

Improving Health in NORTHEAST TEXAS

Upshur County Profile

Upshur County is 583 square miles in size with a population of 40,969 residents. The county seat is Gilmer, a community of 5,216.

79.2% Rural
88.0% White
8.3% Black
8.3% Hispanic
82.7% Completed High School
14.5% Completed a Bachelor's Degree
\$45,494 Median Household Income
15.5% Households Live at or Below the Poverty Level

2018 County Health Rankings

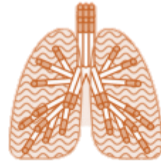
Health Outcomes	TX	County
Quality of Life	68/243	
Poor Physical Health Days	3.5	3.6 Days
Poor Mental Health Days	3.4	3.7 Days
Low Birth Weight	8%	8%
Health Behaviors	123/243	
Adult Tobacco Use	14%	16%
Adult Obesity	28%	29%
Physical Inactivity	24%	31%
Alcohol Related Driving	28%	26%
Deaths		
Injury Deaths	55	70 Per 100,000
STI/STD Rate	523.6	200.6 Per 100,000
Teen Births	41	44 Per 1,000
Social & Economic Factors	121/243	
High School Graduate	89%	96%
Children in Poverty	22%	23%
Children-Single Parent Home	33%	25%
Social Associations	7.6%	8.4%
Violent Crime	408	304 Per 100,000
Physical Environment	137/243	
Drinking Water Violations	No	
Severe Housing Problems	18%	14%
Long Commute Alone	37%	43%

<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.

Upshur County Health Facts*



16%

Use Tobacco**



67.2%

Get Annual Exams



89.7%

Are Insured



32.7%

High Blood Pressure

28.6%

Depression

24.5%

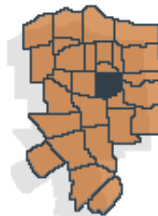
Arthritis

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



Upshur County
49 Surveys

Priority Health Issues

Diabetes	36.1%	Substance Abuse	40.7%
Obesity (Adults)	38.1%	Diabetes	38.7%
Cancer	36.2%	Obesity (Adults)	38.7%
High Blood Pressure	35.5%	Cancer	38.7%
Substance Abuse	32.2%	Heart Disease/Stroke	30.6%

Individuals in Greatest Need

Low Income Groups	35.8%	Persons w/ Mental Illness	34.7%
Working Poor	32.4%	Working Poor	34.7%
Un/Underinsured	30.7%	Unemployed	28.6%
Persons w/ Mental Illness	30.5%	Persons w/ No Social or Emotional Support	38.7%
Homeless	28.9%	Homeless	30.6%

Services Most Difficult to Access

Mental Health Counseling	16.2%	Emergency Medical Care	20.3%
Health Insurance	15.7%	Nutrition Counseling	16.3%
Daycare for Adults	15.2%	Daycare for Adults	14.3%
Medication Cost Assistance	14.3%	Healthy Food & Beverages	14.3%
Alcohol/Drug Counseling & Treatment	14.3%	Specialized Medical Care	14.3%