

Improving Health in NORTHEAST TEXAS

Rains County Profile

Rains County is 229.5 square miles in size with a population of 11,314 residents. The county seat is Emory, a community of 1,269.

93.2% Rural
93.7% White
2.6% Black
8.8% Hispanic
83.0% Completed High School
10.6% Completed a Bachelor's Degree
\$46,698 Median Household Income
14.4% Households Live at or Below the Poverty Level

2018 County Health Rankings

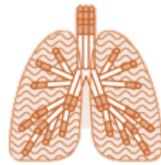
Health Outcomes	TX	County	
		57/243	
Quality of Life		11/243	
Poor Physical Health Days	3.5	3.4	Days
Poor Mental Health Days	3.4	3.6	Days
Low Birth Weight	8%	6%	
Health Behaviors		73/243	
Adult Tobacco Use	14%	14%	
Adult Obesity	28%	31%	
Physical Inactivity	24%	27%	
Alcohol Related Driving Deaths	28%	30%	
Injury Deaths	55	83	Per 100,000
STI/STD Rate	523.6	235.6	Per 100,000
Teen Births	41	32	Per 1,000
Social & Economic Factors		114/243	
High School Graduate	89%	94%	
Children in Poverty	22%	26%	
Children-Single Parent Home	33%	37%	
Social Associations	7.6%	9.9%	
Violent Crime	408	165	Per 100,000
Physical Environment		206/243	
Drinking Water Violations		Yes	
Severe Housing Problems	18%	15%	
Long Commute Alone	37%	53%	

<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.

Rains County Health Facts*



14%

Use Tobacco**



44.7%

Get Annual Exams



84.2%

Are Insured



15.8%

High Blood Pressure

15.8%

Obesity

13.1%

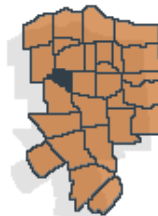
Anxiety

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



Rains County
38 Surveys

Priority Health Issues

Diabetes	36.1%	Cancer	34.2%
Obesity (Adults)	38.1%	Substance Abuse	34.2%
Cancer	36.2%	High Blood Pressure	31.6%
High Blood Pressure	35.5%	Smoking	26.3%
Substance Abuse	32.2%	Asthma/Allergies	26.3%

Individuals in Greatest Need

Low Income Groups	35.8%	Low Income Groups	34.2%
Working Poor	32.4%	Working Poor	31.6%
Un/Underinsured	30.7%	Un/Underinsured	23.6%
Persons w/ Mental Illness	30.5%	Children/Teens	26.3%
Homeless	28.9%	Persons w/ Mental Illness	26.3%

Services Most Difficult to Access

Mental Health Counseling	16.2%	Daycare for Adults	18.3%
Health Insurance	15.7%	Emergency Medical Care	18.3%
Daycare for Adults	15.2%	Hospital Services	15.8%
		Access to Walking Trails & Sidewalks	13.1%
Medication Cost Assistance	14.3%	Weight Loss Support	13.1%
Alcohol/Drug Counseling & Treatment	14.3%		