

# Chronic Conditions Report

Chronic conditions, like heart disease and diabetes, are more than just personal health challenges—they’re among the leading causes of death and disability in the United States. They reduce quality of life, drive up health care costs, and place a heavy burden on health systems nationwide.

CIVHC’s Chronic Conditions Analysis sheds light on the prevalence of 30 chronic diseases from 2017 to 2023 by leveraging claims data from in the Colorado All Payer Claims Database (CO APCD). This analysis reveals trends in how common these conditions are, the average annual cost of care and total spending for individuals living with at least one chronic illness in the state of Colorado.

This analysis uses the Centers for Medicare and Medicaid Services (CMS) [Chronic Conditions Algorithm](#), which includes conditions like pneumonia and hip/pelvic fractures. Though often considered one-time events, these conditions can become ongoing—especially for individuals managing multiple chronic illnesses. Their inclusion reflects their high cost and widespread occurrence among Medicare patients.

For more information or to view the full Chronic Conditions Analysis, visit us at [www.civhc.org](http://www.civhc.org)

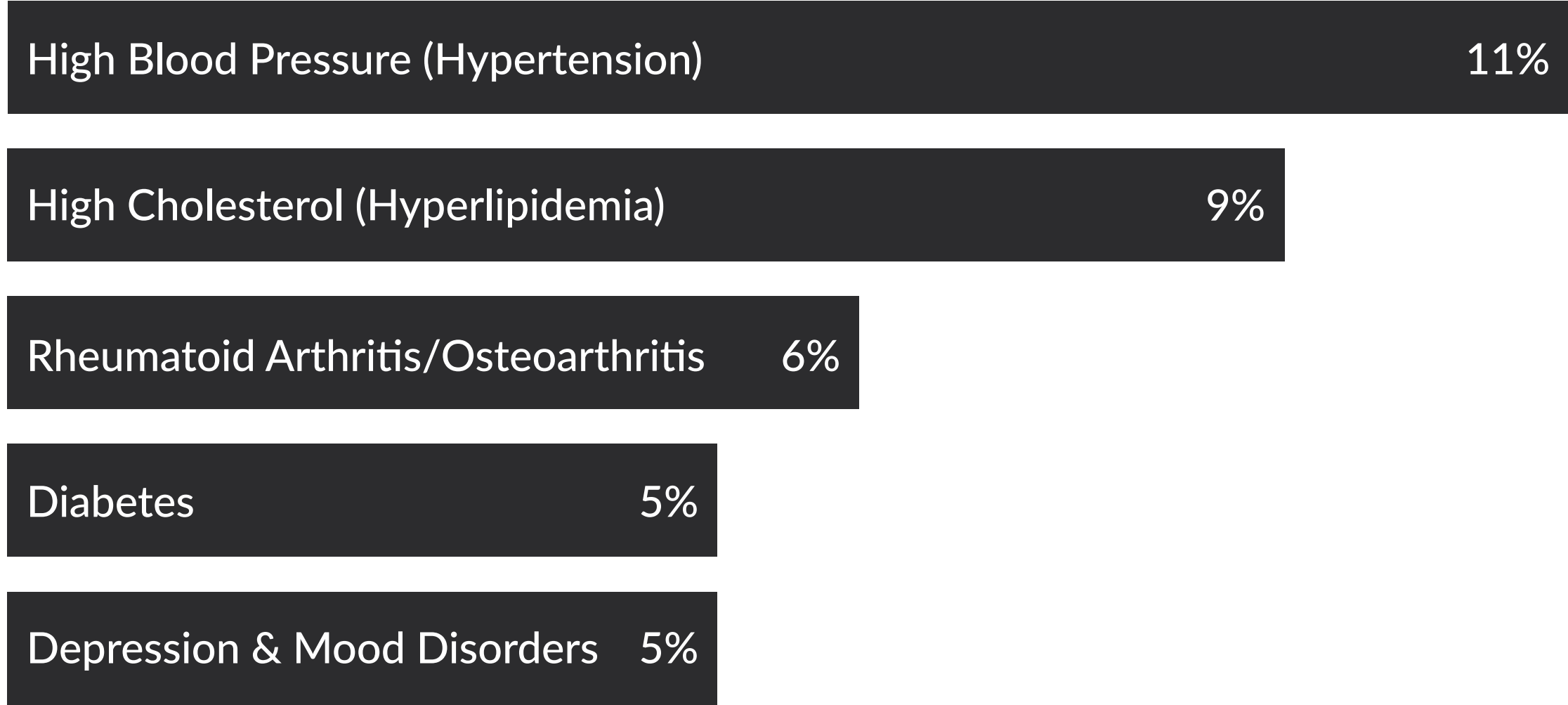
## 2023 INSIGHTS

**22%** of Coloradans have a chronic condition, and most of them — about **7 out of 10** have more than one.



### Most Common | Statewide

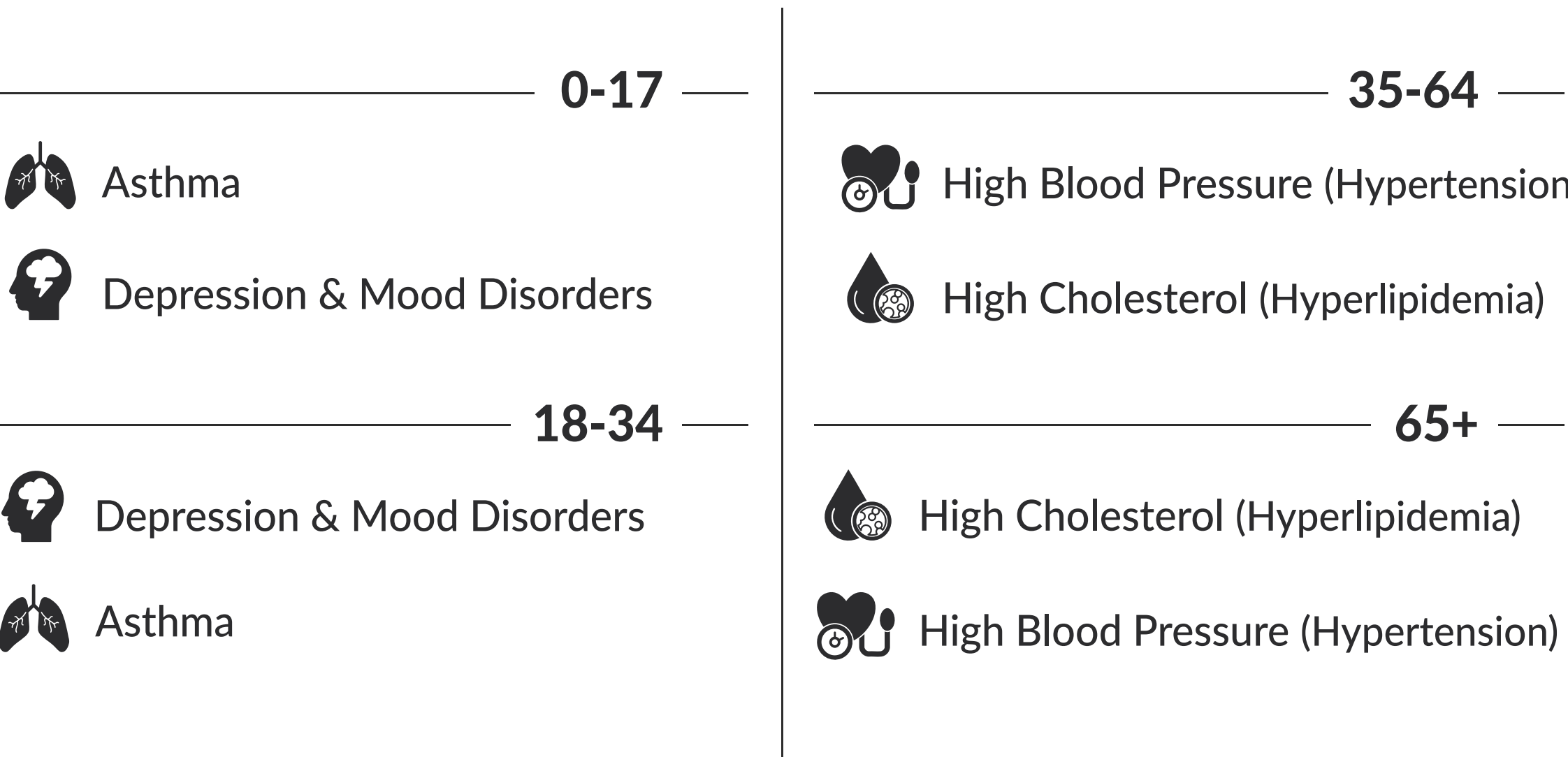
The top five most common chronic conditions in Colorado:



*Chronic conditions frequently occur alongside other health issues, particularly among older adults who often require more complex care.*

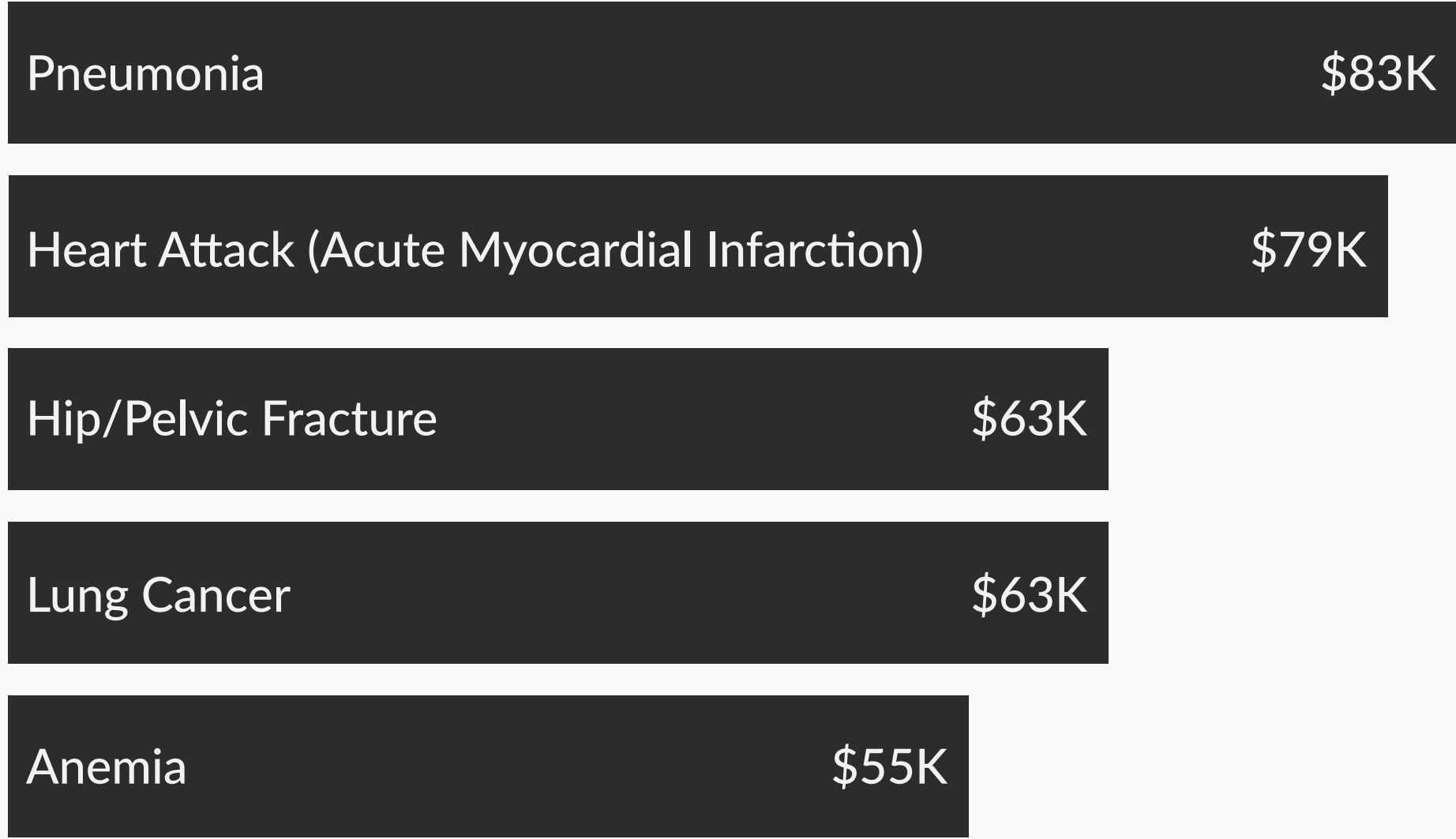
### Most Common | By Age Group

For Coloradans under 35, mental health challenges and asthma top the list. But after 35, the spotlight shifts to heart health: high blood pressure and high cholesterol become the most common concerns.



