



# 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
<b>Health Outcomes</b>				
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	
<b>Health Factors</b>				
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/DHDSAtlas/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: