the **65+** group was the fastest growing between **2010** and **2021** with its population **increasing 58.7%**. The **0 to 4** age group **declined the most dropping 9%** between **2010** and **2021**.

Source: [Census Bureau](#)

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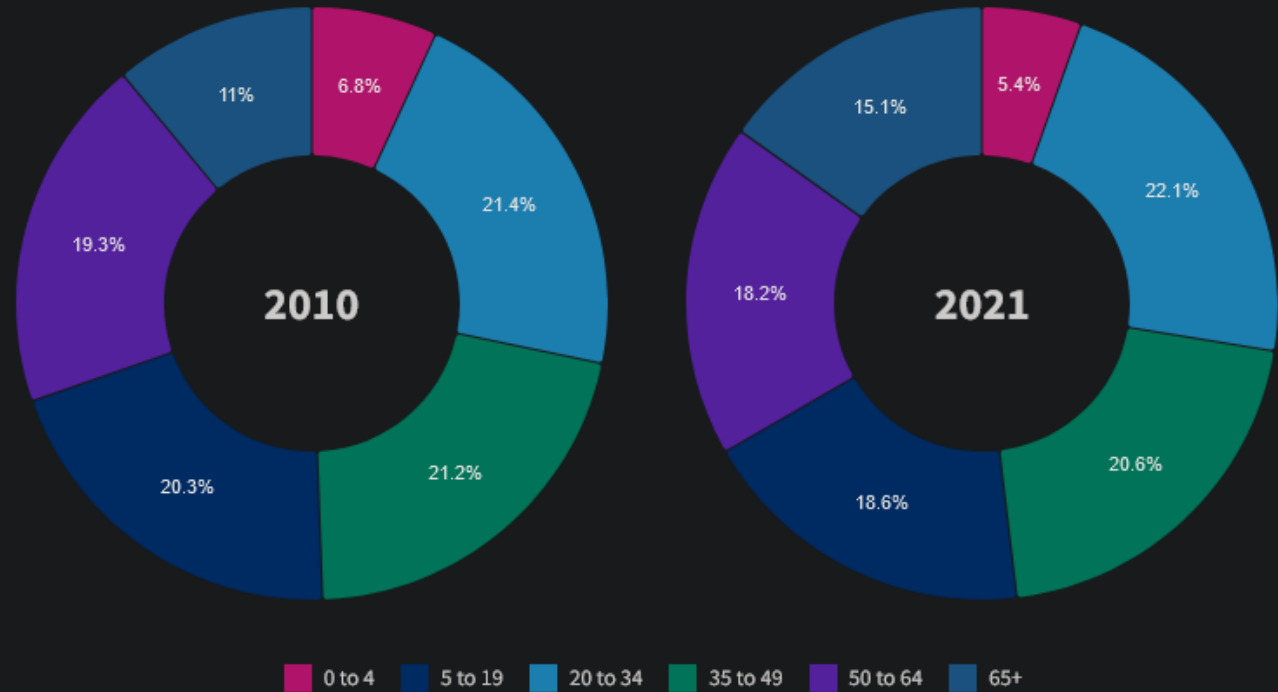
Distribution of Ages

How has the distribution of ages in Colorado changed?

The share of the population that is 0 to 4 years old **decreased** from **6.8%** in **2010** to **5.4%** in **2021**.

The share of the population that is 65 and older **increased** from **11%** in **2010** to **15.1%** in **2021**.

Age makeup of Colorado



Source: [Census Bureau](#)

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Ethnic and Racial Makeup

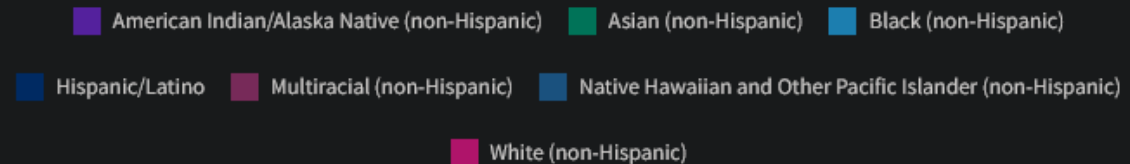
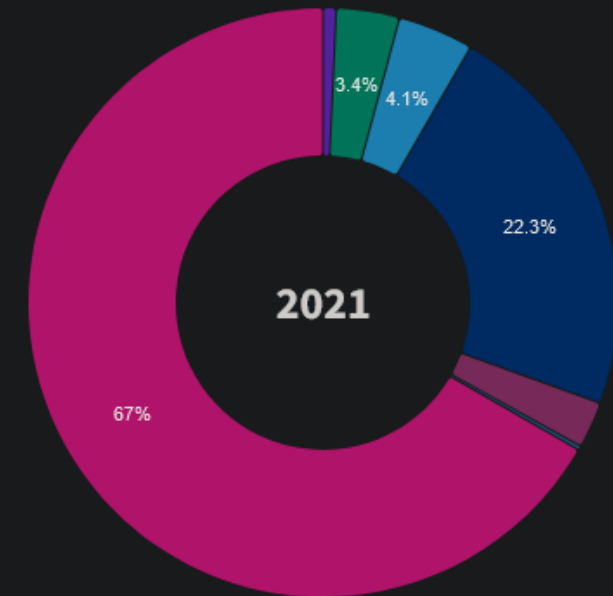
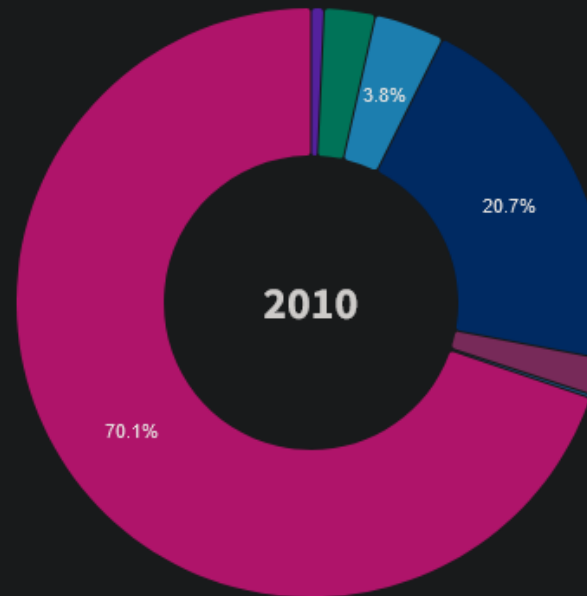
How has the racial and ethnic makeup of Colorado changed?

