

**County Health
Rankings & Roadmaps**

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

2015 *County Health Rankings*

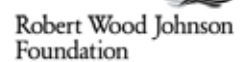
Texas



A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.



Support provided by

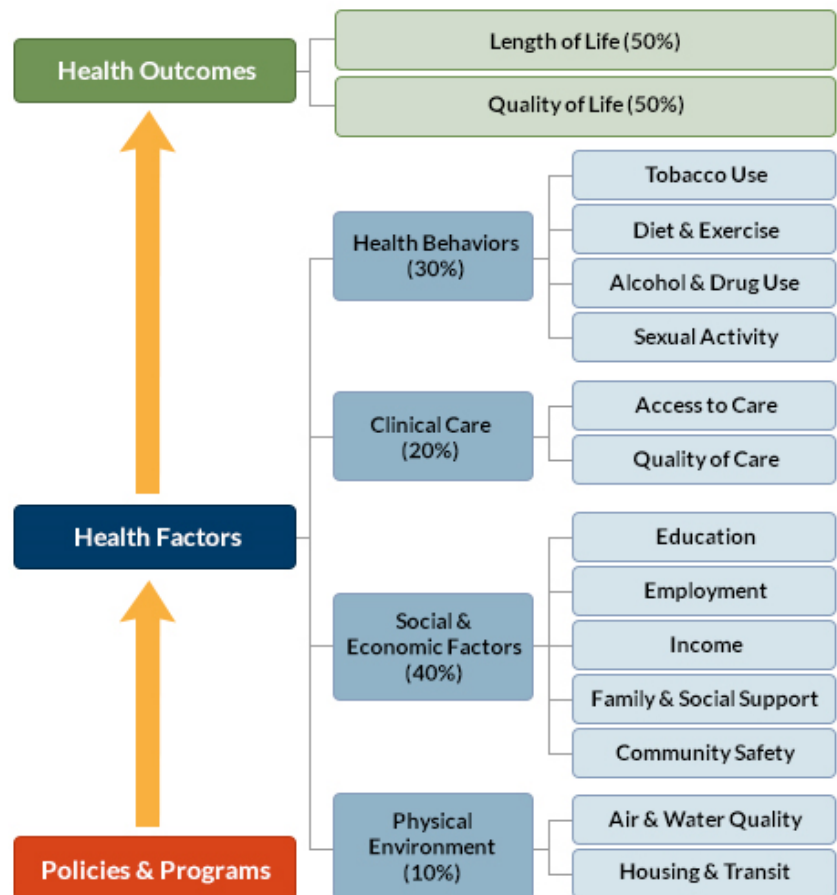


INTRODUCTION

The *County Health Rankings & Roadmaps* program helps communities identify and implement solutions that make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate what we know when it comes to what is making people sick or healthy. The *Roadmaps to Health* and *RWJF Culture of Health Prize* show what we can do to create healthier places to live, learn, work, and play.

WHAT ARE THE COUNTY HEALTH RANKINGS?

Published online at countyhealthrankings.org, the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* are unique in their ability to measure the current overall health of each county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the *Rankings* to identify and garner support for local health improvement initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.



MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health, select strategies that work, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from awareness about their county's ranking to action

to improve people's health. The *Roadmaps to Health* Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community's health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:

- Online step-by-step guidance and tools to move through the Action Cycle
- *What Works for Health* – a searchable database of evidence-informed policies and programs that can improve health

- Webinars featuring local community members who share their tips on how to build a healthier community
- Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at countyhealthrankings.org

LEARNING FROM OTHERS

At countyhealthrankings.org, we feature stories from communities across the nation who have used data from the *County Health Rankings* or have engaged in strategies to improve health. The *RWJF Culture of Health Prize* recognizes communities that are creating powerful partnerships and deep commitments to enable everyone in our diverse society to lead healthy lives now and for generations to come. The Prize is awarded annually by RWJF to honor communities that are working to build a Culture of Health by implementing solutions that give everyone the opportunity for a healthy life. In 2015, up to 10 winning communities will each receive a \$25,000 cash prize and have their stories shared broadly with the goal of inspiring locally driven change across the nation.