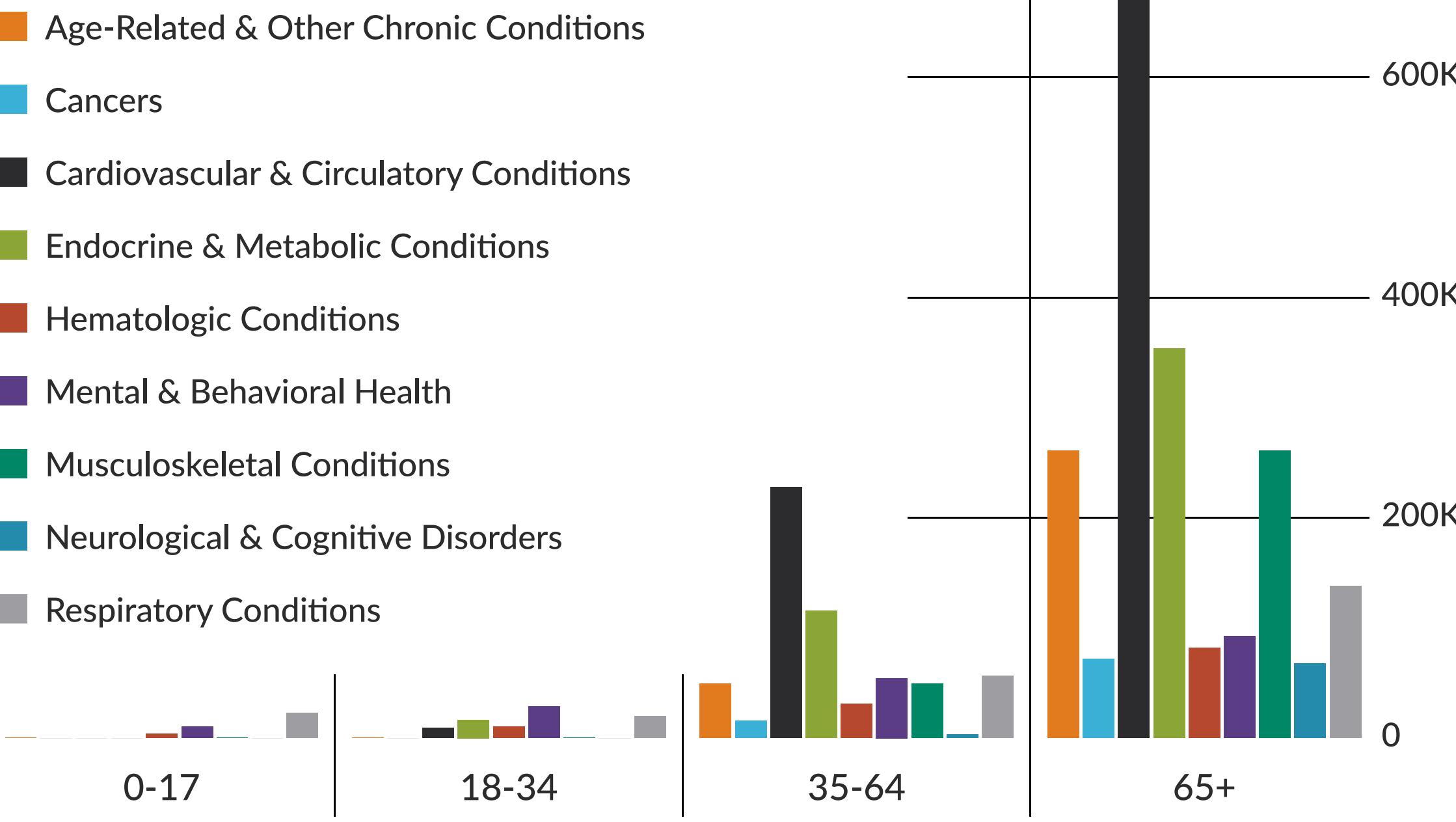
### Most Costly | Statewide | Cost Per Person Per Year (PPPY)\*

