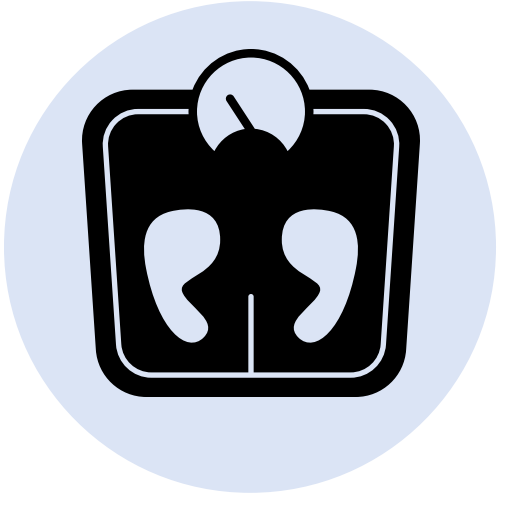# STATE OF HEALTH REPORT

Quality of Life

of adults report being in fair or poor health

the average number of days per month that adults feel mentally unhealthy

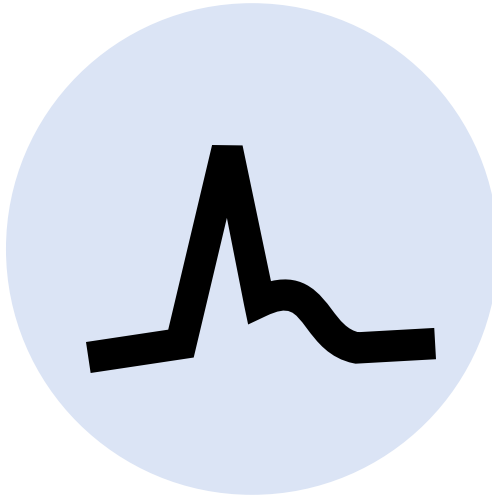## Nutrition + Physical Activity

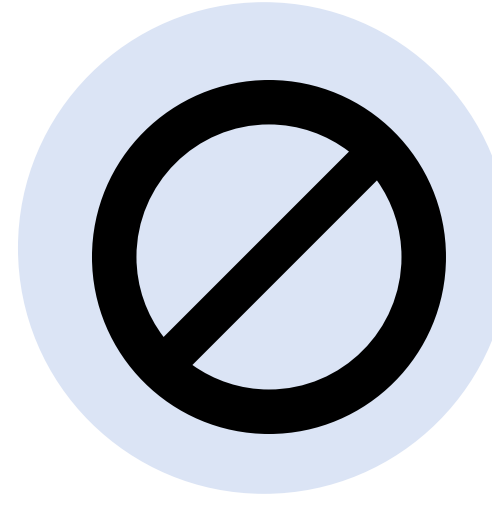of adults are obese

of adults are physically inactive

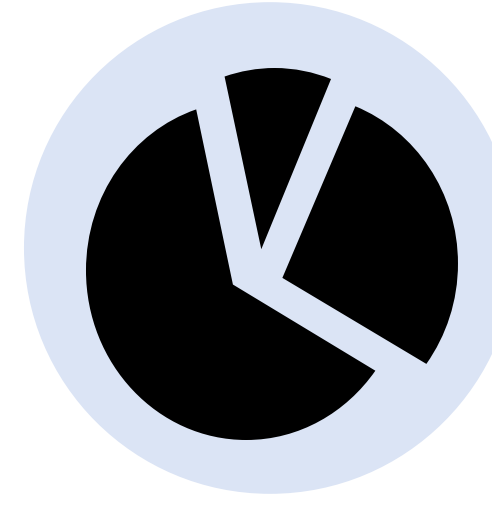county score on the food environment index

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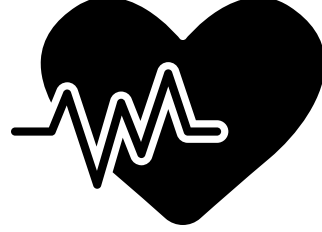
of those under age 65 are uninsured, compared to 19% in Texas

of children are living in poverty

Measure	Description	U.S.	Texas	County
Health Outcomes				
Premature death	Years of potential life lost before age 75 per 10,000 population	670	670	
Cardiovascular deaths	Total cardiovascular disease deaths per 10,000 population; includes coronary heart disease, heart attack, heart failure, cardiac dysrhythmia, hypertension, and all strokes	42.6	43.7	
Diabetes prevalence	Percentage of adults diagnosed	8.4%	10%	
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	
Health Factors				
Adult obesity	Percentage of adults reporting a BMI over 30	28%	28%	
Physical inactivity	Percentage of adults reporting no leisure-time physical activity	23%	24%	
Food environment index	On a scale from 0 to 10 (with 0 being the worst value), the quality of food environment based on % of population who are low income and do not live close to a grocery store and those without access to a reliable source of food during the past year	7.7	6.0	
Adult smoking	Percentage of adults who are current smokers	17%	14%	
Uninsured	Percentage of population under age 65 without health insurance	11%	19%	
Children in poverty	Percentage of children under age 18 in poverty	20%	22%	

Source: https://nccd.cdc.gov/DHDSPAtlas/Reports.aspx and countyhealthrankings.org

$ 90%

of the country's **$2.7 trillion** annual health care expenditures are for people with largely preventable chronic diseases and mental health conditions.[1]

The Case for Prevention

- At least 7 of the top 10 leading causes of death in the U.S. and Texas are preventable chronic diseases.[1]
- 80% of chronic diseases could be prevented through FOUR key lifestyle factors: a healthy diet, adequate physical activity, a healthy body weight, and not smoking.[2,3,4]

Source: 1. CDC (2017). Chronic Disease Overview. https://www.cdc.gov/chronicdisease/overview/index.htm. 2. Ford, E. S., Bergmann, M. M., Kroger, J., Schienkiewitz, A., Weikert, C., & Boeing, H. (2009). Healthy living is the best revenge: Findings from the European Prospective Investigation Into Cancer and Nutrition-Potsdam study. Archives of Internal Medicine, 169(15), 1355-1362. 3. McGinnis, J. M., & Foege, W. H. (1993). Actual causes of death in the United States. Journal of the American Medical Association, 270(18), 2207-2212. 4. Mokdad, A. H., Marks, J. S., Stroup, D. F., & Gerberding, J. L. (2004). Actual causes of death in the United States, 2000. JAMA, 291(10), 1238-1245.

TEXAS A&M AGRILIFE EXTENSION

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