

Colorado Families are Under Pressure

Colorado families are navigating a uniquely challenging set of overlapping pressures, including elevated rates of financial hardship, work instability, and caregiving strain.

Strong families are the foundation of a thriving Colorado—and right now, too many families are struggling to stay afloat. New *Quarterly Insights* data show Coloradans bearing heavier financial, caregiving, and emotional burdens than most of their peers elsewhere in the country. Parents are falling behind on rent and mortgages, taking on debt, facing housing instability, and having their utilities cut off. Families are doubling up with others to afford housing, skipping meals to stretch budgets, and going without medical care they need but they cannot afford it. Elder care is squeezing family budgets and exhausting caregivers. More than half of respondents reported feeling depressed or hopeless at least once in the past two weeks. Families are simply asking for the living conditions that allow them to thrive, not just survive: stable work that pays a decent wage, the security of remaining housed and fed without falling into crisis, the ability to plan their days and weeks without constant disruption, and the time and resources to care for themselves and the people they love. These are not extraordinary demands. They are the foundation of a stable life, and yet they are out of reach for too many Colorado families.

		CO	NATIONAL
FINANCIAL HARDSHIP			
In the last 12 months, did you borrow money, take on debt, or use payday/advance products to cover basic needs?	Yes	38%	26%
In the last 12 months, was your home ever without heat, water, or electricity for 24 hours or more due to nonpayment?	Yes	12%	5%
In the last 12 months, were you ever behind on rent or mortgage?	Yes, at least once.	26%	15%
In the last 12 months, did you have to "double up" (move in with others) because of housing costs?	Yes	12%	4%
In the last 12 months, did you skip or reduce meals because there wasn't enough money for food?	Yes, in at least one month	39%	24%
In the last 12 months, was there any time you needed medical care but did not get it because of cost?	Yes	30%	21%
WORK INSTABILITY			
In the last 4 weeks, how often was your shift canceled, shortened, or extended with less than 24 hours' notice?	Yes, at least once.	39%	25%
MENTAL HEALTH			
Over the last 2 weeks, how often have you been bothered by feeling down, depressed, or hopeless?	Yes, at least once.	58%	50%
CAREGIVING STRAIN			
Do you care for an elderly person?	Yes	10%	10%
Does this person live in your home?	Yes	72%	48%
Does the cost of elder care or the time needed to care for an elderly person impact your family budget?	Yes	58%	31%

YouGov polled 200 Colorado residents along with the nationally representative sample of 1,000 individuals. With a relatively small 'n', the margin of error for Colorado-specific results is +/-7.4%. This means that the results, while valuable, should be interpreted with caution.

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