2016 *County Health Rankings*

Texas

INTRODUCTION

The *County Health Rankings & Roadmaps* program brings actionable data and strategies to communities to make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. 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* show what we can do to create healthier places to live, learn, work, and play. 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.

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 nearly every 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 help identify issues and opportunities for local health improvement, as well as to garner support for initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.

DIGGING DEEPER INTO HEALTH DATA

Although we know that a range of factors are important for good health, every state has communities that lack both opportunities to shape good health and strong policies to promote health for everyone. Some counties lag far behind others in how well and how long people live – which we refer to as a "health gap." Find out what's driving health differences across your state and what can be done to close those gaps. Visit countyhealthrankings.org/reports.

To further explore health gaps and other data sources in your community, check out the feature to find more data for your state and dig deeper on differences in health factors by geography or by population sub-groups. Visit countyhealthrankings.org/using-the-rankings-data.

MOVING FROM DATA TO ACTION

Roadmaps to Health help communities bring people together to look at the many factors that influence health and opportunities to reduce health gaps, select strategies that can improve health for all, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from *awareness* about their county's ranking to *actions* designed to improve everyone'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

Action Cycle
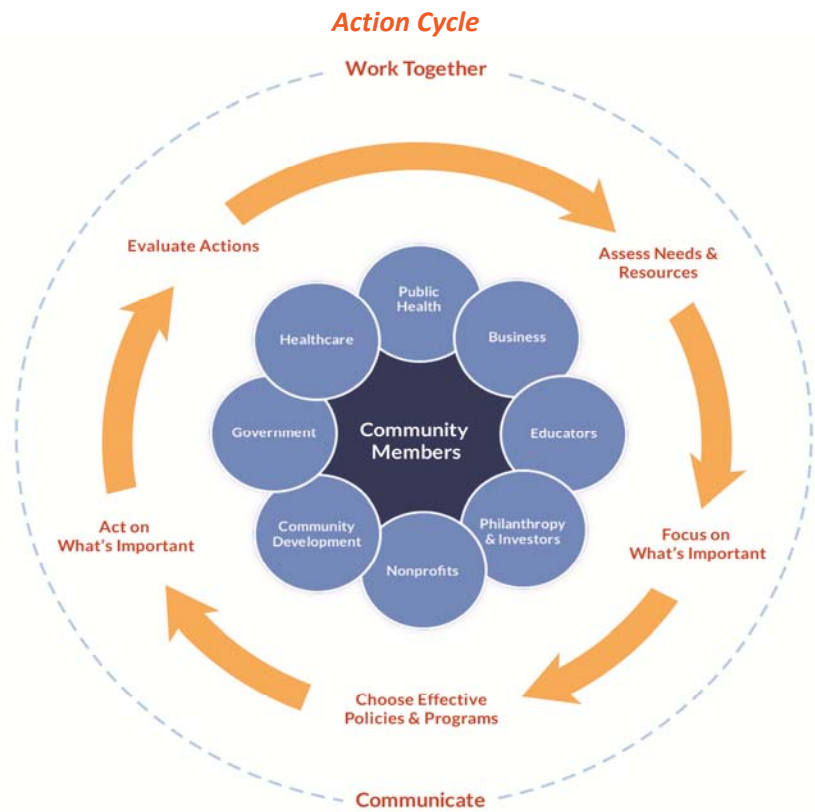
HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide, the National Association of Counties, Local Initiatives Support Corporation (LISC), or Neighborworks– 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 shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at **countyhealthrankings.org**.


Rank 1-60   Rank 61-120   Rank 121-181   Rank 182-241   Not Ranked
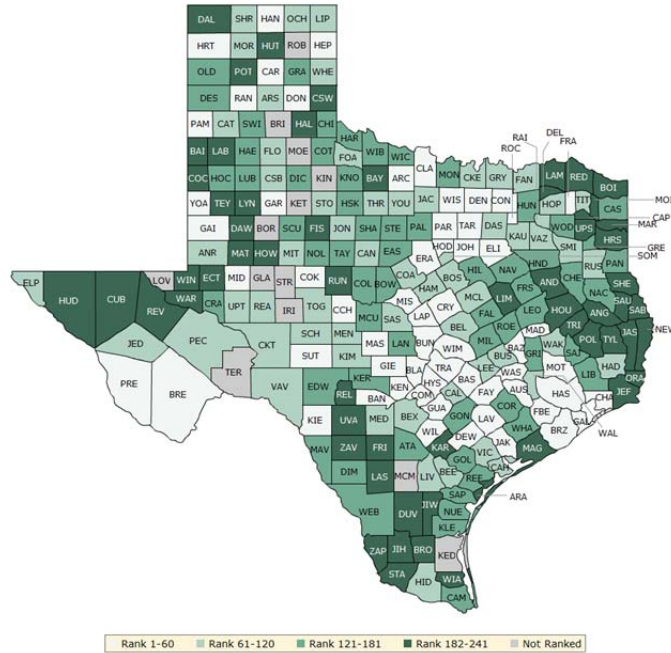
County	Rank	County	Rank	County	Rank	County	Rank
Anderson	214	Donley	53	Kaufman	65	Real	239
Andrews	95	Duval	238	Kendall	10	Red River	230
Angelina	185	Eastland	157	Kenedy	NR	Reeves	191
Aransas	231	Ector	205	Kent	NR	Refugio	161
Archer	14	Edwards	150	Kerr	123	Roberts	NR
Armstrong	64	El Paso	105	Kimble	82	Robertson	153
Atascosa	159	Ellis	22	King	NR	Rockwall	7
Austin	17	Erath	36	Kinney	33	Runnels	198
Bailey	186	Falls	163	Kleberg	132	Rusk	100
Bandera	31	Fannin	79	Knox	168	Sabine	226
Bastrop	44	Fayette	21	La Salle	193	San Augustine	240
Baylor	225	Fisher	211	Lamar	199	San Jacinto	166
Bee	119	Floyd	75	Lamb	212	San Patricio	133
Bell	89	Foard	99	Lampasas	35	San Saba	70
Bexar	81	Fort Bend	5	Lavaca	58	Schleicher	66
Blanco	23	Franklin	15	Lee	62	Scurry	154
Borden	NR	Freestone	139	Leon	149	Shackelford	141
Bosque	111	Frio	232	Liberty	152	Shelby	207
Bowie	194	Gaines	57	Limestone	222	Sherman	108
Brazoria	26	Galveston	46	Lipscomb	96	Smith	76
Brazos	30	Garza	55	Live Oak	115	Somervell	69
Brewster	50	Gillespie	27	Llano	167	Starr	224
Briscoe	NR	Glasscock	NR	Loving	NR	Stephens	135
Brooks	241	Goliad	130	Lubbock	151	Sterling	NR
Brown	174	Gonzales	171	Lynn	216	Stonewall	114
Burleson	73	Gray	134	Madison	59	Sutton	45