In **2021**, Colorado was more diverse than it was in 2010. In **2021**, the **white (non-Hispanic)** group made up **67%** of the population compared with **70.1%** in **2010**.

Between **2010** and **2021**, the share of the population that is **Hispanic/Latino** grew the most, increasing **1.6** percentage points to **22.3%**. The **white (non-Hispanic)** population had the largest decrease dropping **3.1** percentage points to **67%**.

Racial makeup of Colorado

☒ Hide Hispanic ethnicity



Source: [Census Bureau](#)

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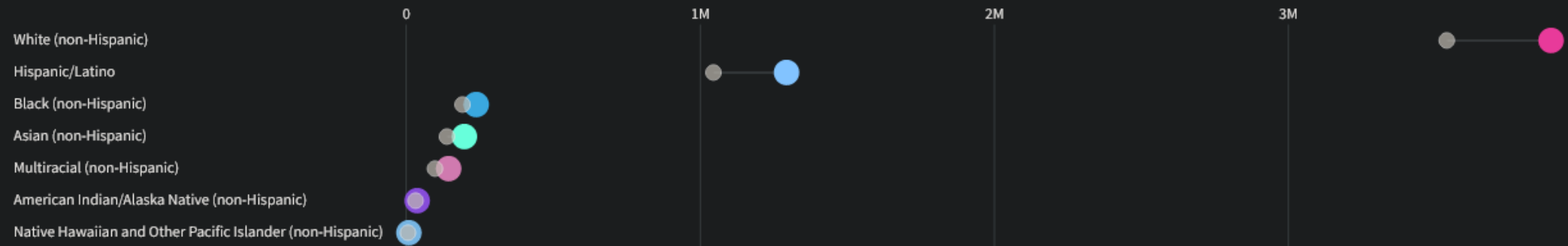
Ethnic and Racial Makeup

How has Colorado's racial and ethnic populations changed?

In **2021**, the largest racial or ethnic group in Colorado was the **white (non-Hispanic)** group, which had a population of **3.9 million**. Between **2010** and **2021**, the **white (non-Hispanic)** population had the **most growth increasing by 354,767** from **3.5 million** in **2010** to **3.9 million** in **2021**.

Population by race and ethnicity in Colorado

☒ Hide Hispanic ethnicity



Source: [Census Bureau](#)

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Leading Causes of Death in the US

Heart Disease

Cancer

COVID-19

Unintentional Injuries/Accidents

Stroke

Chronic Lower Respiratory Diseases

Alzheimer's Disease

Diabetes

Chronic Liver Disease & Cirrhosis

Nephritis, nephrotic syndrome, & nephrosis

Leading Causes of Death in CO

Cancer

Heart Disease

COVID-19

Unintentional Injuries/Accidents

Chronic Lower Respiratory Diseases

Stroke

Alzheimer's Disease

Suicide

Diabetes

Chronic Liver Disease & Cirrhosis

Most Populated Cities in CO

| Rank | City | Population |
|------|----------------------------------|------------|
| 1 | Denver | 706,799 |
| 2 | Colorado Springs | 475,282 |
| 3 | Aurora | 383,496 |
| 4 | Fort Collins | 166,788 |
| 5 | Lakewood | 155,608 |
| 6 | Thornton | 140,538 |
| 7 | Arvada | 122,903 |
| 8 | Westminster | 115,535 |
| 9 | Pueblo | 111,424 |
| 10 | Centennial | 107,972 |
| 11 | Greeley | 107,014 |
| 12 | Boulder | 104,930 |
| 13 | Highlands Ranch | 103,238 |
| 14 | Longmont | 98,789 |
| 15 | Loveland | 75,938 |
| 16 | Broomfield | 72,697 |
| 17 | Castle Rock | 71,037 |
| 18 | Grand Junction | 65,067 |
| 19 | Commerce City | 61,516 |
| 20 | Parker | 57,311 |

US Census Bureau

Top Industries in CO

RANKINGS

1

State in Private Aerospace
Employment Concentration
Colorado Space Coalition, 2020

6

State for concentration of creative
class occupations

4

State for Concentration of STEM
Workers
Census Bureau, 2020

3

State for Startup Early Job
Creation
Kauffman Foundation, 2019

2

State to Start a Business
FitSmallBusiness.com, 2019

2

State for Technology & Science
Milken Institute, 2020

RANKINGS

1

State for labor supply
Forbes, 2019

3

Best state for business
24/7 Wall St., 2020

2

Most active state
United Health Foundation, 2020

2

State for educational attainment
WalletHub, 2021

Colorado Office of Economic Development & International Trade

Major Industries in CO

Advanced Manufacturing

Aerospace

Bioscience

Creative Industries

Defense & Homeland
Security

Electronics

Energy & Natural Resources

Financial Services

Food & Agriculture

Health & Wellness

Infrastructure Engineering

Technology & Information

Tourism

Outdoor Recreation

Transportation & Logistics

Colorado Office of Economic Development & International Trade

Hispanics

A person with ancestry from a country whose primary language is Spanish.

