



# STATE OF HEALTH REPORT

COUNTY 2020

## 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

| 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   | 670      | 670      |        |
| Poor or Fair Health     | Percentage of adults reporting poor or fair health   | 16%      | 18%      |        |
| Poor Mental Health Days | Average number of mentally unhealthy days reported in past 30 days   | 3.8      | 3.4      |        |
| <b>Health Factors</b>   |  |          |          |        |
| Adult Obesity           | Percentage of adults reporting a BMI over 30   | 28%      | 28%      |        |
| Adult Smoking           | Percentage of adults who are current smokers   | 17%      | 14%      |        |
| Children in Poverty     | Percentage of children under age 18 in poverty   | 20%      | 22%      |        |
| Excessive Drinking      | Percentage of adults reporting binge or heavy drinking   | 19%      | 20%      |        |
| 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 | 7.7      | 6.0      |        |
| Insufficient Sleep      | Percentage of adults who report fewer than 7 hours of sleep on average   | 35.2%    | 33%      |        |
| Median Household Income | The income where half of households in a county earn more and half earn less   | \$63,179 | \$60,600 |        |
| Physical Inactivity     | Percentage of adults reporting no leisure-time physical activity   | 23%      | 24%      |        |
| Uninsured               | Percentage of population under age 65 without health insurance   | 11%      | 19%      |        |

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



## 90%

of the country's **\$3.5 trillion** healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions.

## 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.