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Burnet	51	Grayson	120	Marion	219	Swisher	137
Caldwell	78	Gregg	178	Martin	190	Tarrant	41
Calhoun	85	Grimes	124	Mason	38	Taylor	143
Callahan	112	Guadalupe	20	Matagorda	182	Terrell	NR
Cameron	127	Hale	148	Maverick	162	Terry	189
Camp	203	Hall	236	McCulloch	180	Throckmorton	87
Carson	11	Hamilton	107	McLennan	109	Titus	116
Cass	177	Hansford	29	McMullen	NR	Tom Green	67
Castro	72	Hardeman	142	Medina	61	Travis	9
Chambers	52	Hardin	101	Menard	113	Trinity	229
Cherokee	179	Harris	56	Midland	40	Tyler	218
Childress	131	Harrison	196	Milam	155	Upshur	187
Clay	54	Hartley	2	Mills	6	Upton	88
Cochran	183	Haskell	164	Mitchell	80	Uvalde	202
Coke	37	Hays	12	Montague	173	Val Verde	63
Coleman	165	Hemphill	43	Montgomery	19	Van Zandt	117
Collin	1	Henderson	146	Moore	94	Victoria	90
Collingsworth	221	Hidalgo	86	Morris	233	Walker	103
Colorado	140	Hill	156	Motley	NR	Waller	68
Comal	25	Hockley	175	Nacogdoches	145	Ward	215
Comanche	104	Hood	32	Navarro	129	Washington	42
Concho	8	Hopkins	91	Newton	227	Webb	126
Cooke	84	Houston	217	Nolan	181	Wharton	172
Coryell	39	Howard	223	Nueces	122	Wheeler	71
Cottle	136	Hudspeth	235	Ochiltree	93	Wichita	144
Crane	147	Hunt	125	Oldham	170	Wilbarger	121
Crockett	118	Hutchinson	197	Orange	206	Willacy	213
Crosby	92	Irion	NR	Palo Pinto	169	Williamson	3
Culberson	208	Jack	98	Panola	128	Wilson	13
Dallam	192	Jackson	60	Parker	16	Winkler	195
Dallas	77	Jasper	184	Parmer	28	Wise	34
Dawson	201	Jeff Davis	102	Pecos	74	Wood	138
Deaf Smith	160	Jefferson	188	Polk	228	Yoakum	49
Delta	204	Jim Hogg	209	Potter	210	Young	110
Denton	4	Jim Wells	237	Presidio	24	Zapata	200
DeWitt	48	Johnson	47	Rains	83	Zavala	234
Dickens	158	Jones	97	Randall	18		
Dimmit	176	Karnes	220	Reagan	106		

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

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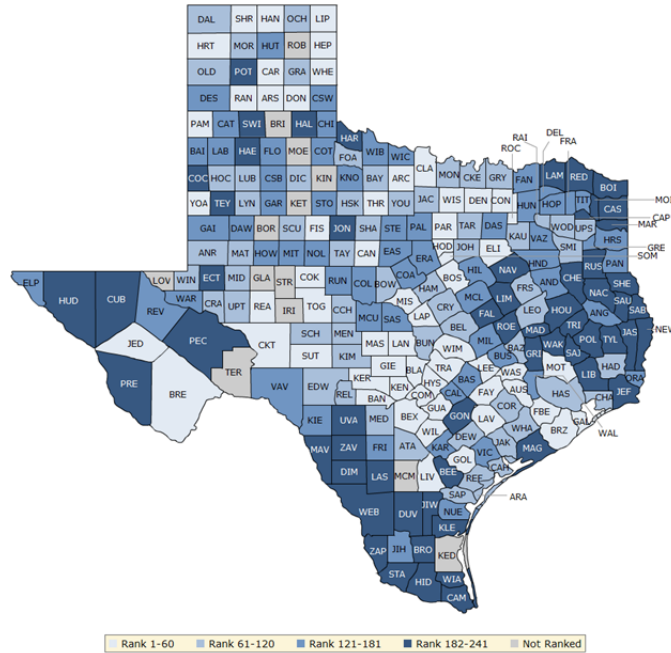
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2016 *COUNTY HEALTH RANKINGS*: MEASURES AND NATIONAL/STATE RESULTS

