

# STATE OF HEALTH REPORT

Armstrong COUNTY 2023

## QUALITY OF LIFE



13%

of adults report being in fair or poor health



16%

of adults report frequent mental distress



COUNTY  
POPULATION:

1850

## CARDIOVASCULAR DEATHS



65.1

per 10,000 adults compared to 43 per 10,000 adults in Texas

## NUTRITION + PHYSICAL ACTIVITY



33%

of adults are obese



21%

of adults are physically inactive



6.5

county score on the food environment index

## UNINSURED + POVERTY



19%

of those under age 65 are uninsured, compared to 20% in Texas



13%

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	43.3	65.1
Diabetes Prevalence	Percentage of adults diagnosed	9%	12%	9%
Premature Death	Years of potential life lost before age 75 per 10,000 population	730	700	N/A
Poor or Fair Health	Percentage of adults reporting poor or fair health	12%	16%	13%
Frequent Mental Distress	Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted)	14%	13%	16%
<b>Health Factors</b>				
Adult Obesity	Percentage of adults reporting a BMI over 30	32%	36%	33%
Adult Smoking	Percentage of adults who are current smokers	16%	13%	17%
Children in Poverty	Percentage of children under age 18 in poverty	17%	20%	13%
Excessive Drinking	Percentage of adults reporting binge or heavy drinking	19%	19%	23%
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	6.5
Insufficient Sleep	Percentage of adults who report fewer than 7 hours of sleep on average	33%	33%	34%
Median Household Income	The income where half of households in a county earn more and half earn less	\$69,700	\$67,000	\$64,400
Physical Inactivity	Percentage of adults reporting no leisure-time physical activity	22%	25%	21%
Uninsured	Percentage of population under age 65 without health insurance	10%	20%	19%

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

# \$ 90%

of the country's \$3.8 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.