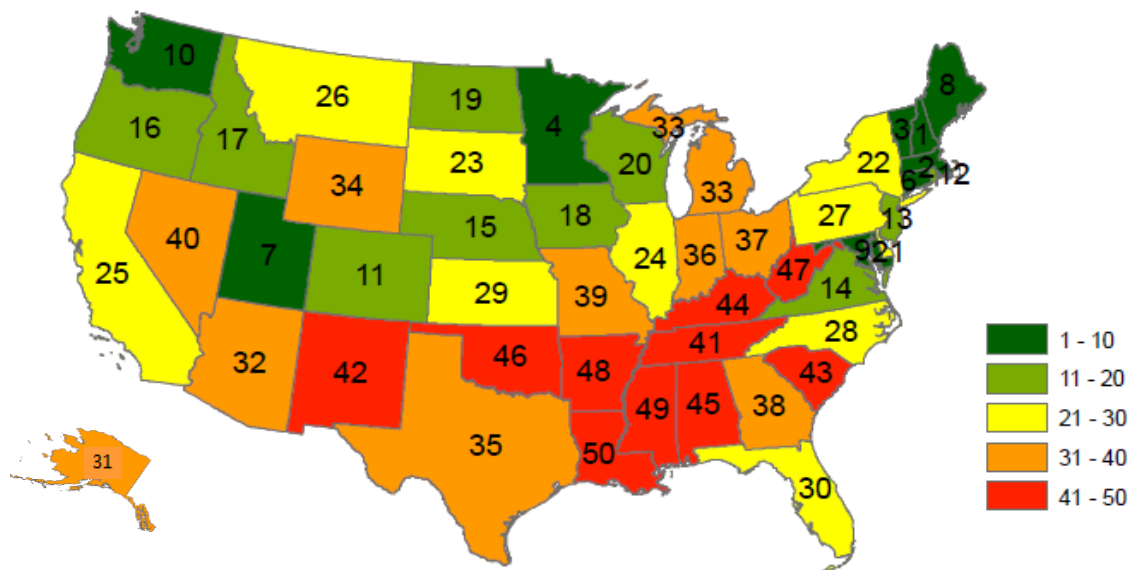# 2021 Oklahoma Minority Health at a Glance

State Population Estimate: 3,986,639[1]

OVERALL HEALTH

In 2021, Oklahoma's Overall Health was ranked as **46th** (up from 47th in 2020) in the United States; New Hampshire was the healthiest state and Louisiana was the least healthy state (see Figure 1) [2].

Figure 1: State Ranking Map, 2021

Overall State Strengths[2]	Overall State Challenges[2]
• Low prevalence of excessive drinking • Low prevalence of high-risk HIV behaviors • High supply of mental health providers	• High premature death rate • High prevalence of non-medical drug use • High percentage of households with food insecurity

The ranking for senior health was **46th** in 2021, with strengths in low prevalence of excessive drinking, high flu vaccination coverage, low prevalence of severe housing problems, and challenges in High prevalence of physical inactivity, high prevalence of food insecurity, high early death rate.

The ranking for Health of Women and Children was **47th** in 2021, with strengths in low prevalence of excessive drinking among women, low racial disparity among children in poverty, low prevalence of illicit drug use among youth, and challenges in high infant mortality rate, high teen birth rate, low prevalence of exercise among women.

List of Categories

NOTES:
- *Data for categories above are reflective of 2020 unless otherwise noted.*
- *In charts below, H → Hispanic, NH → Non-Hispanic, Multi→ Multi-racial, AmIndian → American Indian, AsianPI → Asian and Pacific Islander.*

SMOKING

In 2020, the prevalence of adult smokers (aged 18 years or older) was **highest** among **non-Hispanic American Indian** adults (26.7%, down from 31.7% in 2019; see Figure 2).[3]

Figure 2: Adult Smokers in Oklahoma, by Race and Ethnicity
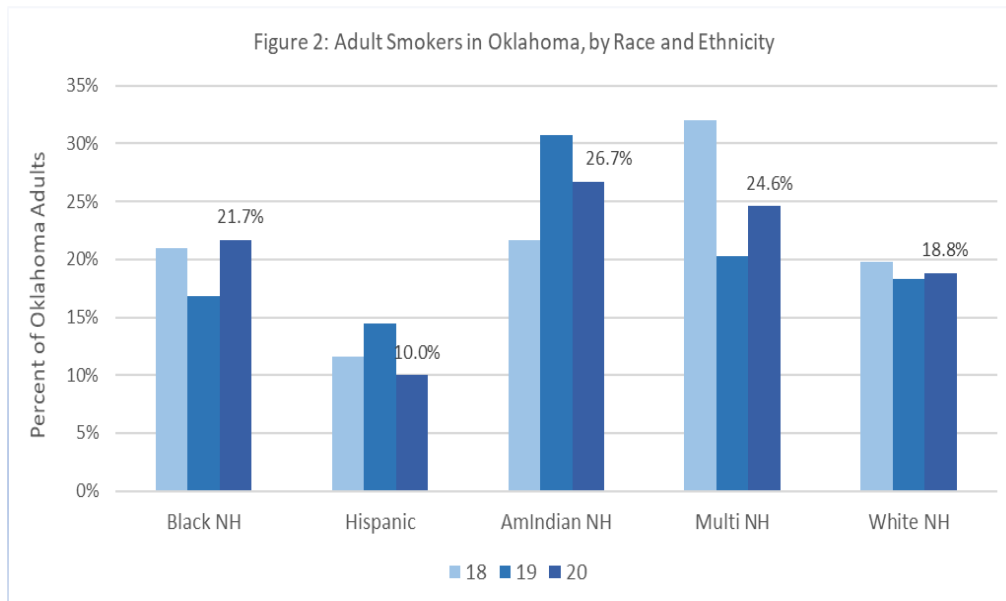

OBESITY

In 2020, the percent of obese adults (aged 18 years or older; Body Mass Index of 30 or more) was **highest** among **non-Hispanic American Indian** adults (42.7%, up from 41.9% in 2019; see Figure 3).[3]
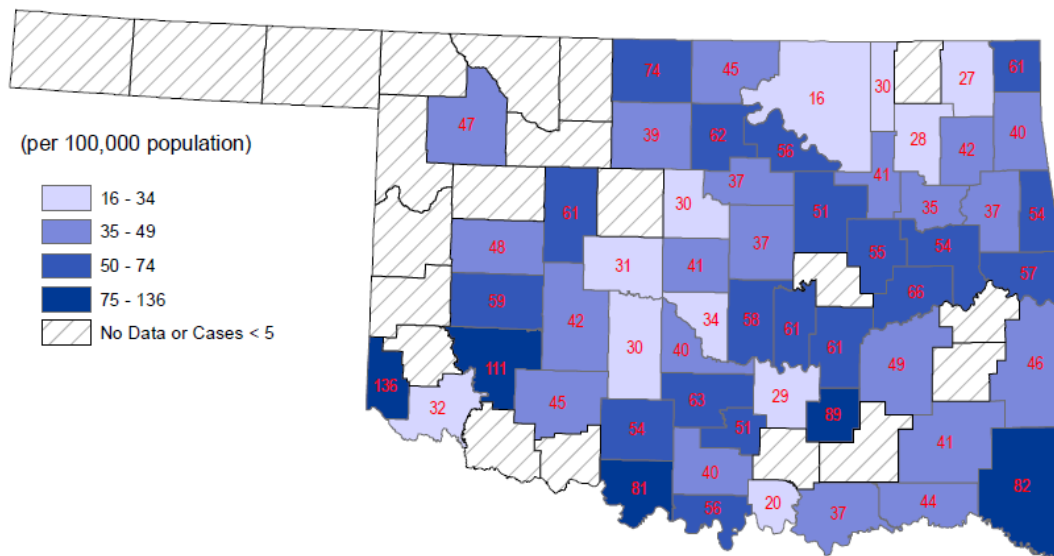
Figure 3: Obese Adults in Oklahoma, by Race and Ethnicity

In 2020, the percent of Oklahoma adults (aged 18 years or older) who had ever had a heart attack or had been told by a doctor that they have angina was **highest** among **non-Hispanic Black** adults (6.4%, up from 5.1% in 2019),and lowest among Hispanics (see Figure 4). **Non-Hispanic Black** adults also had the **highest** percentage of heart attack diagnoses (6.6%, up from 3.9% in 2019), while Hispanics had the lowest (see Figure 5).[3]