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	7,700	6,600	3,100	16,500
Poor or fair health	% of adults reporting fair or poor health	16%	20%	11%	42%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.7	3.5	2.6	5.6
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.7	3.0	2.5	4.0
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	8%	5%	15%
HEALTH FACTORS					
HEALTH BEHAVIORS					
Adult smoking	% of adults who are current smokers	18%	15%	12%	21%
Adult obesity	% of adults that report a BMI ≥ 30	31%	28%	20%	37%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.2	6.4	0.7	9.7
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	28%	24%	16%	35%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	62%	84%	0%	98%
Excessive drinking	% of adults reporting binge or heavy drinking	17%	17%	12%	23%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	31%	32%	0%	83%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	287.7	498.3	72.5	1,082.2
Teen births	# of births per 1,000 female population ages 15-19	40	52	19	124
CLINICAL CARE					
Uninsured	% of population under age 65 without health insurance	17%	25%	16%	39%
Primary care physicians	Ratio of population to primary care physicians	1,990:1	1,680:1	1,950:0	770:1
Dentists	Ratio of population to dentists	2,590:1	1,880:1	3,860:0	1,190:1
Mental health providers	Ratio of population to mental health providers	1,060:1	990:1	23,770:1	400:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	60	58	24	160
Diabetic monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	85%	84%	48%	100%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	58%	27%	75%
SOCIAL AND ECONOMIC FACTORS					
High school graduation	% of ninth-grade cohort that graduates in four years	86%	88%	71%	99%
Some college	% of adults ages 25-44 with some post-secondary education	56%	59%	22%	80%
Unemployment	% of population aged 16 and older unemployed but seeking work	6.0%	5.1%	2.4%	13.5%
Children in poverty	% of children under age 18 in poverty	23%	25%	9%	47%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	4.9	3.4	8.0
Children in single-parent households	% of children that live in a household headed by a single parent	32%	33%	9%	74%
Social associations	# of membership associations per 10,000 population	13.0	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	74	54	26	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	Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation.	NA	NA	No	Yes
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	18%	7%	33%
Driving alone to work	% of workforce that drives alone to work	80%	80%	57%	92%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	29%	36%	7%	67%

2016 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	2011-2013
Quality of Life	Poor or fair health	Behavioral Risk Factor Surveillance System	2014
	Poor physical health days	Behavioral Risk Factor Surveillance System	2014
	Poor mental health days	Behavioral Risk Factor Surveillance System	2014
	Low birthweight	National Center for Health Statistics – Natality files	2007-2013
HEALTH FACTORS			
HEALTH BEHAVIORS			
Tobacco Use	Adult smoking	Behavioral Risk Factor Surveillance System	2014
Diet and Exercise	Adult obesity	CDC Diabetes Interactive Atlas	2012
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2013
	Physical inactivity	CDC Diabetes Interactive Atlas	2012
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2014
Alcohol and Drug Use	Excessive drinking	Behavioral Risk Factor Surveillance System	2014
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2010-2014
Sexual Activity	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2013
	Teen births	National Center for Health Statistics - Natality files	2007-2013
CLINICAL CARE			
Access to Care	Uninsured	Small Area Health Insurance Estimates	2013
	Primary care physicians	Area Health Resource File/American Medical Association	2013
	Dentists	Area Health Resource File/National Provider Identification file	2014
	Mental health providers	CMS, National Provider Identification file	2015
Quality of Care	Preventable hospital stays	Dartmouth Atlas of Health Care	2013
	Diabetic monitoring	Dartmouth Atlas of Health Care	2013
	Mammography screening	Dartmouth Atlas of Health Care	2013
SOCIAL AND ECONOMIC FACTORS			
Education	High school graduation	EDFacts	2012-2013
	Some college	American Community Survey	2010-2014
Employment	Unemployment	Bureau of Labor Statistics	2014
Income	Children in poverty	Small Area Income and Poverty Estimates	2014
	Income inequality	American Community Survey	2010-2014
Family and Social Support	Children in single-parent households	American Community Survey	2010-2014
	Social associations	County Business Patterns	2013
Community Safety	Violent crime	Uniform Crime Reporting – FBI	2010-2012
	Injury deaths	CDC WONDER mortality data	2009-2013
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	2008-2012
	Driving alone to work	American Community Survey	2010-2014
	Long commute – driving alone	American Community Survey	2010-2014

[1] Not available for AK and HI.

CREDITS

County Health Rankings & Roadmaps
Building a Culture of Health, County by County

countyhealthrankings.org