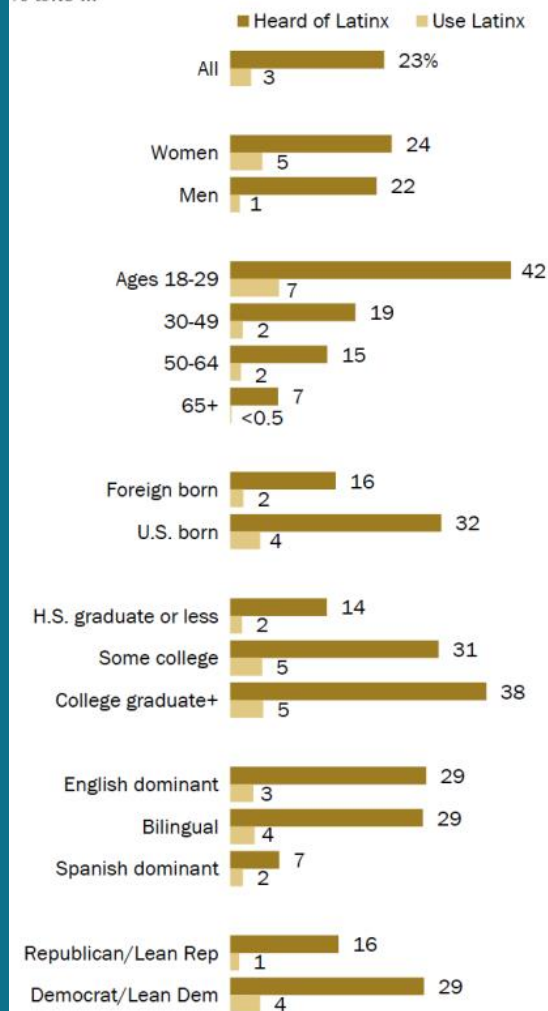
59% of Colorado's Latinos prefer to identify as Hispanic

Latinos

A person with origins from anywhere in Latin America (Mexico, South and Central America) and the Caribbean.

Young adults, college graduates some of most likely to have heard of Latinx

% who ...



Note: "Some college" includes those with an associate degree and those who attended college but did not obtain a degree. No answer responses not shown.

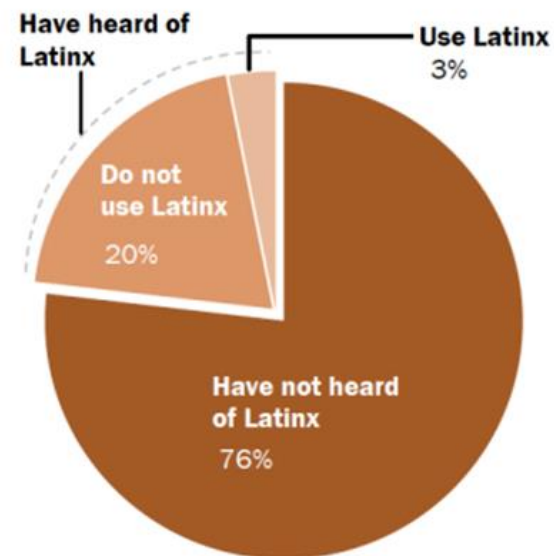
Source: Survey of U.S. Latino adults conducted Dec. 3-23, 2019.
 "About One-in-Four U.S. Hispanics Have Heard of Latinx, but Just 3% Use It"

PEW RESEARCH CENTER

Latinx?

Most Latino adults have not heard of the term Latinx; few use it

% who ...



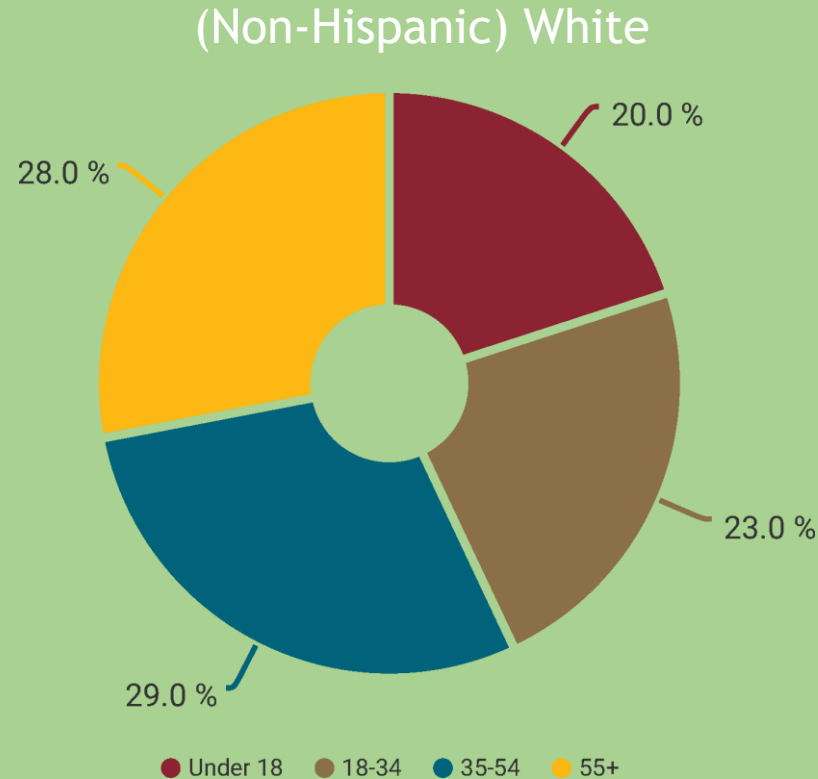
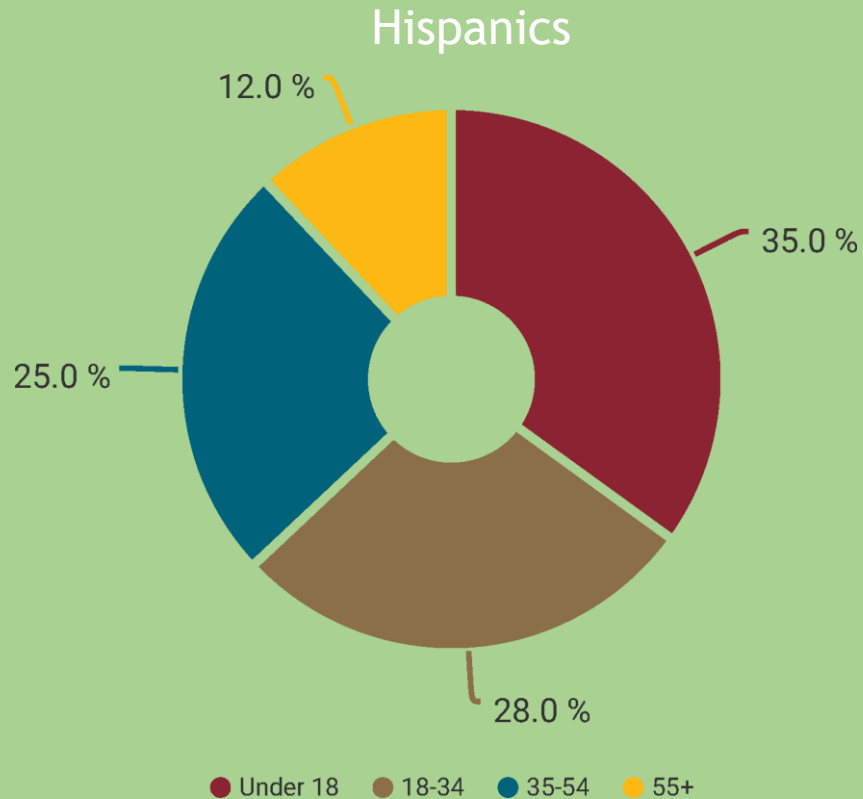
Note: No answer responses not shown.

Source: Survey of U.S. Latino adults conducted Dec. 3-23, 2019.

"About One-in-Four U.S. Hispanics Have Heard of Latinx, but Just 3% Use It"

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Age Distribution of Hispanics in CO



The median age of Hispanics in CO is 27 compared to 42 for non-Hispanic whites

Hispanics in CO

21% of the population is Hispanic

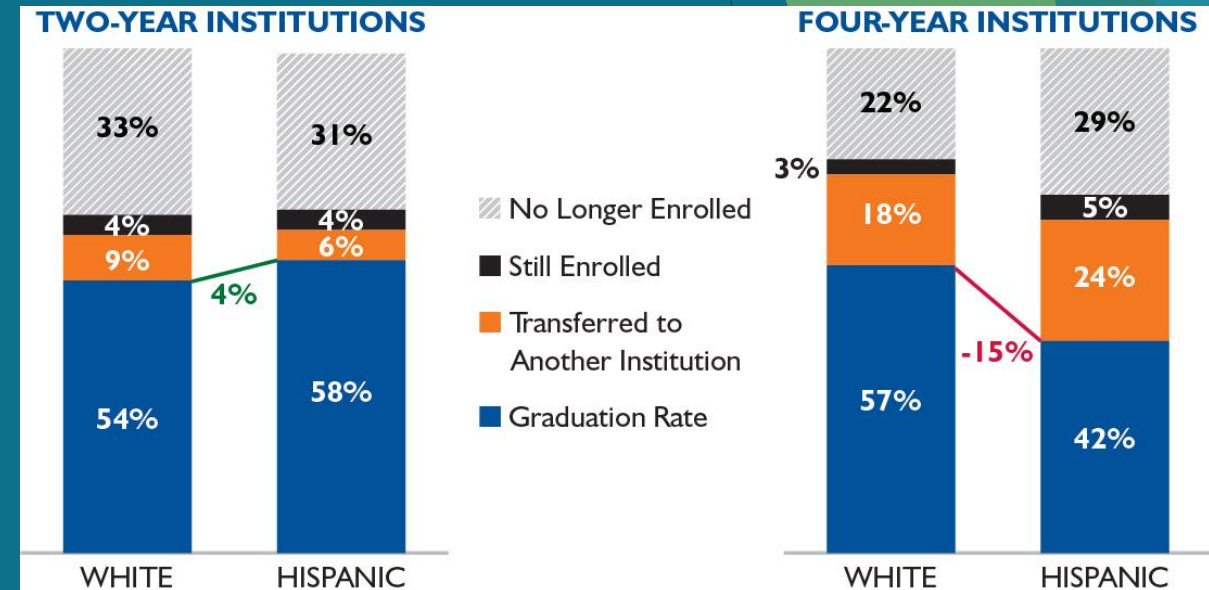
1 in 5 Coloradans are of Latino or Hispanic origin