Figure 4: Angina Diagnoses among Oklahoma Adults, by Race and Ethnicity

Figure 5: Heart Attack Diagnoses among Oklahoma Adults, by Race and Ethnicity

In 2020, **non-Hispanic Blacks** had the **highest** age-adjusted heart disease death rate (307.5 deaths/100,000 population, up from 291.1 in 2019), followed by non-Hispanic American Indians (251.3), and non-Hispanic Whites (244.3); non-Hispanic Asian/Pacific Islanders had the lowest rate at 109.6 deaths per 100,000 population. Greer County (428.2 deaths/100,000 population) had the highest rates, while Ellis County (174.2) had the lowest (see Figure 6).[4]

Figure 6: Age-Adjusted Disease of Heart Death Rates in Oklahoma, by County, 2020

In 2020, the percent of Oklahoma adults (aged 18 years or older) who had ever had a stroke was **highest** among **non-Hispanic Blacks** (7.5%, up from 3.3% in 2019) and consistently lowest among Hispanic individuals (see Figure 7).[3]

Figure 7: Oklahoma Adults who have had a Stroke, by Race and Ethnicity
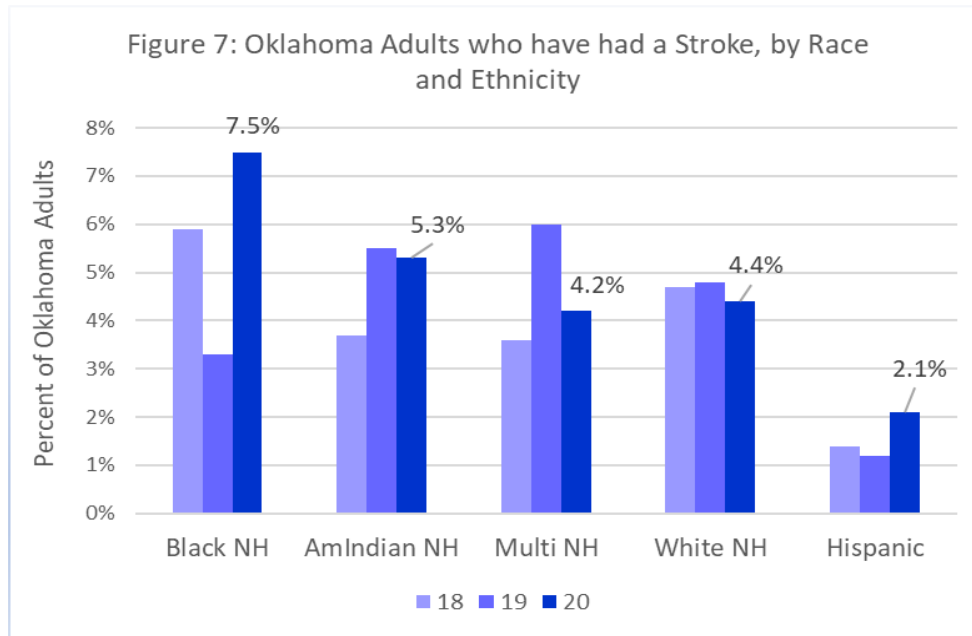
In 2020, **non-Hispanic Blacks** had the **highest** age-adjusted cerebrovascular disease death rate (61.0 deaths/100,000 population, up from 47.0 in 2019), followed by non-Hispanic American Indian (50.5), and non-Hispanic Whites (39.5); Hispanic Whites had the lowest rate (25.8). Osage County had the lowest age-adjusted stroke death rate (16.4) and Harmon County had the highest (135.8; see Figure 8).[4]

Figure 8: Age-Adjusted Stroke Death Rates in Oklahoma, by County, 2020

In 2020, the prevalence of diabetes diagnoses among adults (aged 18 years or older) was **highest** for **non-Hispanic Blacks** (18.3%, up from 15.1% in 2016) and lowest for Hispanics (9.3%; see Figure 9).[3]

Figure 9: Adults in Oklahoma Diagnosed with Diabetes, by Race and Ethnicity

In 2020, **non-Hispanic Black** adults had the **highest** age-adjusted death rates for diabetes (226.8 deaths/100,000 population), followed by American Indians (164.7); non-Hispanic Whites (27.6) and non-Hispanic Asians/Pacific Islanders (21.9) were much lower. Wagoner County had the lowest age-adjusted death rate (13.4) and Blaine County had the highest (111.3; see Figure 10).[4]

Figure 10: Age-Adjusted Diabetes Death Rates in Oklahoma, by County, 2020

(2018 was the most recent year that data is available via OK2Share for all types of cancer __incidence__, as of the date this report was generated.)

In 2018, **non-Hispanic Whites** had the **highest** age-adjusted incidence rate of cancer (489.8 new cases/100,000 population, up from 487.4 in 2017), while Hispanic American Indians had the lowest (134; see Figure 11).[5] In 2020, **Hispanic American Indian** adults had the highest age-adjusted death rates from cancer (228 deaths/100,000 population, up from 126.9 in 2019; see Figure 12), followed closely by Hispanic Blacks (215.7, down from 296.2 in 2019). Beaver County had the lowest rate (131.9) and Grant County the highest (265.5, see Figure 13).[4]
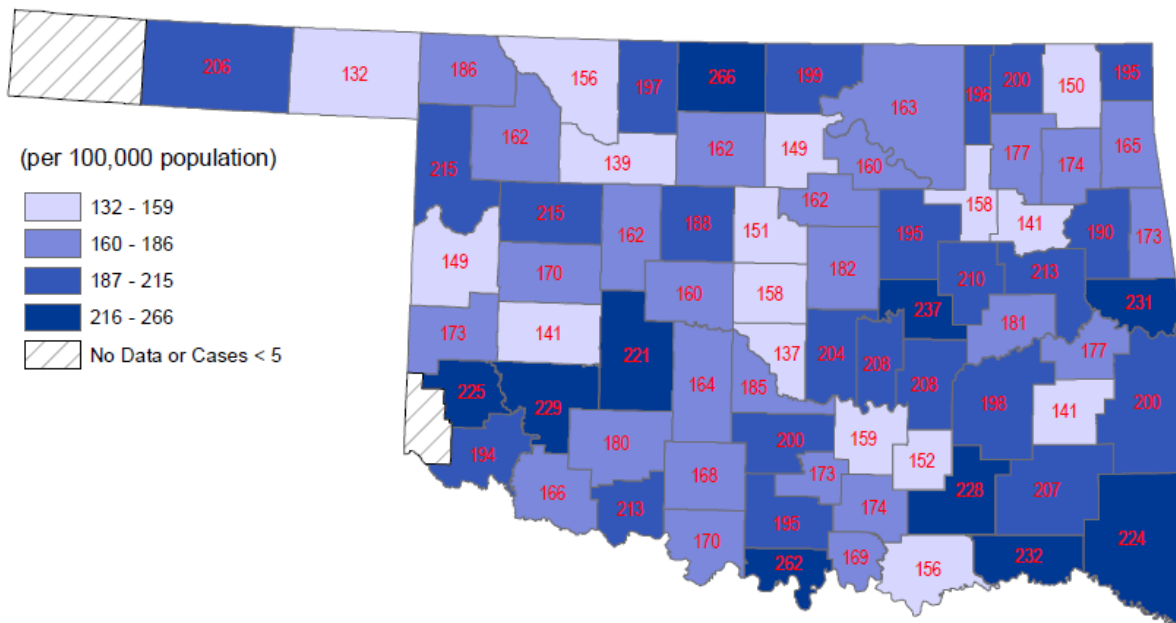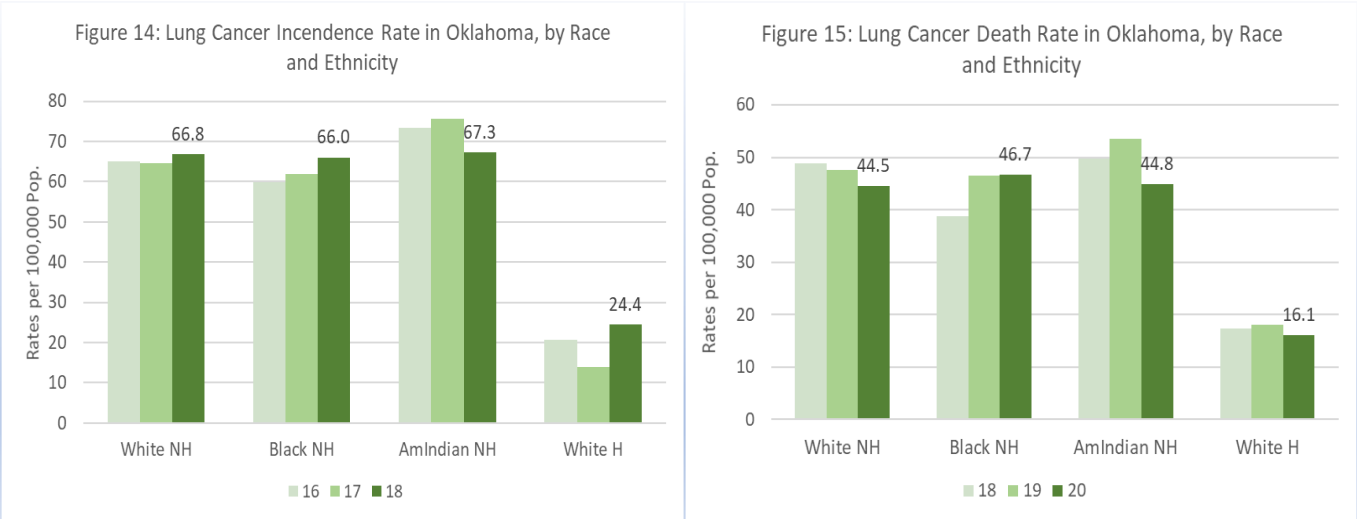

