

STATE OF HEALTH REPORT

Billie Peden - Armstrong County 2024



COUNTY
POPULATION:
1832

QUALITY OF LIFE



14%

of adults report being in
fair or poor health



5.1%

of adults report
frequent mental distress

CARDIOVASCULAR DEATHS



61.34

per 10,000 population

NUTRITION + PHYSICAL ACTIVITY



34%

of adults are obese



21%

of adults are
physically inactive

UNINSURED + POVERTY



17%

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



14%

of children are living
in poverty



6.8

county score on the
food environment index

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 | 44.3 | 43.2 | 61.34 |
| Diabetes Prevalence | Percentage of adults diagnosed | 10% | 11% | 8% |
| Premature Death | Years of potential life lost before age 75 per 10,000 population | 8000 | 7900 | N/A |
| Poor or Fair Health | Percentage of adults reporting poor or fair health | 14% | 18% | 14% |
| Frequent Mental Distress | Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted) | 15% | 14% | 16% |
| Health Factors | | | | |
| Adult Obesity | Percentage of adults reporting a BMI over 30 | 34% | 36% | 34% |
| Adult Smoking | Percentage of adults who are current smokers | 15% | 13% | 15% |
| Children in Poverty | Percentage of children under age 18 in poverty | 16% | 19% | 14% |
| Excessive Drinking | Percentage of adults reporting binge or heavy drinking | 18% | 18% | 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 | 5.9 | 6.8 |
| Median Household Income | The income where half of households in a county earn more and half earn less | \$74,800 | \$72,300 | \$67,500 |
| Physical Inactivity | Percentage of adults reporting no leisure-time physical activity | 23% | 25% | 21% |
| Uninsured | Percentage of population under age 65 without health insurance | 10% | 20% | 17% |

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

PASSENGER SAFETY

Source: https://cris.dot.state.tx.us/public/Query/app/dashboard_viewer/view/61



Total crash count:

51



Total number of injuries:

28

THE CASE FOR PREVENTION

90
percent

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.