

STATE OF HEALTH REPORT

COUNTY 2023

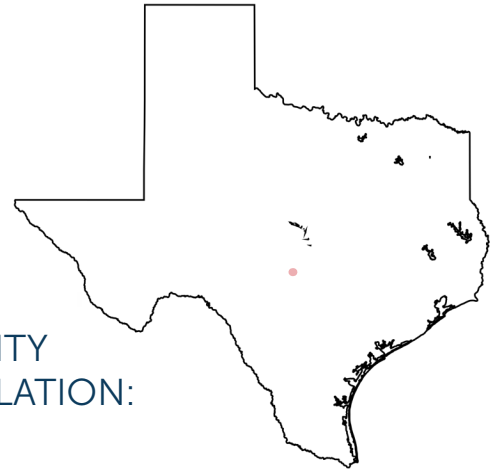
QUALITY OF LIFE



of adults report being in fair or poor health



of adults report frequent mental distress



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 20% 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	43.3	
Diabetes Prevalence	Percentage of adults diagnosed	9%	12%	
Premature Death	Years of potential life lost before age 75 per 10,000 population	730	700	
Poor or Fair Health	Percentage of adults reporting poor or fair health	12%	16%	
Frequent Mental Distress	Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted)	14%	13%	
Health Factors				
Adult Obesity	Percentage of adults reporting a BMI over 30	32%	36%	
Adult Smoking	Percentage of adults who are current smokers	16%	13%	
Children in Poverty	Percentage of children under age 18 in poverty	17%	20%	
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	5.9	
Insufficient Sleep	Percentage of adults who report fewer than 7 hours of sleep on average	33%	33%	
Median Household Income	The income where half of households in a county earn more and half earn less	\$69,700	\$67,000	
Physical Inactivity	Percentage of adults reporting no leisure-time physical activity	22%	25%	
Uninsured	Percentage of population under age 65 without health insurance	10%	20%	

Sources: <https://nccd.cdc.gov/DHDSAtlas/Reports.aspx> and countyhealthrankings.org

THE CASE FOR PREVENTION

\$ 90%

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

- 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.