Nearly 80% of Hispanics in CO are native born

4% of the CO population is comprised of Latino immigrants

College and University Education

24% of Hispanic adults (ages 25+) earned an Associate's degree or higher compared to 57% of White adults

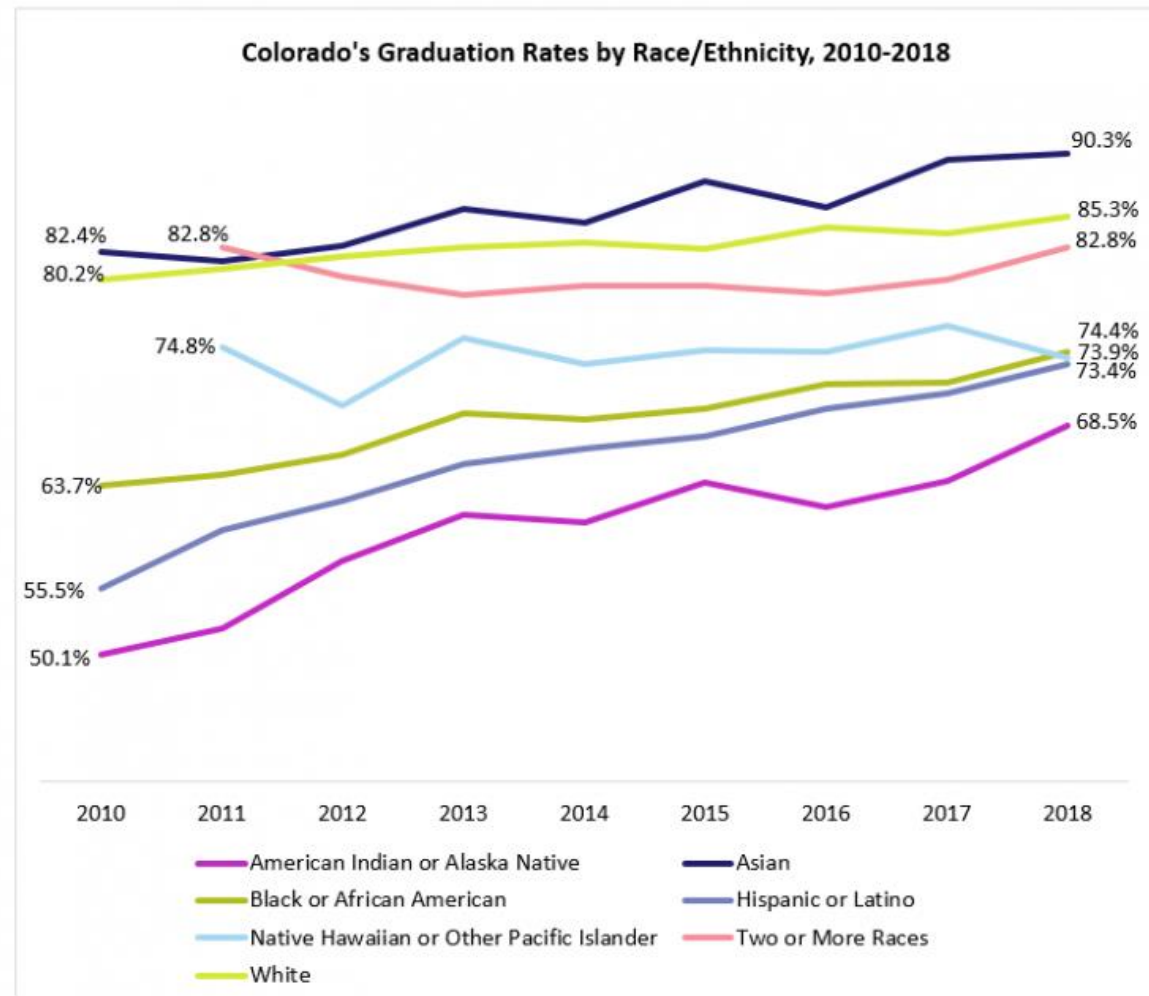


*Percentages may not add up to 100% due to rounding.

NOTE: Outcomes shown are for students at two-year institutions who started in Fall 2015, and for students at four-year institutions who started in Fall 2012.

Source: *Excelencia in Education* analysis using the U.S. Department of Education, National Center for Education Statistics (NCES), Integrated Postsecondary Education Data System, 2018 Graduation Rates Survey and the Institutional Characteristics Survey.

High School Education



Self-identified ethnicity in CO

American Community Survey
US Census Bureau, 2019

| (self-identified ethnicity, not by birthplace) | | |
|--|--------------|-----|
| Ancestry by origin (2019 surveys) ^[8] ⚡ | Population ▼ | % ⚡ |
| Mexican | 920,228 | |
| "Spanish" | 54,922 | |
| "Spaniard" | 50,819 | |
| Puerto Rican | 42,525 | |
| Salvadoran | 24,375 | |
| Cuban | 12,823 | |
| Guatemalan | 11,901 | |
| Peruvian | 8,824 | |
| Colombian | 8,149 | |
| Honduran | 5,616 | |
| Dominican | 4,920 | |
| Venezuelan | 4,710 | |
| Argentine | 4,448 | |
| Costa Rican | 4,118 | |
| "Spanish American" | 3,161 | |
| Panamanian | 3,026 | |
| Chilean | 2,890 | |
| Nicaraguan | 2,035 | |
| Ecuadorian | 1,922 | |
| Bolivian | 1,521 | |
| Paraguayan | 204 | |
| Uruguayan | 183 | |
| All other | 83,342 | |
| Total | 1,256,903 | |

English and Spanish Languages

47% of Hispanics in CO speak ONLY English at home.

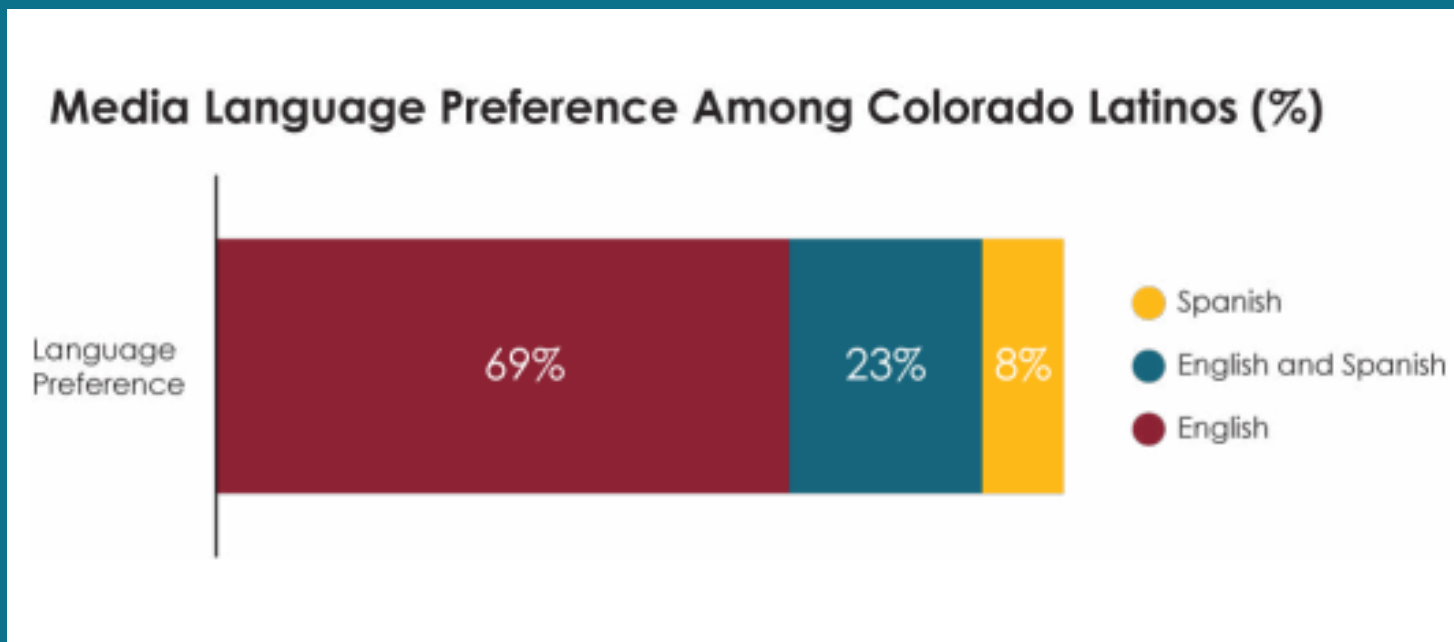
This is significantly higher than the national average of 27%.

Less than 10% of all Hispanics in CO speak Spanish only

53% of Hispanics in CO speak varying levels of Spanish.

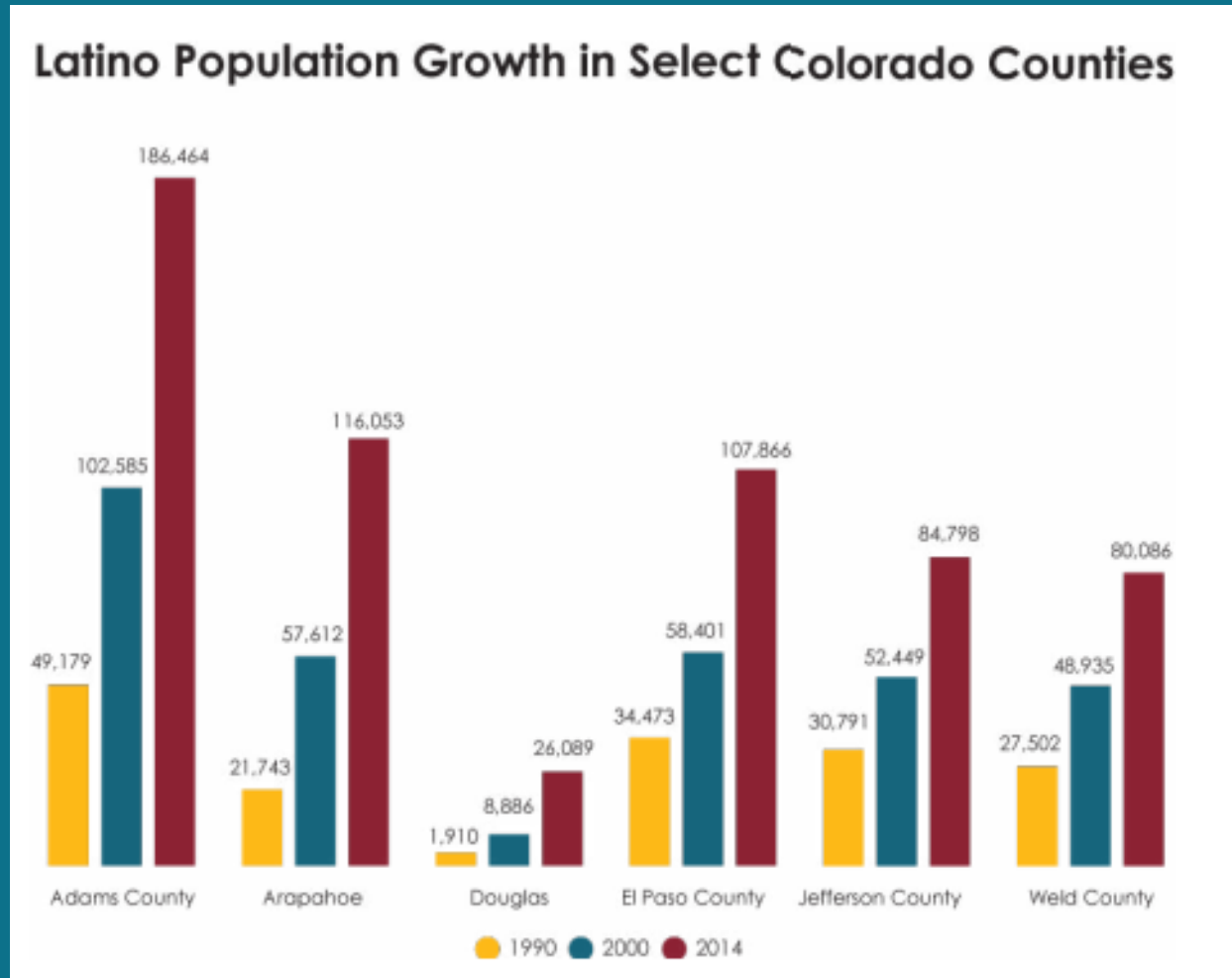
Of those who do speak Spanish, 78% speak English well or very well.

Media Language



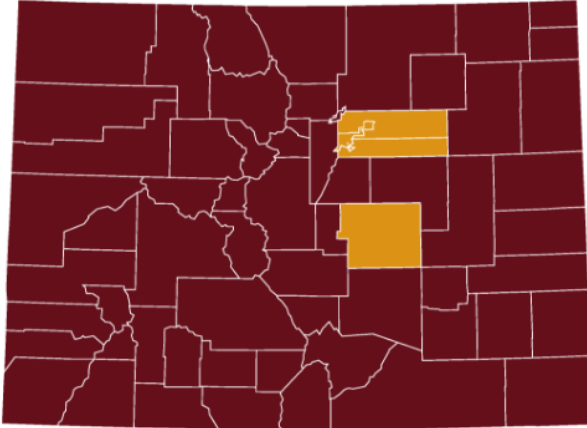
Spanish media is an important source of information
for more than 1 in 4 Colorado Hispanics

Where are Hispanics located in CO?



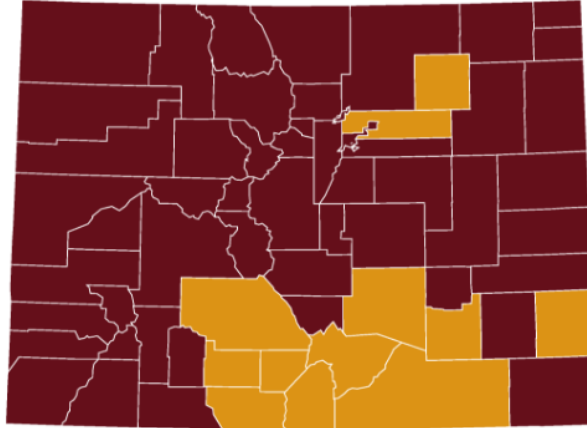
Where are Hispanics located in CO?

Colorado Counties with Latino population over 100,000



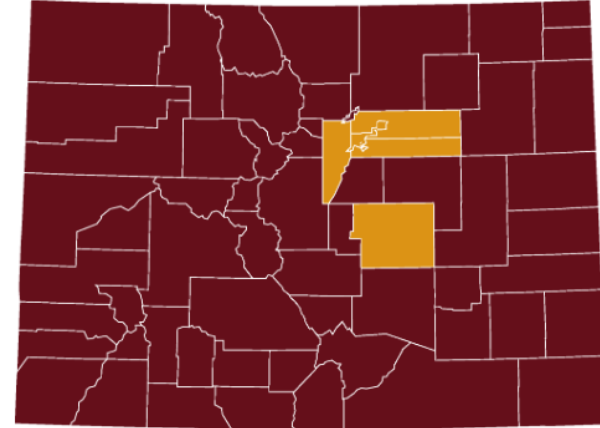
Adams, Arapahoe, Denver, El Paso

Colorado Counties with over 33% Latino population



Adams, Alamosa, Conejos, Costilla,
Huerfano, Las Animas, Morgan, Otero,
Prowers, Pueblo, Rio Grande, Saguache

Colorado Counties with Highest Latino Population Increase (2010-2014)



Adams, Arapahoe, El Paso, Jefferson, Weld

Hispanics in Denver

Denver county has the largest % of Hispanics
over the age of 55

34% of Denver's population is Hispanic

Gentrification

A process where wealthy, college-educated individuals begin to move into poor or working-class communities, often originally occupied by communities of color.

Rising costs of living and a changing community culture can make for a difficult adjustment for longtime residents. These changes may drive out people of color and minority-owned businesses.

Hispanic Population Decline in Denver

Gentrification studies have illustrated that many historically Hispanic communities and neighborhoods have been or soon will be completely gentrified

Hispanics are increasingly moving to surrounding suburbs which is contributing to increased population growth to Denver's neighboring counties

Hispanics Aging in CO

Hispanic Coloradans age 65+ make up 10.8% of CO's older adult population

Older Hispanics were more likely than other seniors to:

- report barriers to receiving health care, including access to providers & transportation
- put off needed health care because it costs too much
- have fewer preventive care visits & more trips to the emergency room

Lack of Access to Transportation

Nearly 1 in 10 Latino seniors say they were unable to receive care because they couldn't find transportation to the doctor's office, or it was too far away

That's more than double the % of non-Latinos who reported the same problem

Expensive Health Care

The % of older Latinos who face barriers to receiving care is nearly 3x the rate of non-Latinos

Only 15% of Latinos ages 65+ say they feel well protected when it comes to paying for their health care needs

15% of Latino seniors skipped needed specialist care due to cost compared with 3.8% of non-Latinos

Knowledge of Programs

About 68% of Latino seniors say they don't know which services are available in their community, more than 10% higher than the non-Latino population

Nearly ½ of Latino seniors say they lack adequate information about public insurance programs (Medicare or Medicaid) compared with 40% of non-Latinos

More Emergency Department Visits

About 29% reported they were unable to get an appointment with a health care provider as soon as they needed one compared with 11% of non-Latinos

Latino seniors are more likely to go to an emergency department to receive care than non-Latino seniors

20% of older Latinos reported receiving care at an emergency department in the past 12 months compared with 15% of non-Latinos

Latinos were nearly twice as likely to say it was for a condition that could have been treated by a regular doctor - 46.3% compared with 25.9% of non-Latino seniors

Latinos Perspective on their Health

1 in 3 Latinos ages 65+ (34%) rates their health as fair or poor, the two lowest options, nearly double the rate (18.2%) of non-Latinos

More than 40% of Latino seniors say they have diabetes compared with 14% of non-Latino seniors

Nearly 60% of Latino seniors say they have high blood pressure, compare with 52% of non-Latino seniors

Hispanics and Parkinson's

Caucasians, both Hispanic and non-Hispanic, are twice as likely to develop PD as African-Americans or Asians.

St. Luke's Health: Healthy Resources

The effect of a specific type of mutation called a copy number variation (CNV), which is when a piece of DNA gets erroneously copied or deleted. They found that CNVs in known Parkinson's genes are associated with the disease in Latino populations

Movement Disorders "Genome-Wide Analysis of Copy Number Variation in Latin American Parkinson's Disease Patients"

Hypothesis: Latinos with PD will be more likely to have diabetes and other cardiovascular medical conditions than non-Latino white individuals with PD, which could help explain why Latinos with PD have more problems with memory and other thinking skills.

Funded study by Michael J Fox Foundation: Disparities in Neurocognitive Impairment among Hispanic and Latinos in the US with PD: The Role of Cardiovascular Risk

Hispanics and Parkinson's Research

Hispanics don't participate in PD research:

- Lack of access to hospitals, health insurance, and education.
- Discrimination.
- Language and cultural barriers.
- Low awareness of opportunities.

Hispanics are under-represented in Parkinson's research

Parkinson's Resources in Spanish

[Parkinson's Foundation](#)

[American Parkinson Disease Association](#)

[10 Early Warnings of Parkinson's - 10 signos de Alerta Temprana de Parkinson](#)

[Bladder Symptoms and Parkinson's Disease - Sintomas Urinarios en la Enfermedad de Parkinson](#)

[Constipation - Constipación y enfermedad de Parkinson](#)

[Cognitive Changes - Cambios cognitivos en la enfermedad de Parkinson](#)

[Emergency Assistance Card - Tarjeta de emergencia](#)

Parkinson's Resources in Spanish

Hospital Action Plan - [Plan de Acción para el Hospital](#)

Living Well with Parkinson's Disease - [Como vivir con la enfermedad de Parkinson](#)

Medications Approved in the US - [Lista de Medicamentos Aprobados en Estados Unidos](#)

Medications to Avoid - [Medicamentos que se deben evitar o usar con precaución en la Enfermedad de Parkinson](#)

Parkinson's Disease 101 - Michale J. Fox Foundation - [Enfermedad de Parkinson 101](#)

PD 360 Guide - Michael J Fox Foundation

Parkinson's Disease - APDA - [Enfermedad de Parkinson](#)

PD articles in Spanish - [Stanford University](#)

[Muhammad Ali Spanish Programs and Services:](#)