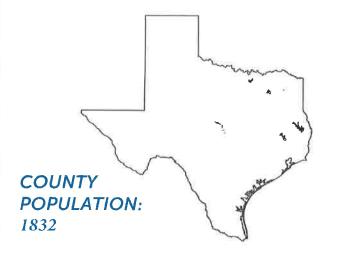


# STATE OF HEALTH REPORT

Billie Peden - Armstrong County 2024



#### 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

UNINSURED + POVERTY

## NUTRITION + PHYSICAL ACTIVITY



34%

of adults are obese



17%

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



14%

of children are living in poverty



21%

of adults are physically inactive



6.8

county score on the food environment index

# NATIONAL + STATE COMPARISONS

| <b>MEASURE</b>              | DESCRIPTION  | U.S.     | <b>TEXAS</b> | 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<br>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<br>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<br>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/DHDSPAtlas/Reports aspx and 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.

