

Improving Health in NORTHEAST TEXAS

Lamar County Profile

Lamar County is 907.2 square miles in size with a population of 49,791 residents. The county seat is Paris, a community of 25,005.

47.0% Rural
81.2% White
13.3% Black
7.7% Hispanic
85.0% Completed High School
16.1% Completed a Bachelor's Degree
\$39,433 Median Household Income
18.8% Households Live at or Below the Poverty Level

2018 County Health Rankings

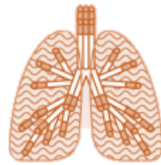
	TX	County	
Health Outcomes		230/243	
Quality of Life		216/243	
Poor Physical Health Days	3.5	4.1	Days
Poor Mental Health Days	3.4	4.1	Days
Low Birth Weight	8%	9%	
Health Behaviors		234/243	
Adult Tobacco Use	14%	18%	
Adult Obesity	28%	33%	
Physical Inactivity	24%	32%	
Alcohol Related Driving Deaths	28%	26%	
Injury Deaths	55	81	Per 100,000
STI/STD Rate	523.6	428.1	Per 100,000
Teen Births	41	56	Per 1,000
Social & Economic Factors		154/243	
High School Graduate	89%	93%	
Children in Poverty	22%	30%	
Children-Single Parent Home	33%	41%	
Social Associations	7.6%	16.3%	
Violent Crime	408	373	Per 100,000
Physical Environment		178/243	
Drinking Water Violations		Yes	
Severe Housing Problems	18%	15%	
Long Commute Alone	37%	20%	

<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.

Lamar County Health Facts*



18%

Use Tobacco**



60.8%

Get Annual Exams



80.4%

Are Insured



37.0%

High Blood Pressure

19.6%

Arthritis

19.6%

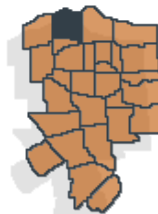
Anxiety

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



Lamar County
46 Surveys

Priority Health Issues

Diabetes	36.1%	Substance Abuse	45.7%
Obesity (Adults)	38.1%	Heart Disease/Stroke	39.1%
Cancer	36.2%	Diabetes	34.7%
High Blood Pressure	35.5%	Cancer	34.7%
Substance Abuse	32.2%	Obesity (Adults)	30.3%

Individuals in Greatest Need

Low Income Groups	35.8%	Homeless	39.1%
Working Poor	32.4%	Low Income Groups	30.3%
Un/Underinsured	30.7%	Working Poor	30.3%
Persons w/ Mental Illness	30.5%	Un/Underinsured	34.7%
Homeless	28.9%	Senior Citizens	30.3%

Services Most Difficult to Access

Mental Health Counseling	16.2%	A list of Health Resources	21.6%
Health Insurance	15.7%	Health Insurance	19.6%
Daycare for Adults	15.2%	Mental Health Counseling	17.3%
Medication Cost Assistance	14.3%	Housing Assistance	17.3%
Alcohol/Drug Counseling & Treatment	14.3%	Medication Cost Assistance	17.3%