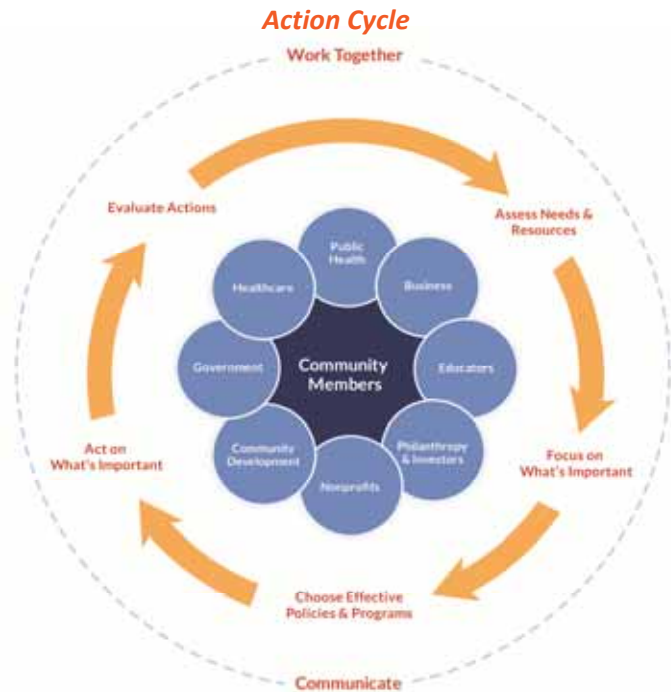
Prize winners are selected based on how well they demonstrate their community's achievement on their journey to a Culture of Health in the following areas:

- Defining health in the broadest possible terms
- Committing to sustainable systems changes and long-term policy-oriented solutions
- Cultivating a shared and deeply held belief in the importance of equal opportunity for health
- Harnessing the collective power of leaders, partners, and community members
- Securing and making the most of resources
- Measuring and sharing progress and results

Visit countyhealthrankings.org or rwjf.org/prize to learn about the work of past Prize winners and the application process.

HOW CAN YOU GET INVOLVED?

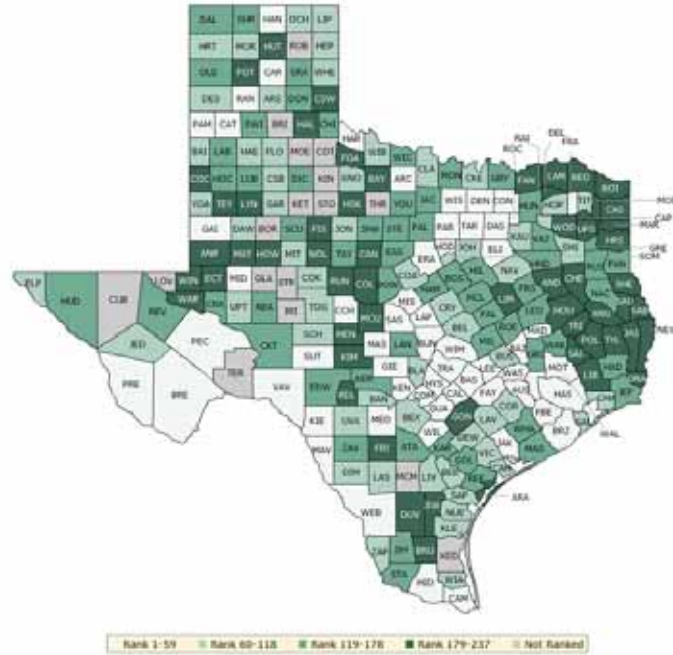
You might want to contact your local affiliate of United Way Worldwide or the National Association of Counties – their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit countyhealthrankings.org to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.



HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?

The green map below shows the distribution of Texas's **health outcomes**, based on an equal weighting of length and quality of life.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.