Individuals with the following chronic conditions have the highest average cost of health care (health plan and patient out of pocket costs combined) per person per year:



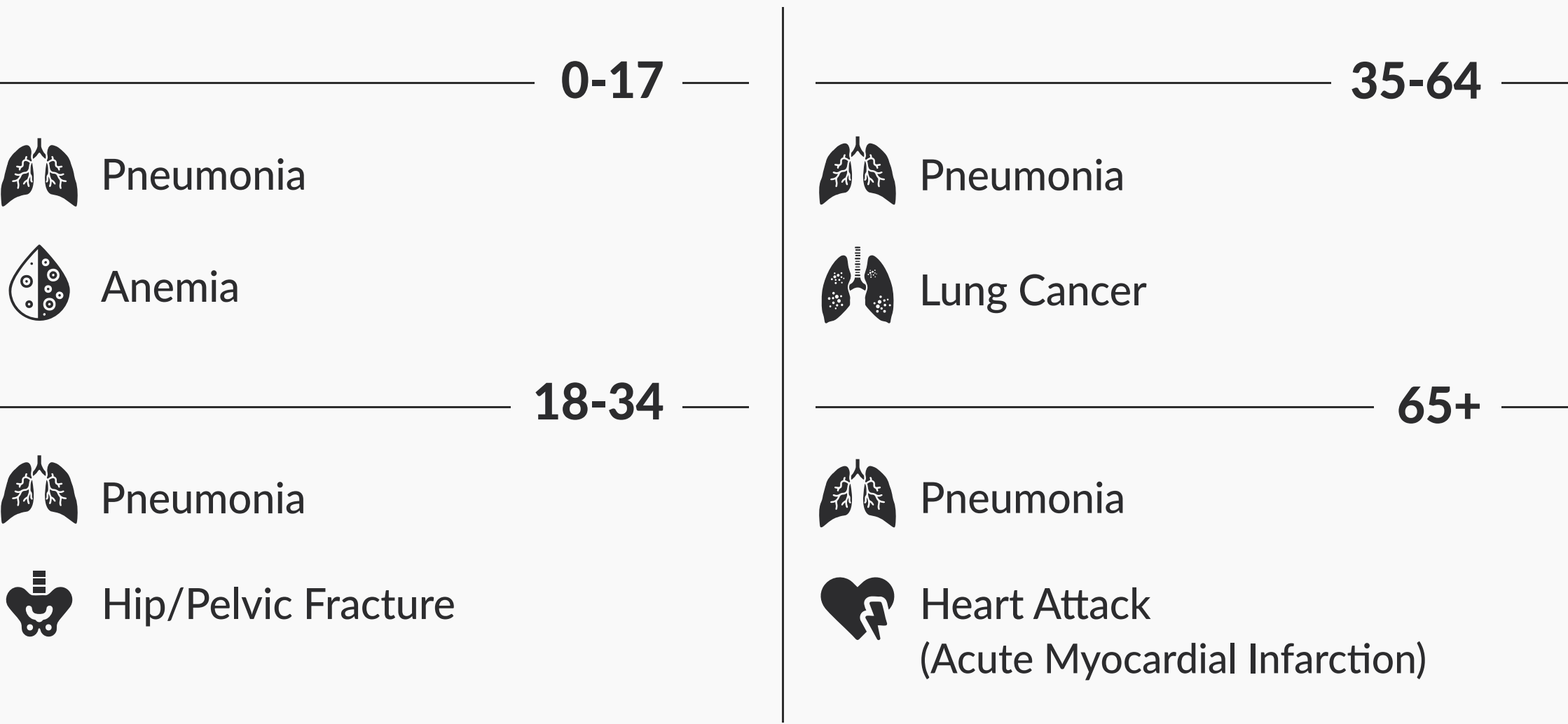
### Prevalence of Chronic Conditions by Age Group

Older adults (65+) face the highest burden of chronic conditions.



