

# STATE OF HEALTH REPORT

## ARMSTRONG COUNTY 2025

COUNTY  
POPULATION:

1809



### CARDIOVASCULAR DEATHS



61.4

per 10,000 population

### UNINSURED + POVERTY



13%

of those under age 65 are  
uninsured, compared to  
22% in Texas



15%

of children are living  
in poverty

### QUALITY OF LIFE



18%

of adults report being in fair  
or poor health



19%

of adults report frequent  
mental distress

### NUTRITION + PHYSICAL ACTIVITY



34%

of adults are obese



24%

of adults are physically  
inactive



6.6

county score on the food  
environment index

## 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	43.2	44.3	61.4
Diabetes Prevalence	Percentage of adults with diagnosed diabetes	10%	13%	10%
Premature Death	Years of potential life lost before the age 75 per 10,000 population	840	820	799
Poor or Fair Health	Percentage of adults reporting poor or fair health	17%	20%	18%
Frequent Mental Distress	Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted)	16%	16%	19%
<b>Health Factors</b>				
Adult Obesity	Percentage of adults reporting a BMI over 30	34%	36%	34%
Adult Smoking	Percentage of adults who are current smokers	13%	12%	16%
Children in Poverty	Percentage of children under age 18 in poverty	16%	18%	15%
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	7.4	5.7	6.6
Median Household Income	The income where half of households in a county earn more and half earn less	\$77,700	\$75,800	\$68,000
Physical Inactivity	Percentage of adults reporting no leisure-time physical activity	23%	25%	24%
Uninsured	Percentage of population under age 65 without health insurance	11%	22%	13%

## PASSENGER SAFETY

Source: <https://cris.dot.state.tx.us/public/Query/app/dashboard-viewer/view/61>



Total crash count:

3



Total number of crash-related injuries:

3

## THE CASE FOR PREVENTION

**90 percent**

of the country's \$4.9 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.