Figure 11: Cancer Incendence Rate in Oklahoma, by Race and Ethnicity

Figure 12: Cancer Death Rate in Oklahoma, by Race and Ethnicity
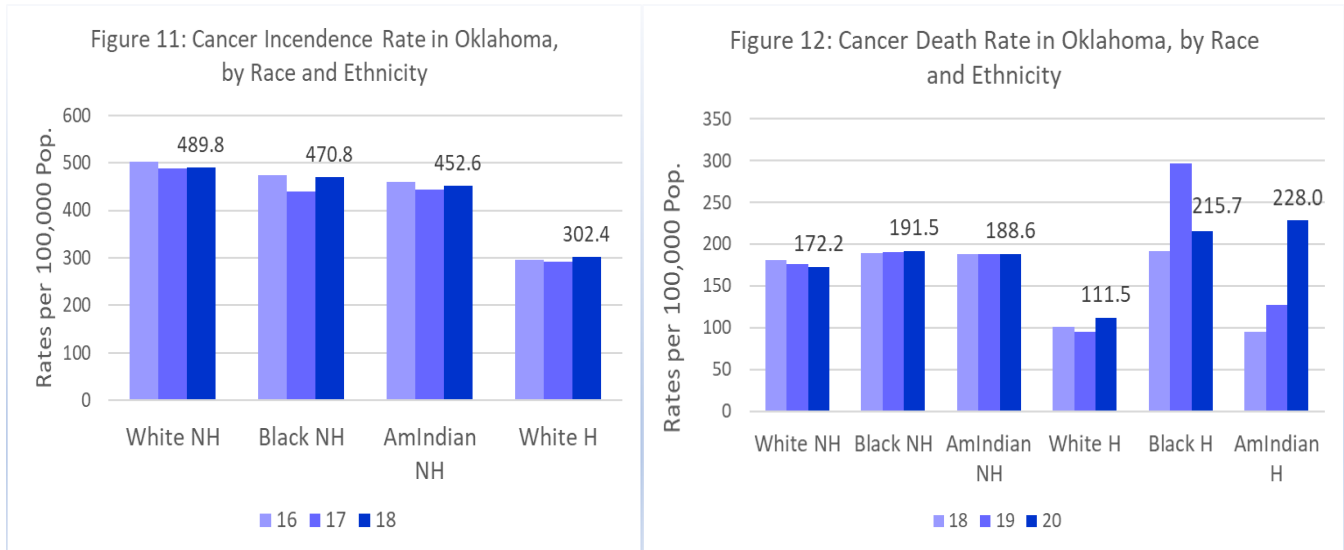
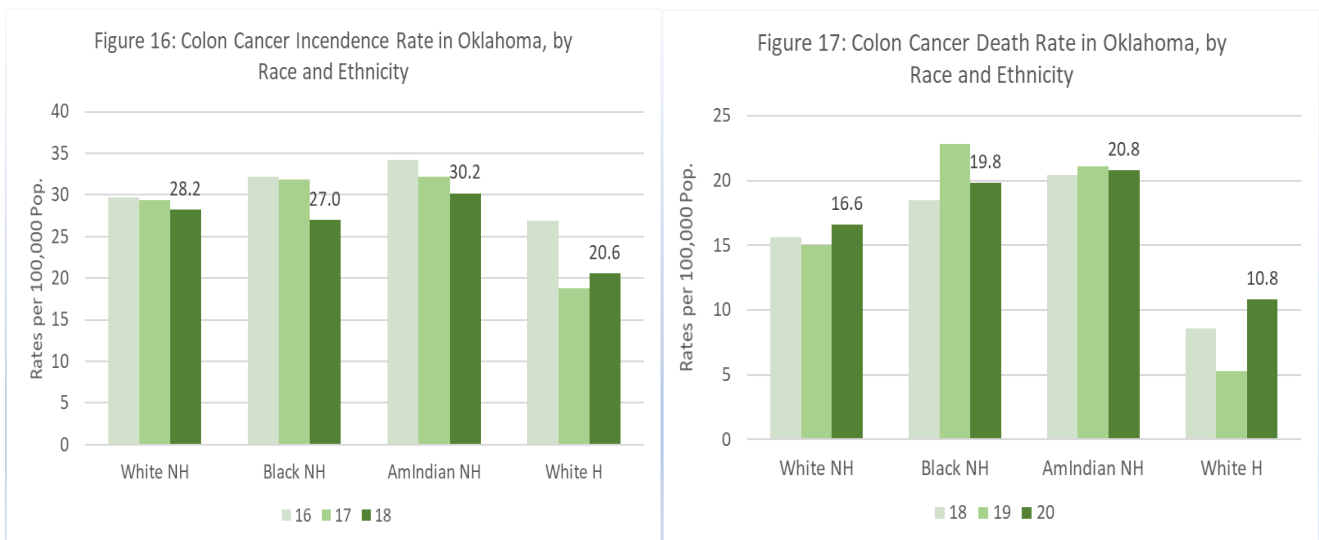*Figure 13: Age-Adjusted Death Rates for Cancer in Oklahoma, by County, 2020*

LUNG CANCER

In 2018, **non-Hispanic American Indians** had the **highest** age-adjusted incidence rate of lung cancer (67.3 new cases/100,000 population, down from 75.6 in 2017), while Hispanic Whites consistently had a much lower rate (24.4; see Figure 14).[5] In 2020, **non-Hispanic Blacks** had the **highest** age-adjusted death rate from lung cancer (46.7 deaths/100,000 population, slightly up from 46.5 in 2019), Hispanic Whites consistently stayed the lowest (16.1; see Figure 15).[4]
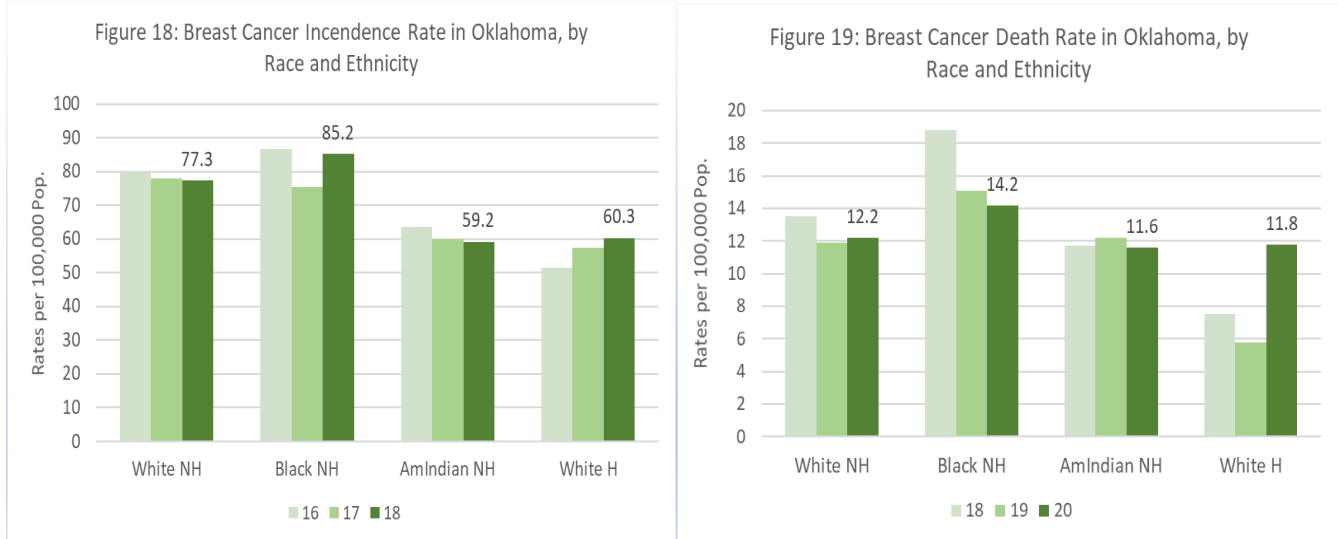

Figure 14: Lung Cancer Incendence Rate in Oklahoma, by Race and Ethnicity

Figure 15: Lung Cancer Death Rate in Oklahoma, by Race and Ethnicity

COLON CANCER

In 2018, **non-Hispanic American Indians** (30.2 new cases/100,000 population, down from 32.2 in 2017) had the **highest** age-adjusted incidence rates for colon cancer (excluding rectum; see Figure 16).[5] In 2020, **non-Hispanic American Indians** had the **highest** age-adjusted death rate (20.8 deaths/100,000 population, down from 21.1 in 2019; see Figure 17). Hispanic Whites had the lowest incidence and death rates.[4]

Figure 16: Colon Cancer Incendence Rate in Oklahoma, by Race and Ethnicity

Figure 17: Colon Cancer Death Rate in Oklahoma, by Race and Ethnicity
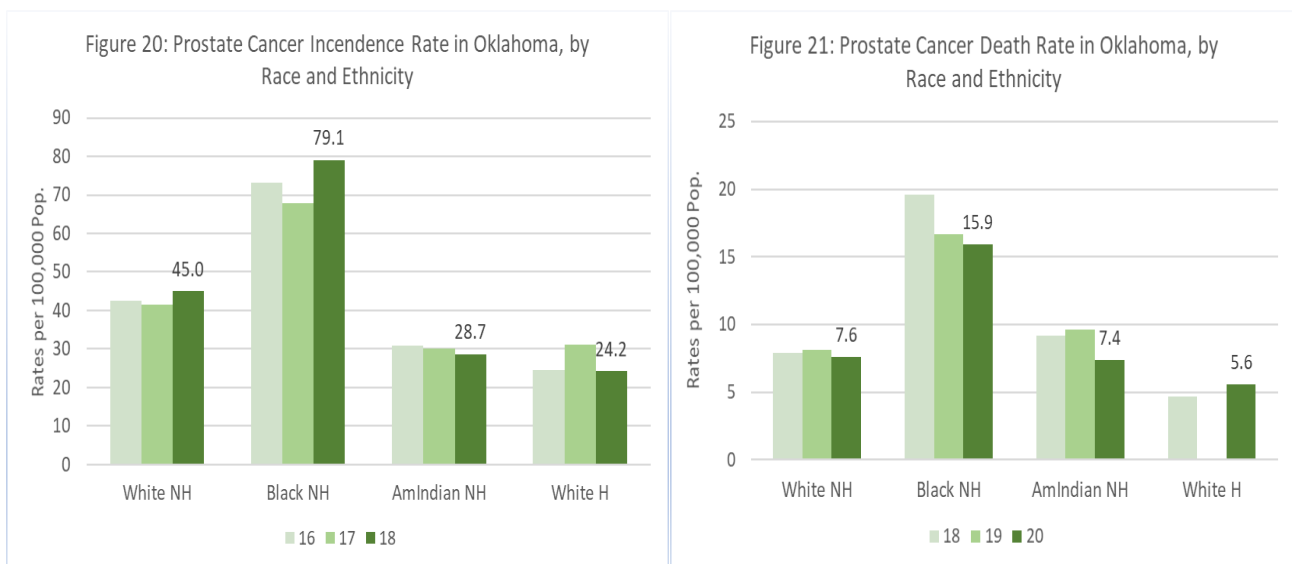
BREAST CANCER

In 2018, **non-Hispanic Black** (85.2 new cases/100,000 population, up from 75.3 in 2017) Oklahoma adults had the **highest** age-adjusted incidence rates for breast cancer (see Figure 18).[5] In 2020, **non-Hispanic Blacks** had the **highest** age-adjusted death rate (14.2 deaths/100,000 population, down from 15.1 in 2019) from breast cancer (see Figure 19).[4]

Figure 18: Breast Cancer Incendence Rate in Oklahoma, by Race and Ethnicity

Figure 19: Breast Cancer Death Rate in Oklahoma, by Race and Ethnicity

PROSTATE CANCER

In 2018, **non-Hispanic Blacks** had the **highest** age-adjusted incidence of prostate cancer (79.1 new cases/100,000 population, down from 68.8 in 2017)[5]. Hispanic Whites had the lowest incidence rates (see Figure 20). In 2020, **non-Hispanic Blacks** had the **highest** age-adjusted death rate from prostate cancer (15.9 deaths/100,000 population, down from 16.7 in 2019; see Figure21).[4] Hispanic Whites had the lowest prostate cancer death rates.

Figure 20: Prostate Cancer Incendence Rate in Oklahoma, by Race and Ethnicity

Figure 21: Prostate Cancer Death Rate in Oklahoma, by Race and Ethnicity

In 2020, **non-Hispanic Whites** had the **highest** age-adjusted death rate (39.8 deaths/100,000 population, up from 39.6 in 2019) for Alzheimer's disease among Oklahoma adults (see Figure 22). McIntosh (15.4) counties had the lowest death rates, while Kiowa had the highest (82; see Figure 23).[4]
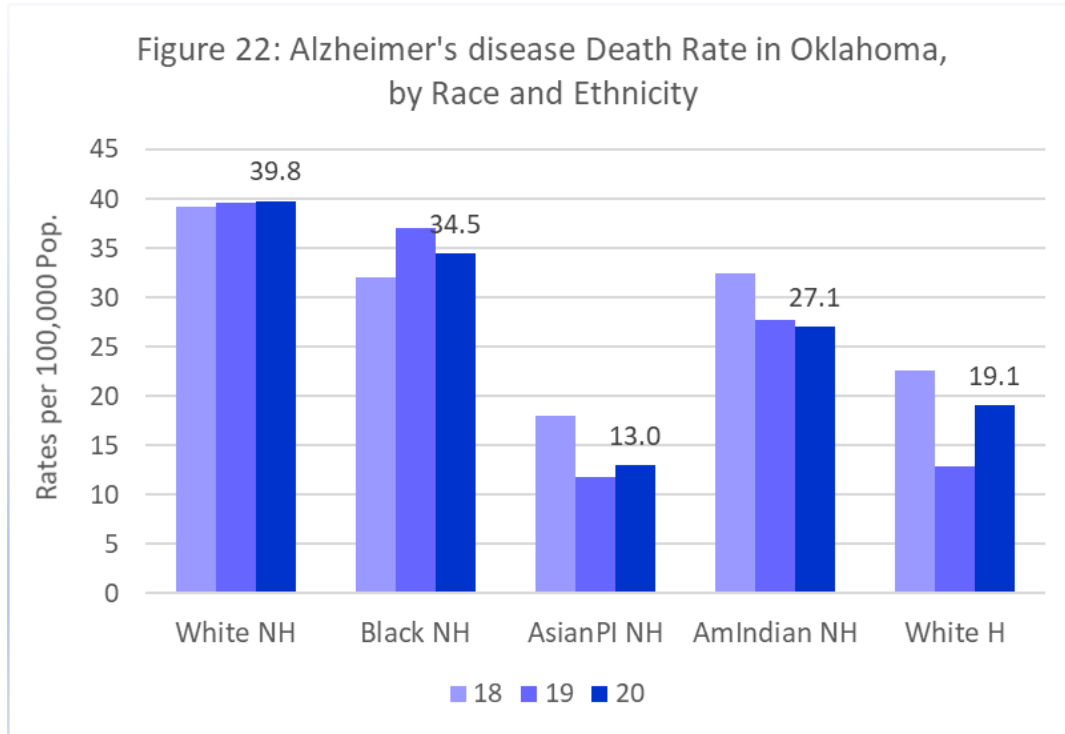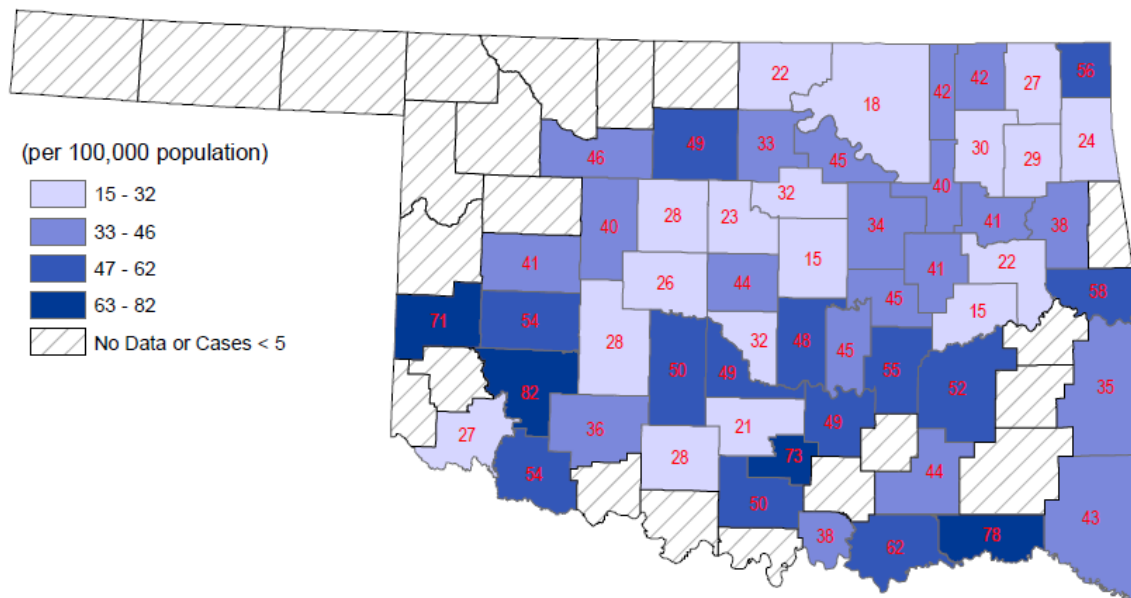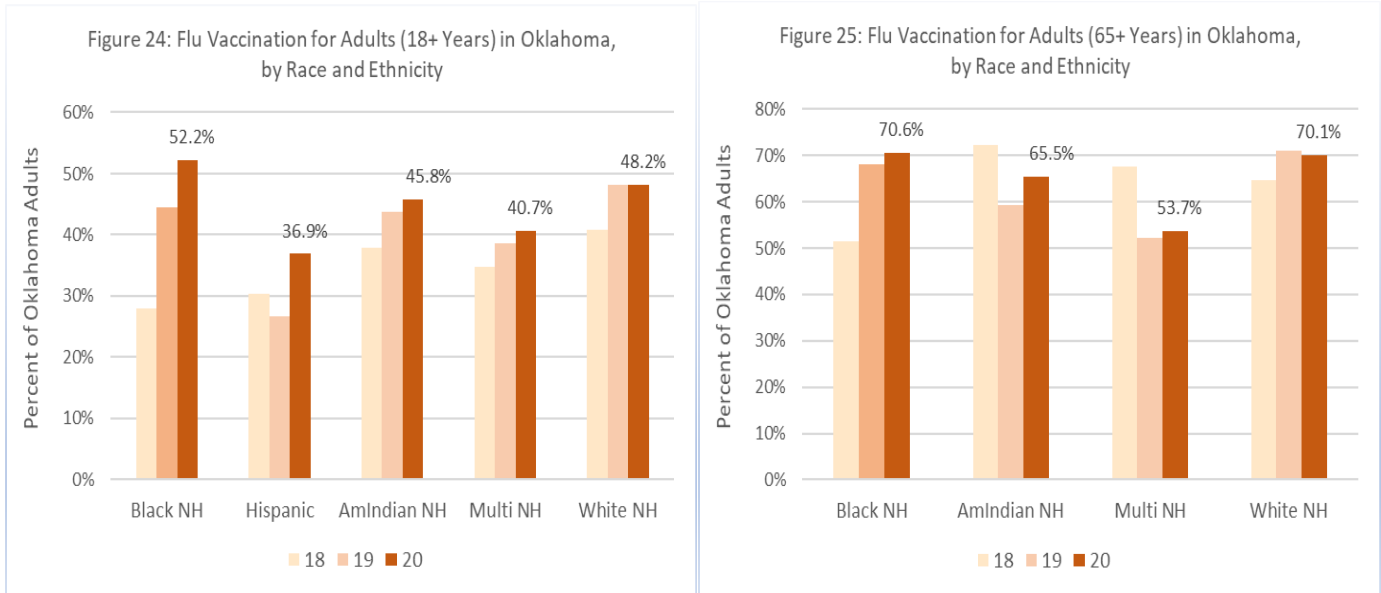

Figure 22: Alzheimer's disease Death Rate in Oklahoma, by Race and Ethnicity

Figure 23: Age-Adjusted Death Rates for Alzheimer's Disease in Oklahoma, by County, 2020

In 2020, flu vaccination rate (within a 12-month period) among adults was lowest among Hispanics (36.9%, up from 26.7% in 2019) and **highest** among **non-Hispanic Blacks** (52.2%) (see Figure 24). Among seniors (aged 65 years and older), flu vaccination within a 12-month period was **highest** for **non-Hispanic Blacks** (70.6%), closely followed by non-Hispanic Whites (70.1%) and lowest for non-Hispanic multiracial (53.7%, up from 52.2% in 2019; see Figure 25).

Figure 24: Flu Vaccination for Adults (18+ Years) in Oklahoma, by Race and Ethnicity

Figure 25: Flu Vaccination for Adults (65+ Years) in Oklahoma, by Race and Ethnicity

Non-Hispanic Blacks (68.1%, up from 59.3% in 2019) had the lowest rates of pneumonia vaccinations (aged 65 years and older), while **non-Hispanic Whites** had the **highest** (76.0%; see Figure 26). There were no data for flu or pneumonia vaccinations for Hispanics aged 65 and older.[3]
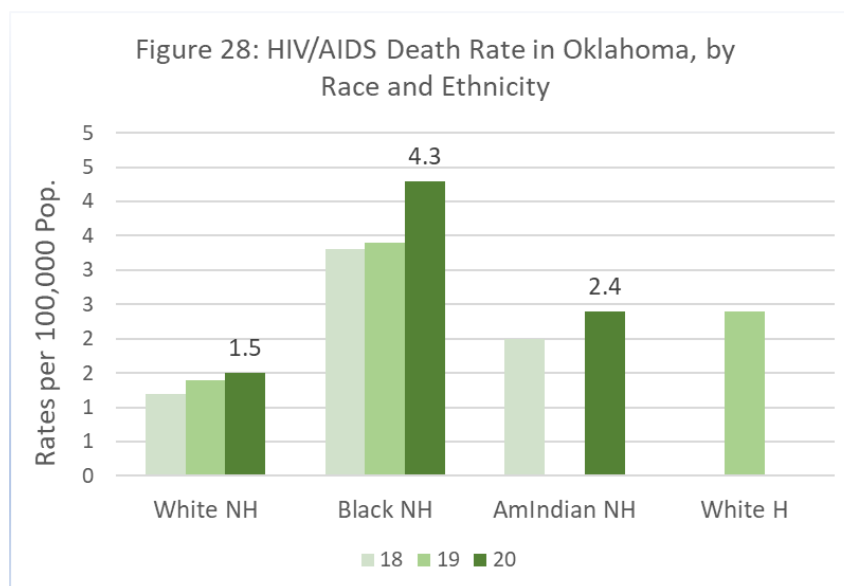
Figure 26: Pneumonia Vaccination for Adults (65+ Years) in Oklahoma, by Race and Ethnicity
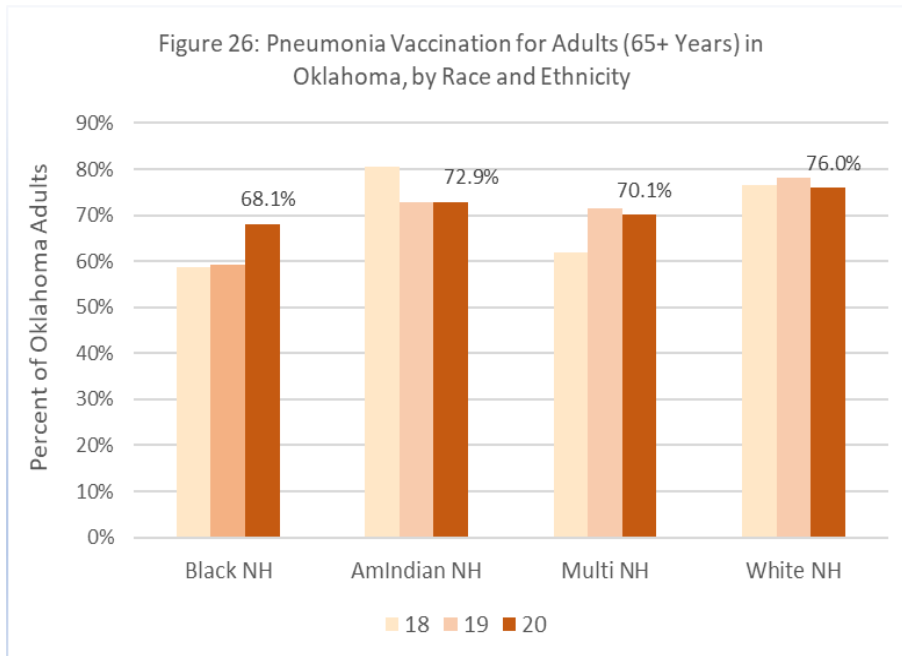
In 2020, **non-Hispanic Blacks** had the **highest** rate of newly diagnosed HIV cases (28.2 cases per 100,000 population) and newly diagnosed AIDS cases among newly diagnosed persons with HIV (7.1, see Figure 27). **Blacks** also had the **highest** rate of people living with HIV at 600.5 cases (per 100,000 population), followed by Hispanics (181.4), Multi Race individuals (169.4), Whites (142.4), Asian/Pacific Islanders the lowest (124.5), and American Indians (117.4)[6].

Figure 27: Incidence Rate of AIDS and HIV in Oklahoma, By Race and Ethnicity
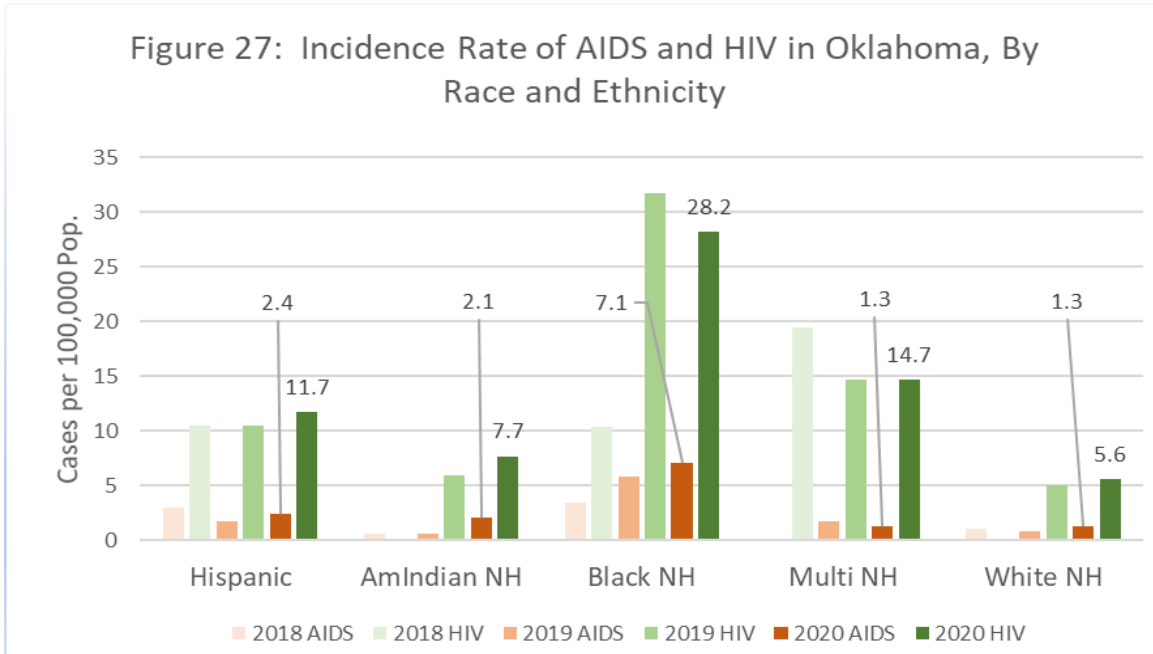
In 2020, **non-Hispanic Blacks** had the **highest** age-adjusted HIV death rate (4.3 deaths/100,000 population, up from 3.4 in 2019; see Figure 28).[4] There were no data for HIV/AIDS death rates for Hispanic individuals between 2018 and 2020 (except Hispanic Whites in 2019 at 2.4), suggesting there were fewer than five cases per year. Altogether, Oklahoma's Black adults were disproportionally affected by HIV/AIDS for new diagnoses, living cases, and deaths.

Figure 28: HIV/AIDS Death Rate in Oklahoma, by Race and Ethnicity

In 2020, **non-Hispanic American Indians** had the **highest** age-adjusted death rate due to unintentional injuries (81.6 deaths/100,000 population, up from 69.1 in 2019), while non-Hispanic Asian/Pacific Islanders had the lowest (25.6; see Figure 29).

Wagoner County had the lowest rate (35.3), while Seminole County and Blaine County (both 132.1) had the highest (see Figure 30).[4]

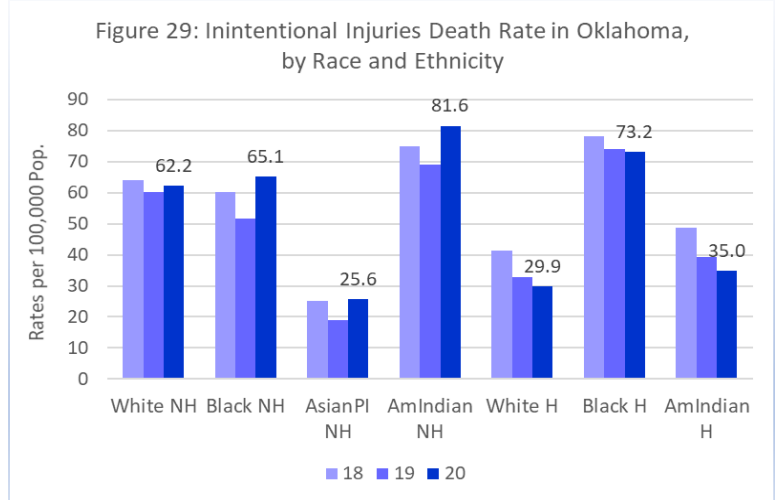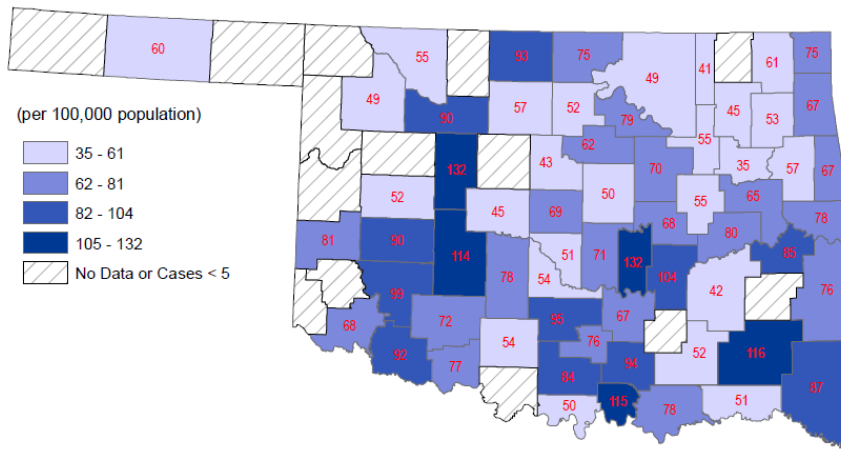Figure 29: Inintentional Injuries Death Rate in Oklahoma, by Race and Ethnicity

*Figure 30: Age-Adjusted Death Rate for Unintentional Injuries in Oklahoma, by County, 2020*

HOMICIDE DEATHS

In 2020, **non-Hispanic Blacks** had a much **higher** age-adjusted rate of homicide deaths (29.2 deaths/100,000 population, down from 32.8 in 2019) compared to other races/ethnicities, Hispanic Whites had the lowest (see Figure 31).[4]

Figure 31: Homicide Death Rate in Oklahoma, by Race and Ethnicity
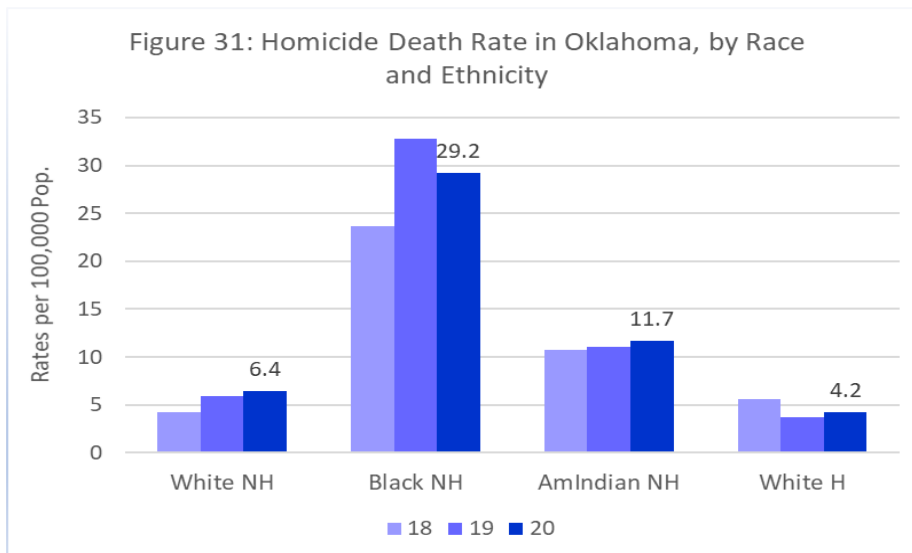
POOR MENTAL HEALTH

In 2020, the percentage of adults with 14 or more days per month of poor mental health was **highest** for **non-Hispanic multiracial** individuals (23.4%, up from 20.0% in 2019), and lowest for Hispanic (9.9%, down from 12.6%, see Figure 32).[3]

Figure 32: Oklahoma Adults with 14+ Days of Poor Mental Health, by Race and Ethnicity
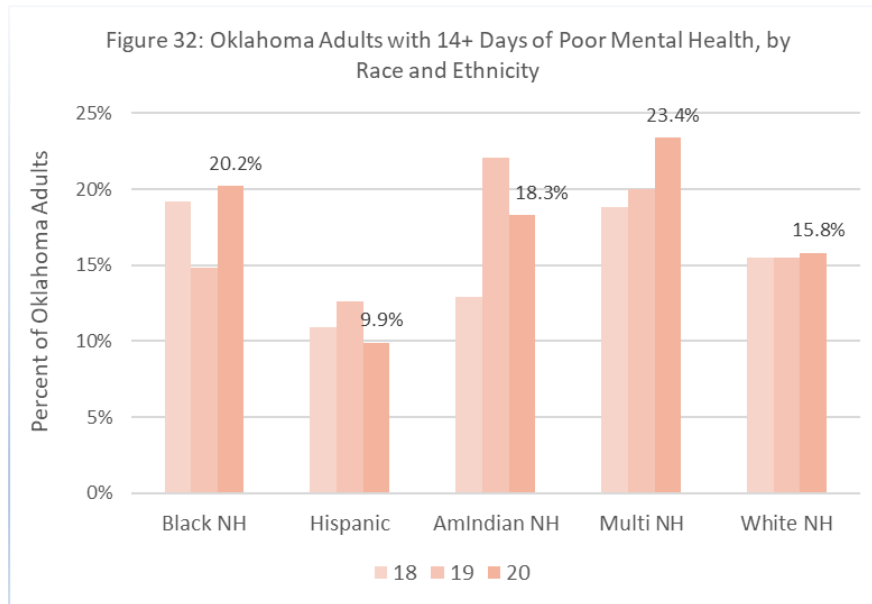
INSURANCE

In 2020, the lowest percentage of adults (aged 18 years and older) with health insurance was for Hispanics (56.7%, up from 51.9% in 2019s); **non-Hispanic American Indian** individuals had the **highest** percentage covered by health insurance (94.4%, up from 93.1% in 2019, see Figure 33).[3]

Figure 33: Oklahoma Adults with Health Insurance, by Race and Ethnicity
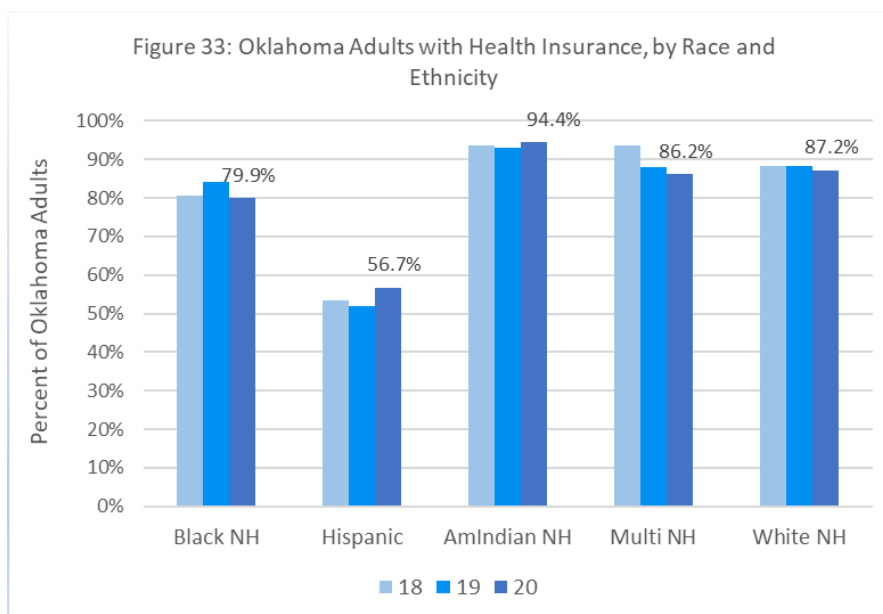
INFANT MORTALITY

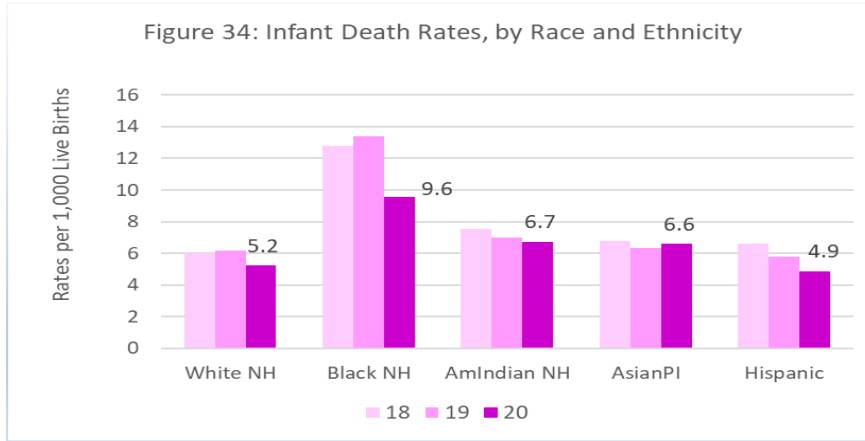In 2020, **non-Hispanic Black** mothers had the **highest** infant mortality rate (9.6 deaths/1,000 live births, down from 13.4 in 2019), while non-Hispanic White mothers had the lowest(6.37; see Figure 34).[4]

Figure 34: Infant Death Rates, by Race and Ethnicity

PRENATAL CARE

In 2020, **White** mothers had the **highest** percentage of first trimester prenatal care (73.6%), while Asian/Pacific Islanders mothers had the lowest (63.2%, down from 62.5% in 2019; see Figure 35). Le Flore County had the lowest percentage of mothers receiving first trimester prenatal care (54.0%), while Murray County had the highest (87%; see Figure 36).[4]
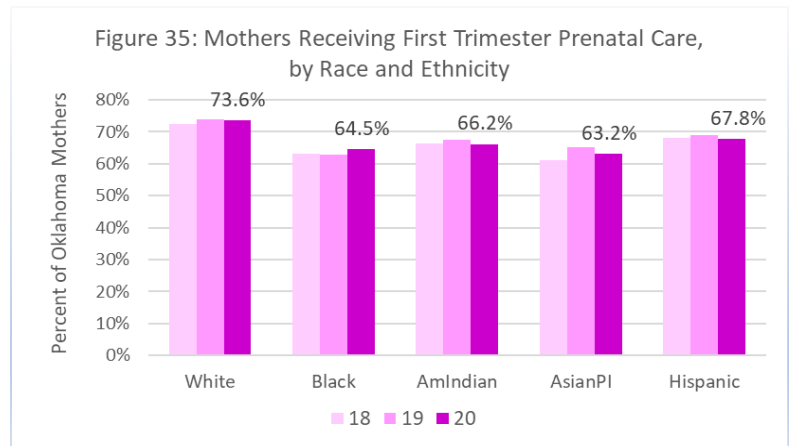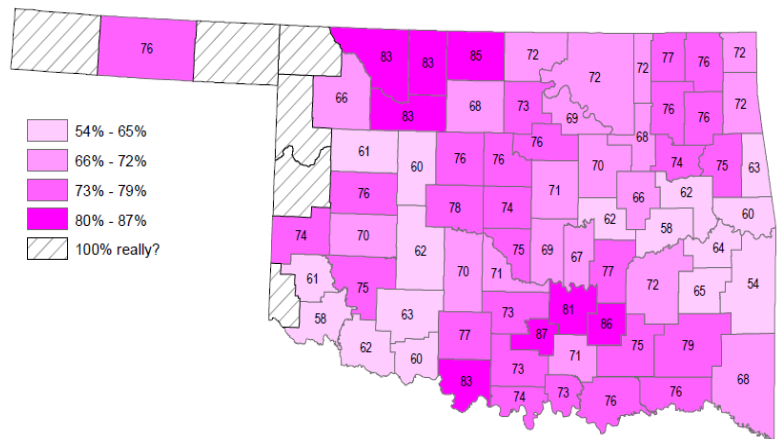
Figure 35: Mothers Receiving First Trimester Prenatal Care, by Race and Ethnicity

