

# Improving Health in NORTHEAST TEXAS

## Freestone County Profile

Freestone County is 878 square miles in size with a population of 19,624 residents. The county seat is Fairfield, a community of 2,926.

66.4% Rural  
79.9% White  
16.3% Black  
15.0% Hispanic  
81.7% Completed High School  
12.3% Completed a Bachelor's Degree  
\$48,057 Median Household Income  
15.8% Households Live at or Below the Poverty Level

## 2018 County Health Rankings

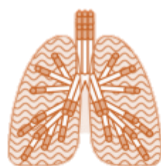
Health Outcomes	TX	County
<b>Quality of Life</b>		<b>119/243</b>
Poor Physical Health Days	3.5	3.7 Days
Poor Mental Health Days	3.4	3.6 Days
Low Birth Weight	8%	9%
<b>Health Behaviors</b>		<b>170/243</b>
Adult Tobacco Use	14%	16%
Adult Obesity	28%	31%
Physical Inactivity	24%	30%
Alcohol Related Driving Deaths	28%	16%
Injury Deaths	55	64 Per 100,000
STI/STD Rate	523.6	237.8 Per 100,000
Teen Births	41	46 Per 1,000
<b>Social &amp; Economic Factors</b>		<b>136/243</b>
High School Graduate	89%	98%
Children in Poverty	22%	26%
Children-Single Parent Home	33%	31%
Social Associations	7.6%	14.6%
Violent Crime	408	189 Per 100,000
<b>Physical Environment</b>		<b>109/243</b>
Drinking Water Violations		No
Severe Housing Problems	18%	13%
Long Commute Alone	37%	32%

<http://www.countyhealthrankings.org/>



This fact sheet is supported by funding from The School of Community and Rural Health. For more information or to update the information, please contact **The Center for Rural Community Health** at [TheCenter@uthct.edu](mailto:TheCenter@uthct.edu).

## Freestone County Health Facts\*



**16%**

Use Tobacco\*\*



**78.2%**

Get Annual Exams



**82.5%**

Are Insured



**17.3%**

Asthma

**13.0%**

High Blood Pressure

**13.0%**

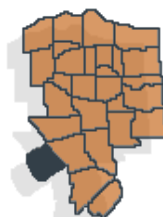
Anxiety

Self Reported Diagnosed Conditions

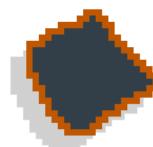
\*2016 East Texas Community Health Survey – Produced by UTHSCT

\*\*County Health Rankings

## 2016 East TX Community Health Survey - Highlights



**RHP 1**  
2,353 Surveys



**Freestone County**  
23 Surveys

### Priority Health Issues

Diabetes	36.1%	Cancer	47.7%
Obesity (Adults)	38.1%	Diabetes	43.5%
Cancer	36.2%	Heart Disease/Stroke	39.1%
High Blood Pressure	35.5%	Obesity (Adults)	34.7%
Substance Abuse	32.2%	Substance Abuse	34.7%

### Individuals in Greatest Need

Low Income Groups	35.8%	Senior Citizens	43.5%
Working Poor	32.4%	Low Income Groups	30.3%
Un/Underinsured	30.7%	Working Poor	26.1%
Persons w/ Mental Illness	30.5%	Persons w/ No Source of Transportation	34.7%
Homeless	28.9%	Un/Underinsured	34.7%

### Services Most Difficult to Access

Mental Health Counseling	16.2%	Specialized Medical Care	30.3%
Health Insurance	15.7%	Sex Education	17.3%
Daycare for Adults	15.2%	Abstinence Education	17.3%
Medication Cost Assistance	14.3%	Access to Bicycle Trails	13.0%
Alcohol/Drug Counseling & Treatment	14.3%	Legal Assistance	13.0%