

STATE OF HEALTH REPORT

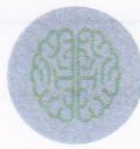
HOPKINS COUNTY 2020

QUALITY OF LIFE



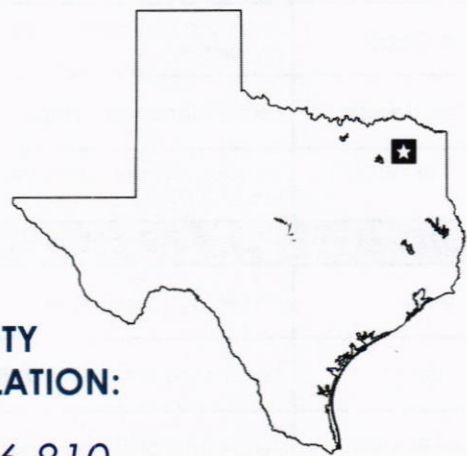
20%

of adults report being in fair or poor health



4.3

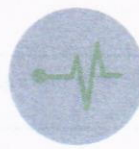
average number of days per month that adults feel mentally unhealthy



COUNTY POPULATION:

36,810

CARDIOVASCULAR DEATHS



57.4

Per 10,000 adults compared to 43.4 adults in Texas

NUTRITION + PHYSICAL ACTIVITY



31%

of adults are obese



35%

of adults are physically inactive



6.8

county score on the food environment index

UNINSURED + POVERTY



22%

of those under age 65 are uninsured, compared to 19% in Texas



21%

of children are living in poverty

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	42.2	43.4	57.4
Diabetes Prevalence	Percentage of adults diagnosed	8.5%	10%	10%
Premature Death	Years of potential life lost before age 75 per 10,000 population	670	670	860
Poor or Fair Health	Percentage of adults reporting poor or fair health	16%	18%	20%
Poor Mental Health Days	Average number of mentally unhealthy days reported in past 30 days	3.8	3.4	4.3
Health Factors				
Adult Obesity	Percentage of adults reporting a BMI over 30	28%	28%	31%
Adult Smoking	Percentage of adults who are current smokers	17%	14%	17%
Children in Poverty	Percentage of children under age 18 in poverty	20%	22%	21%
Excessive Drinking	Percentage of adults reporting binge or heavy drinking	19%	20%	18%
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	6.0	6.8
Insufficient Sleep	Percentage of adults who report fewer than 7 hours of sleep on average	35.2%	33%	32%
Median Household Income	The income where half of households in a county earn more and half earn less	\$63,179	\$60,600	\$52,100
Physical Inactivity	Percentage of adults reporting no leisure-time physical activity	23%	24%	35%
Uninsured	Percentage of population under age 65 without health insurance	11%	19%	22%

Source: <https://nccd.cdc.gov/DHDSPAAtlas/Reports.aspx> and countyhealthrankings.org



90%

of the country's **\$3.5 trillion** healthcare expenditure is for people with largely preventable chronic diseases and mental health conditions.

THE CASE FOR PREVENTION

- 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.

Jessica Taylor
Texas A&M AgriLife Extension- Assistant Agent



August 2020 Commissioner's Court Interpretation

Programs:

- Still no face-to-face meetings allowed.
- North East Texas A&M AgriLife Extension- "Live in the Field" Facebook Series
 - "Pond Algae and Weed Control"- 4,400 views
 - "Cattle Vaccinations"- 1,100 views
 - The page has had 717 Likes and 757 followers

Chartered Clubs:

- Infinity 4-H
- Miller Grove 4-H
- PAWS 4-H
- Hopkins County Equine Club
- Vet Science

Livestock:

Major Shows Entered:

- West Texas State Fair
- State Fair of Texas in Dallas
- 4-States Fair in Texarkana, Arkansas

Jackpot Show Success:

- Detroit FFA Jackpot show in Paris, TX 8/15
 - 4 class winners in Prospect Steers
 - 2nd in class with a Red Angus Heifer

2020-2021 NETLA

- Continue as planned, but a backup plan has been set just in case
- Entry fees have been lowered to help with the financial strain on families.
- 7 heifers have been entered
- 25 steers have been entered



Hopkins County Commissioner's Court Update

August 24, 2020

Dr. Mario Villarino CEA- Hopkins County

Emergency Response related activities

- Collaborate with Emergency Operation Center (EOC).
- Support to Food Drives at the civic center.
- Support to COVID-19 testing at the civic center.

CARES Act Support Activities

- Farmers and ranchers COVID-19 support activities thru USDA.
- Collaboration with Hopkins County and cities to identify, access and procure funding for COVID-19 related expenses.

Extension Activities

- Maintained essential duties (telephone, internet, face to face, crop report).
- Chartering of 4-H Clubs to continue activities for 2020-2021.
- Publication of press releases weekly.
- Participated on take home version of 2020 skills camp.
- Participate with social diversity and racial understanding state-wide extension support group.
- Promote and disseminate social media extension programming.