



STATE OF HEALTH REPORT

COUNTY 2021

QUALITY OF LIFE



of adults report being in fair or poor health



average number of days per month that adults feel mentally unhealthy



COUNTY POPULATION:

NUTRITION + PHYSICAL ACTIVITY



of adults are obese



of adults are physically inactive



county score on the food environment index



UNINSURED + POVERTY



of those under age 65 are uninsured, compared to 19% in Texas



of children are living in poverty

NATIONAL + STATE COMPARISONS

MEASURE	DESCRIPTION	U.S.	TEXAS	COUNTY
Health Outcomes				
Cardiovascular Deaths	Total cardiovascular disease deaths per 10,000 population; includes coronary heart disease, heart attack, heart failure, cardiac dysrhythmia, hypertension, and all strokes	42.2	43.4	
Diabetes Prevalence	Percentage of adults diagnosed	8.5%	10%	
Premature Death	Years of potential life lost before age 75 per 10,000 population	690	660	
Poor or Fair Health	Percentage of adults reporting poor or fair health	17%	19%	
Poor Mental Health Days	Average number of mentally unhealthy days reported in past 30 days	4.1	3.8	
Health Factors				
Adult Obesity	Percentage of adults reporting a BMI over 30	30%	31%	
Adult Smoking	Percentage of adults who are current smokers	17%	14%	
Children in Poverty	Percentage of children under age 18 in poverty	17%	19%	
Excessive Drinking	Percentage of adults reporting binge or heavy drinking	19%	19%	
Food Environment Index	A scale from 0 (worst) to 10 (best), based on the % of the population that is low income and does not live close to a grocery store; and the % of the population that did not have access to a reliable source of food the past year	7.8	5.9	
Insufficient Sleep	Percentage of adults who report fewer than 7 hours of sleep on average	37.4%	34%	
Median Household Income	The income where half of households in a county earn more and half earn less	\$65,712	\$64,000	
Physical Inactivity	Percentage of adults reporting no leisure-time physical activity	23%	23%	
Uninsured	Percentage of population under age 65 without health insurance	10%	20%	

Source: <https://nccd.cdc.gov/DHDSPAtlas/Reports.aspx> and [countyhealthrankings.org](https://www.countyhealthrankings.org)

THE CASE FOR PREVENTION

- At least 7 of the top 10 leading causes of death in the U.S. and Texas are chronic diseases.
- Most chronic diseases can be prevented by eating a nutritious diet, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings.



90%

of the country's **\$3.8 trillion** healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions.

For more information, contact your local Family and Community Health Extension Agent: