

Improving Health in NORTHEAST TEXAS

Titus County Profile

Titus County is 406.1 square miles in size with a population of 32,592 residents. The county seat is Mount Pleasant, a community of 16,273.

50.5% Rural
85.0% White
10.1% Black
42.3% Hispanic
72.5% Completed High School
15% Completed a Bachelor's Degree
\$41,538 Median Household Income
20.1% Households Live at or Below the Poverty Level

2018 County Health Rankings

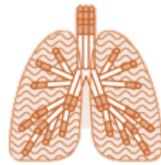
Health Outcomes	TX	County
		109/243
Quality of Life		169/243
Poor Physical Health Days	3.5	4.1 Days
Poor Mental Health Days	3.4	3.8 Days
Low Birth Weight	8%	8%
Health Behaviors		187/243
Adult Tobacco Use	14%	17%
Adult Obesity	28%	30%
Physical Inactivity	24%	27%
Alcohol Related Driving	28%	28%
Deaths		
Injury Deaths	55	63 Per 100,000
STI/STD Rate	523.6	255.3 Per 100,000
Teen Births	41	56 Per 1,000
Social & Economic Factors		122/243
High School Graduate	89%	98%
Children in Poverty	22%	23%
Children-Single Parent Home	33%	29%
Social Associations	7.6%	10.6%
Violent Crime	408	253 Per 100,000
Physical Environment		135/243
Drinking Water Violations		No
Severe Housing Problems	18%	17%
Long Commute Alone	37%	18%

<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.

Titus County Health Facts*



17%

Use Tobacco**



63.6%

Get Annual Exams



94.2%

Are Insured



23.1%

High Blood Pressure

15.6%

Arthritis

9.9%

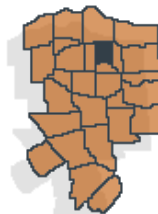
Obesity

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



Titus County
121 Surveys

Priority Health Issues

Diabetes	36.1%	Cancer	57.0%
Obesity (Adults)	38.1%	Obesity (Adults)	47.8%
Cancer	36.2%	Heart Disease/Stroke	43.7%
High Blood Pressure	35.5%	Diabetes	40.5%
Substance Abuse	32.2%	High Blood Pressure	35.5%

Individuals in Greatest Need

Low Income Groups	35.8%	Low Income Groups	36.3%
Working Poor	32.4%	Working Poor	30.6%
Un/Underinsured	30.7%	Un/Underinsured	28.8%
Persons w/ Mental Illness	30.5%	Persons w/ Mental Illness	40.5%
Homeless	28.9%	Veterans	35.5%

Services Most Difficult to Access

Mental Health Counseling	16.2%	Access to Bicycle Trails	24.0%
Health Insurance	15.7%	Daycare for Adults	22.3%
Daycare for Adults	15.2%	Nutrition Counseling	21.5%
Medication Cost Assistance	14.3%	Health Insurance	16.5%
Alcohol/Drug Counseling & Treatment	14.3%	Medication Cost Assistance	16.5%