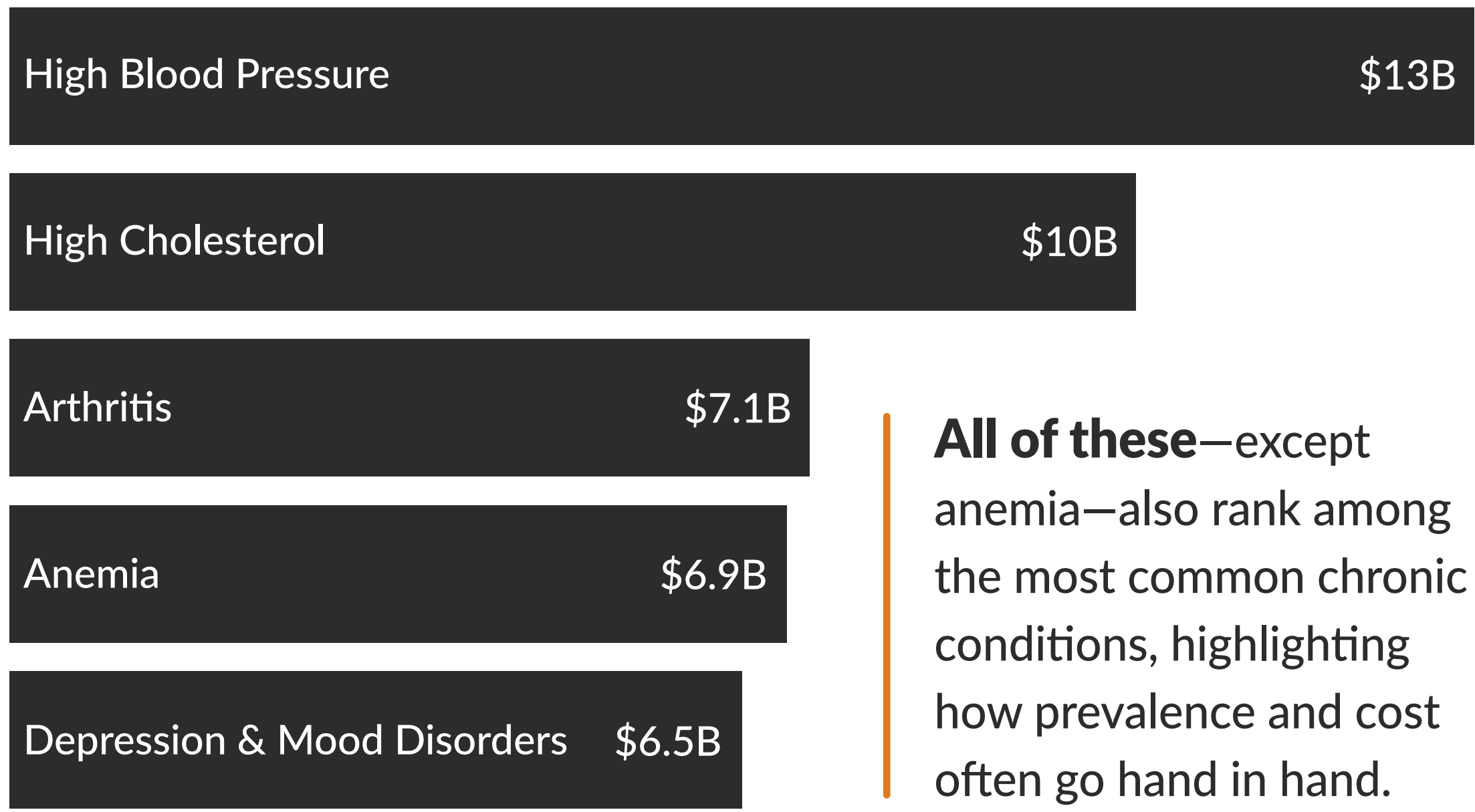
### Most Costly | by Age Group | Cost Per Person Per Year (PPPY)

Pneumonia might seem like a one-time illness—but for many, especially those with other health issues, it can lead to high-intensity care and significant costs.



### Total Spending

These chronic conditions accounted for the highest total health care spending among Coloradans:



**All of these**—except anemia—also rank among the most common chronic conditions, highlighting how prevalence and cost often go hand in hand.

*\*The cost measures shown reflect the total health care costs a person with a chronic condition had during the year—not just the cost to treat the condition itself. For example, the cost per person per year includes all care they received, not just care for the chronic condition*

### Cost Variation for High-Expense Conditions Across the State | PPPY/Per Person Per Year

Health care costs for chronic conditions vary across Colorado. Urban areas can often have higher costs due to access to specialty care, while rural areas may see cost differences tied to provider access and how care is delivered.