Figure 36: Oklahoma Mothers with First Trimester Prenatal Care, by County, 2020 (in %)

LOW BIRTH WEIGHT

In 2020, **Black** mothers had the **highest** percentage (14.7%, down from 15% in 2019) of low-birth-weight babies (less than 1,500 grams), while American Indian mothers had the lowest percentage(see Figure 37). Grant County had the highest percentage of low-birth-weight babies (15.9%) while Craig County had the lowest (3.5%; see Figure 38).[4]

Figure 37: Low Birth Weight Babies in Oklahoma, by Race and Ethnicity

Figure 38: Low Birth Weight Babies in Oklahoma, by County, 2020 (in %)

TEEN BIRTHS

In 2020, the **highest** percentage of teenage births(aged 15-17 years) was for **Hispanics** (16.6 births/1,000 births, down from 18.6 in 2019), and Asian/Pacific Islanders had the lowest (2.2; see Figure 39). Hughes County had the highest teen birth rate (38.6) while Cleveland County had the lowest (3.9;see Figure 40).[4]

Figure 39: Teen Birth Rate in Oklahoma, by Race and Ethnicity

Figure 40: Teen Birth Rate (Aged 15-17 Years) in Oklahoma, by County, 2020

In 2019, the most recent school year with data available, Black Oklahomans were the lowest percentage to graduate from high school (80.1%, up from 77.2% in 2018), while **Asian/Pacific Islanders** had the **highest** (see Figure 41).[2]

Figure 41: Percentage of High School Graduates in Oklahoma, by Race and Ethnicity

Race/Ethnicity	19
White	86.3%
Hispanic	81.8%
Black	80.1%
Asian/Pacific Islander	87.0%
American Indian	84.8%

Percent of Oklahoma Adults

Legend: 19, 18, 17
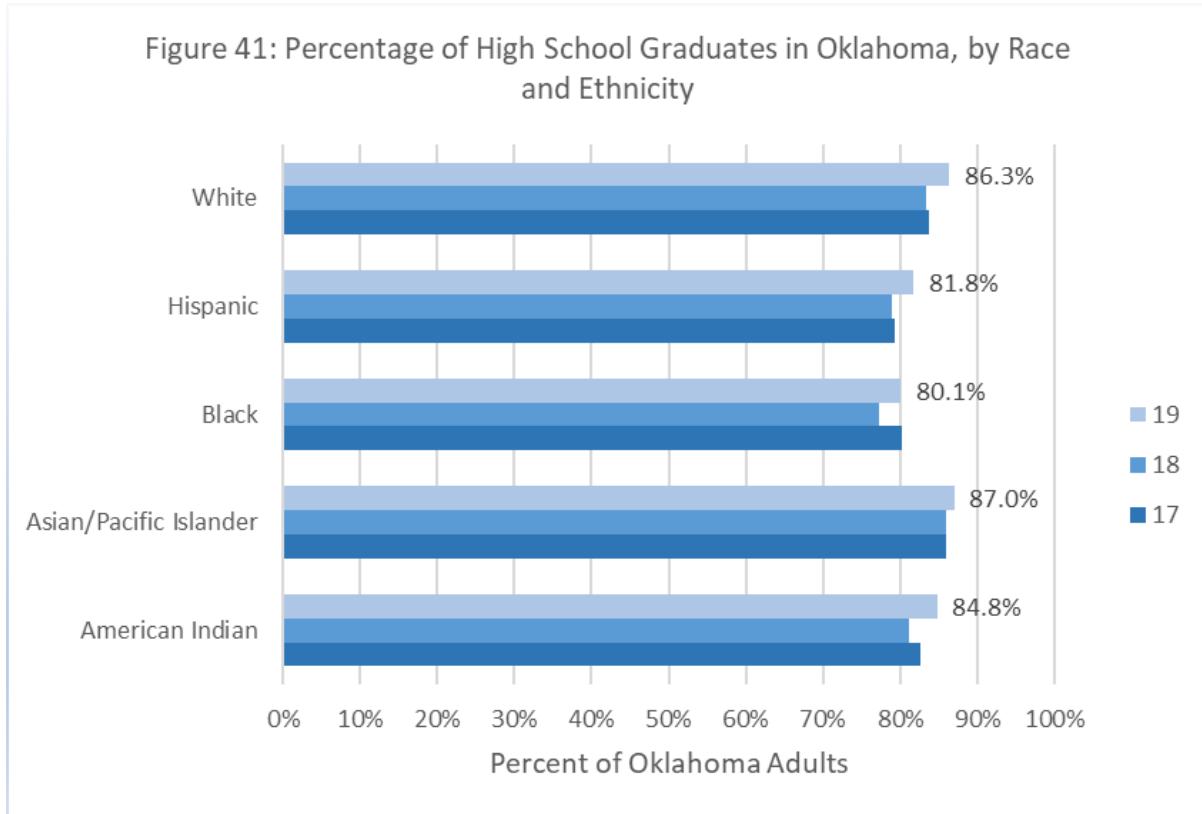
Endnotes

(Majority of data were accessed and gathered around *January 2022, only those for infant mortality and HIV/AIDS around March 2022*)

[1] *United States Census Bureau, QuickFacts Population Estimates.*
https://data.census.gov/cedsci/table?q=0400000US40&y=2021&d=PEP%20Population%20Estimates

[2] *America's Health Rankings analysis of America's Health Rankings composite measure, United Health Foundation, AmericasHealthRankings.org*
https://www.americashealthrankings.org/explore/annual/measure/Outcomes/state/ALL?edition-year=2021

Rankings under Overall Health are based on Overall values provided in 2021 Reports by America's Health Rankings, as advised by Aaron Clark, Epidemiologist, Arundel Metrics, Inc. "Thank you for your interest in America's Health Rankings. America's Health Rankings chose not to include overall state rankings out of the shared understanding that the country faces ongoing challenges due to the COVID-19 pandemic in the 2020 and 2021 editions. Overall rankings are available from 2019 to 1990. Keep in mind, our model has evolved over the years so how states were ranked does change over the time range. Oklahoma's Annual ranks are below:

Edition Name	Edition Year	Value	Rank
2019 Annual (omitted)	*2019*	*-0.777*	*46*
1990 Annual	*1990*	*-0.098*	*32*

Ranking the Overall value would allow one to correctly calculate rank." Received by Miles Xiao (OSDH), January 25, 2022, email.

[3] *Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, BRFSS 2018, onOK2SHARE.*
http://www.health.ok.gov/ok2share

[4] *Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Vital Statistics, onOK2SHARE.*
http://www.health.ok.gov/ok2share

[5] *Oklahoma State Department of Health, Disease, Prevention, & Preparedness Service, Chronic Disease Service,Oklahoma Central Cancer Registry, on OK2SHARE. http://www.health.ok.gov/ok2share*
https://www.health.state.ok.us/stats/Registries/cancer/Final/Statistics.shtml
https://www.health.state.ok.us/stats/Registries/cancer/Final/Mortality.shtml

[6] *Oklahoma State Department of Health, Sexual Health and Harm Reduction Service https://oklahoma.gov/health/prevention-and-preparedness/sexual-health-and-harm-reduction-service/fact-sheets-ok-data.html*

Data sources were e-mails from Kaitlin M McGrew (OSDH), received by Miles Xiao (OSDH), from January 27, 2022l to March 29, 2022.