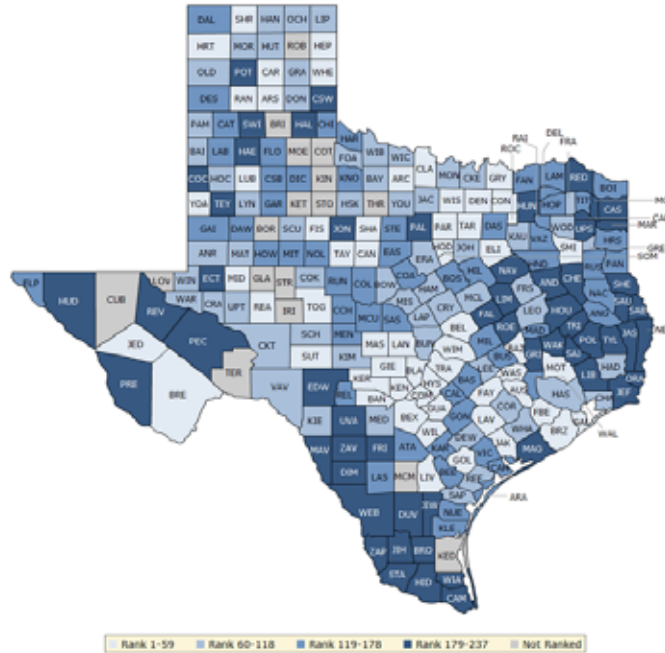
County	Rank	County	Rank	County	Rank	County	Rank
Anderson	184	Donley	120	Kaufman	108	Real	233
Andrews	182	Duval	219	Kendall	12	Red River	234
Angelina	185	Eastland	172	Kenedy	NR	Reeves	138
Aransas	224	Ector	194	Kent	NR	Refugio	171
Archer	45	Edwards	143	Kerr	140	Roberts	NR
Armstrong	103	El Paso	63	Kimble	200	Robertson	151
Atascosa	157	Ellis	19	King	NR	Rockwall	14
Austin	59	Erath	22	Kinney	40	Runnels	202
Bailey	88	Falls	122	Kleberg	84	Rusk	160
Bandera	113	Fannin	203	Knox	82	Sabine	204
Bastrop	28	Fayette	47	La Salle	90	San Augustine	237
Baylor	192	Fisher	227	Lamar	205	San Jacinto	207
Bee	87	Floyd	62	Lamb	177	San Patricio	114
Bell	107	Foard	195	Lampasas	13	San Saba	49
Bexar	74	Fort Bend	7	Lavaca	117	Schleicher	96
Blanco	60	Franklin	30	Lee	46	Scurry	132
Borden	NR	Freestone	146	Leon	126	Shackelford	167
Bosque	123	Frio	197	Liberty	181	Shelby	206
Bowie	199	Gaines	52	Limestone	235	Sherman	119
Brazoria	18	Galveston	61	Lipscomb	115	Smith	79
Brazos	10	Garza	101	Live Oak	81	Somervell	86
Brewster	42	Gillespie	11	Llano	130	Starr	127
Briscoe	NR	Glasscock	NR	Loving	NR	Stephens	139
Brooks	229	Goliad	137	Lubbock	149	Sterling	NR
Brown	163	Gonzales	179	Lynn	191	Stonewall	NR
Burleson	64	Gray	168	Madison	32	Sutton	41

County	Rank	County	Rank	County	Rank	County	Rank
Burnet	23	Grayson	142	Marion	208	Swisher	156
Caldwell	54	Gregg	176	Martin	183	Tarrant	33
Calhoun	78	Grimes	134	Mason	44	Taylor	136
Callahan	180	Guadalupe	25	Matagorda	147	Terrell	NR
Cameron	53	Hale	93	Maverick	35	Terry	226
Camp	201	Hall	231	McCulloch	193	Throckmorton	NR
Carson	26	Hamilton	148	McLennan	131	Titus	111
Cass	225	Hansford	15	McMullen	NR	Tom Green	71
Castro	17	Hardeman	38	Medina	24	Travis	9
Chambers	68	Hardin	145	Menard	217	Trinity	218
Cherokee	188	Harris	50	Midland	43	Tyler	212
Childress	125	Harrison	189	Milam	141	Upshur	198
Clay	76	Hartley	94	Mills	6	Upton	85
Cochran	214	Haskell	190	Mitchell	77	Uvalde	116
Coke	100	Hays	5	Montague	170	Val Verde	48
Coleman	216	Hemphill	97	Montgomery	36	Van Zandt	153
Collin	2	Henderson	164	Moore	70	Victoria	99
Collingsworth	228	Hidalgo	37	Morris	223	Walker	144
Colorado	109	Hill	175	Motley	NR	Waller	58
Comal	20	Hockley	150	Nacogdoches	155	Ward	210
Comanche	91	Hood	51	Navarro	92	Washington	16
Concho	8	Hopkins	80	Newton	220	Webb	34
Cooke	83	Houston	215	Nolan	187	Wharton	129
Coryell	75	Howard	221	Nueces	110	Wheeler	102
Cottle	NR	Hudspeth	173	Ochiltree	89	Wichita	135
Crane	128	Hunt	121	Oldham	161	Wilbarger	112
Crockett	178	Hutchinson	230	Orange	222	Willacy	73
Crosby	67	Irion	NR	Palo Pinto	174	Williamson	3
Culberson	NR	Jack	124	Panola	152	Wilson	21
Dallam	165	Jackson	55	Parker	31	Winkler	211
Dallas	57	Jasper	196	Parmer	29	Wise	39
Dawson	118	Jeff Davis	98	Pecos	56	Wood	186
Deaf Smith	69	Jefferson	162	Polk	236	Yoakum	66
Delta	213	Jim Hogg	133	Potter	209	Young	169
Denton	4	Jim Wells	232	Presidio	1	Zapata	65
DeWitt	95	Johnson	105	Rains	104	Zavala	159
Dickens	158	Jones	72	Randall	27		
Dimmit	106	Karnes	166	Reagan	154		

HOW DO COUNTIES RANK FOR HEALTH FACTORS?

The blue map displays Texas's summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter colors indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at countyhealthrankings.org.



