

# Improving Health in NORTHEAST TEXAS

## Rusk County Profile

Rusk County is 924 square miles in size with a population of 53,732 residents. The county seat is Henderson, a community of 13,416.

65.8% Rural  
79.4% White  
17.1% Black  
16.6% Hispanic  
80.4% Completed High School  
13.6% Completed a Bachelor's Degree  
\$49,347 Median Household Income  
16.6% Households Live at or Below the Poverty Level

## 2018 County Health Rankings

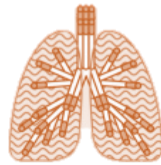
Health Outcomes	TX	County	
		<b>70/243</b>	
<b>Quality of Life</b>		<b>78/243</b>	
Poor Physical Health Days	3.5	3.6	Days
Poor Mental Health Days	3.4	3.6	Days
Low Birth Weight	8%	8%	
<b>Health Behaviors</b>		<b>200/243</b>	
Adult Tobacco Use	14%	17%	
Adult Obesity	28%	32%	
Physical Inactivity	24%	31%	
Alcohol Related Driving	28%	26%	
<b>Deaths</b>			
Injury Deaths	55	75	Per 100,000
STI/STD Rate	523.6	218.8	Per 100,000
Teen Births	41	55	Per 1,000
<b>Social &amp; Economic Factors</b>		<b>138/243</b>	
High School Graduate	89%	96%	
Children in Poverty	22%	22%	
Children-Single Parent Home	33%	34%	
Social Associations	7.6%	12.1%	
Violent Crime	408	358	Per 100,000
<b>Physical Environment</b>		<b>205/243</b>	
Drinking Water Violations		Yes	
Severe Housing Problems	18%	12%	
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).

## Rusk County Health Facts\*



**17%**

Use Tobacco\*\*



**66.0%**

Get Annual Exams



**79.7%**

Are Insured



**32.2%**

High Blood Pressure

**25.0%**

Arthritis

**21.0%**

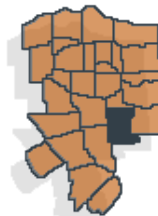
Anxiety

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



**Rusk County**  
124 Surveys

### Priority Health Issues

Diabetes	36.1%	Diabetes	37.1%
Obesity (Adults)	38.1%	High Blood Pressure	33.8%
Cancer	36.2%	Obesity (Adults)	33.1%
High Blood Pressure	35.5%	Cancer	29.8%
Substance Abuse	32.2%	Heart Disease/Stroke	25.8%

### Individuals in Greatest Need

Low Income Groups	35.8%	Un/Underinsured	31.5%
Working Poor	32.4%	Persons w/ Mental Illness	28.1%
Un/Underinsured	30.7%	Low Income Groups	25.0%
Persons w/ Mental Illness	30.5%	Working Poor	29.8%
Homeless	28.9%	Homeless	25.8%

### Services Most Difficult to Access

Mental Health Counseling	16.2%	Weight Loss Support	16.1%
Health Insurance	15.7%	Health Insurance	14.5%
Daycare for Adults	15.2%	Dental Care	14.5%
Medication Cost Assistance	14.3%	Mental Health Counseling	12.9%
Alcohol/Drug Counseling & Treatment	14.3%	Housing Assistance	12.9%