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2015 COUNTY HEALTH RANKINGS: MEASURES AND NATIONAL/STATE RESULTS

Measure	Description	US Median	State Overall	State Minimum	State Maximum
HEALTH OUTCOMES					
Premature death	Years of potential life lost before age 75 per 100,000 population	7681	6650	2398	16266
Poor or fair health	% of adults reporting fair or poor health	17%	18%	8%	50%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.7	3.7	1.6	8.6
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.5	3.3	1.4	6.9
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	8.4%	4.3%	13.2%
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	% of adults who are current smokers	21%	17%	10%	49%
Adult obesity	% of adults that report a BMI ≥ 30	31%	29%	21%	37%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.3	6.4	0.0	8.9
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	27%	23%	16%	36%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	65%	84%	0%	97%
Excessive drinking	% of adults reporting binge or heavy drinking	16%	16%	8%	56%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	31%	33%	0%	75%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	291	488	65	1237
Teen births	# of births per 1,000 female population ages 15-19	41	55	20	128
CLINICAL CARE					
Uninsured	% of population under age 65 without health insurance	17%	25%	15%	39%
Primary care physicians	Ratio of population to primary care physicians	2015:1	1708:1	1968:0	740:1
Dentists	Ratio of population to dentists	2670:1	1940:1	3767:0	1218:1
Mental health providers	Ratio of population to mental health providers	1128:1	1034:1	23870:1	393:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	65.3	63	28	149
Diabetic monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	85%	83%	58%	91%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	58.9%	24.1%	76.9%
SOCIAL AND ECONOMIC FACTORS					
High school graduation	% of ninth-grade cohort that graduates in four years	85%	88%	70%	99%
Some college	% of adults ages 25-44 with some post-secondary education	56%	58.6%	25.4%	84.0%
Unemployment	% of population aged 16 and older unemployed but seeking work	7%	6.3%	2.5%	15.4%
Children in poverty	% of children under age 18 in poverty	24%	25%	9%	51%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	4.9	3.2	9.6
Children in single-parent households	% of children that live in a household headed by single parent	31%	33%	11%	63%
Social associations	# of membership associations per 10,000 population	12.6	7.8	1.9	31.6
Violent crime	# of reported violent crime offenses per 100,000 population	199	422	0	902
Injury deaths	# of deaths due to injury per 100,000 population	73.8	55	30	157
PHYSICAL ENVIRONMENT					
Air pollution – particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	11.9	9.6	8.1	11.7
Drinking water violations	% of population potentially exposed to water exceeding a violation limit during the past year	1.0%	7%	0%	100%
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	18%	7%	32%
Driving alone to work	% of workforce that drives alone to work	80%	80%	58%	91%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	29%	35%	8%	67%

2015 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

	Measure	Data Source	Years of Data
HEALTH OUTCOMES			
Length of Life	Premature death	National Center for Health Statistics – Mortality files	2010-2012
Quality of Life	Poor or fair health	Behavioral Risk Factor Surveillance System	2006-2012
	Poor physical health days	Behavioral Risk Factor Surveillance System	2006-2012
	Poor mental health days	Behavioral Risk Factor Surveillance System	2006-2012
	Low birthweight	National Center for Health Statistics – Natality files	2006-2012
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2006-2012
Diet and Exercise	Adult obesity	CDC Diabetes Interactive Atlas	2011
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2012
	Physical inactivity	CDC Diabetes Interactive Atlas	2011
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2013
Alcohol and Drug Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2006-2012
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2009-2013
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2012
	Teen births	National Center for Health Statistics – Natality files	2006-2012
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2012
	Primary care physicians	Area Health Resource File/American Medical Association	2012
	Dentists	Area Health Resource File/National Provider Identification file	2013
	Mental health providers	CMS, National Provider Identification file	2014
Quality of Care	Preventable hospital stays	Dartmouth Atlas of Health Care	2012
	Diabetic monitoring	Dartmouth Atlas of Health Care	2012
	Mammography screening	Dartmouth Atlas of Health Care	2012
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	data.gov, supplemented w/ National Center for Education Statistics	2011-2012
	Some college	American Community Survey	2009-2013
Employment	Unemployment	Bureau of Labor Statistics	2013
Income	Children in poverty	Small Area Income and Poverty Estimates	2013
	Income inequality	American Community Survey	2009-2013
Family and Social Support	Children in single-parent households	American Community Survey	2009-2013
	Social associations	County Business Patterns	2012
Community Safety	Violent crime	Uniform Crime Reporting – FBI	2010-2012
	Injury deaths	CDC WONDER mortality data	2008-2012
PHYSICAL ENVIRONMENT			
Air and Water Quality	Air pollution – particulate matter ¹	CDC WONDER environmental data	2011
	Drinking water violations	Safe Drinking Water Information System	FY2013-14
Housing and Transit	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2007-2011
	Driving alone to work	American Community Survey	2009-2013
	Long commute – driving alone	American Community Survey	2009-2013

¹ Not available for AK and HI.

CREDITS

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