

State Health Department Website:

## Summary

### Strengths

- Low prevalence of excessive drinking
- Low incidence of chlamydia
- High number of mental health providers per 100,000 population

### Challenges

- High premature death rate
- High prevalence of multiple chronic conditions
- High prevalence of adults using e-cigarettes

### Key Findings

#### Volunteerism

# 33%

from 23.6% to 31.5% of people age 16 and older between 2021 and 2023.

#### Drug Deaths

# 27%

from 24.9 to 31.5 deaths per 100,000 population between 2021 and 2023.

#### Cancer Screenings

# 18%

from 50.8% to 60.1% of adults ages 40-75 between 2022 and 2024.

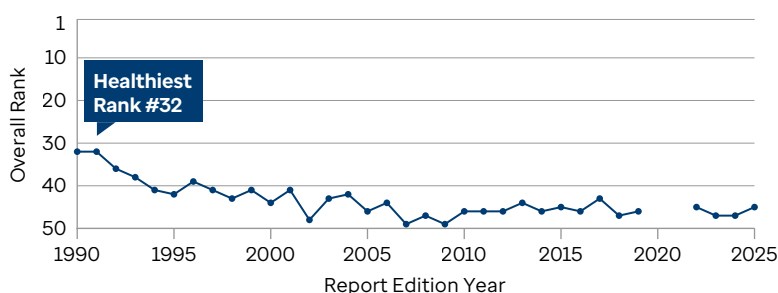
#### Arthritis

# 14%

from 27.1% to 30.8% of adults between 2021 and 2024.

### Trends

#### Annual Report Rank History



## Spotlight

### Rural Health in Oklahoma

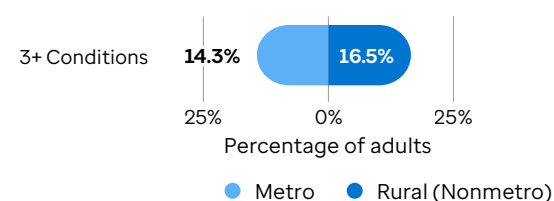
#### Rural Population in 2023

# 35.8%

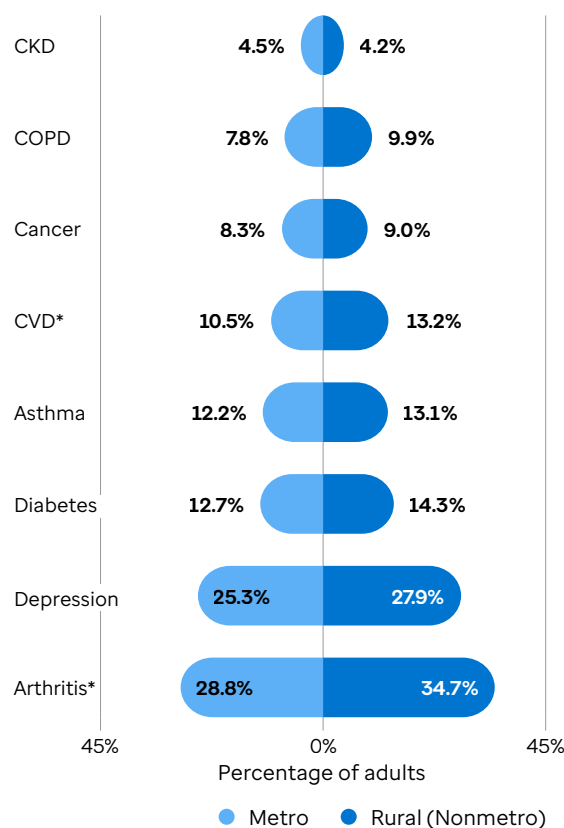
Source: U.S. Census Bureau, American Community Survey, 1-Year Dataset, 2023.

#### Multiple Chronic Conditions

Prevalence by Metropolitan Status in 2024



#### Components



\*Significant based on 95% confidence intervals.

Source: U.S. HHS, CDC, Behavioral Risk Factor Surveillance System, 2024.

Notes: Order of conditions based on U.S. prevalence. CKD=chronic kidney disease, COPD=chronic obstructive pulmonary disease, CVD=cardiovascular diseases.

# Measures | Oklahoma

		State Rank	State Value	U.S. Value
<b>Social &amp; Economic Factors</b>		<b>43</b>	<b>-0.551</b>	
<b>Community and Family Safety</b>	Firearm Deaths (Deaths per 100,000 population)*	40	20.1	14.0
	Homicide (Deaths per 100,000 population)	29	6.8	6.7
	Occupational Fatalities (Deaths per 100,000 workers)	37	5.3	4.2
	Public Health Funding (Dollars per person)	15	\$143	\$124
<b>Economic Resources</b>	Economic Hardship Index (Index from 1-100)	43	81	—
	Food Insecurity (% of households)	46	15.4%	12.2%
	Income Inequality (80:20 ratio)	29	4.64	4.85
<b>Education</b>	Fourth Grade Reading Proficiency (% of public school students)	48	22.7%	30.5%
	High School Completion (% of adults age 25+)	37	90.2%	89.9%
<b>Social Support and Engagement</b>	Adverse Childhood Experiences (% of children ages 0-17)	39	18.2%	14.1%
	High-Speed Internet (% of households)	33	93.8%	94.6%
	Residential Segregation - Black/White (Index from 0-100)	12	58	—
	Volunteerism (% of population age 16+)	23	31.5%	28.3%
	Voter Participation (% of U.S. citizens age 18+)	44	53.4%	58.8%
<b>Physical Environment</b>		<b>46</b>	<b>-0.177</b>	
<b>Air and Water Quality</b>	Air Pollution (Micrograms of fine particles per cubic meter)	37	8.5	8.8
	Drinking Water Violations (Average violations per community water system)	45	3.5	2.5
	Water Fluoridation (% of population served by community water systems)	34	63.5%	72.3%
<b>Climate and Health</b>	Climate Policies (Number out of four policies)	38	0	—
	Renewable Energy (% of total electricity generated)*	12	42.5%	21.9%
<b>Housing and Transit</b>	Homelessness (People per 10,000 population)*	27	13.3	22.6
	Housing Cost Burden (% of households)*	17	26.9%	32.0%
	Housing With Lead Risk (% of housing stock)	21	13.3%	16.1%
	Severe Housing Problems (% of occupied housing units)	21	13.5%	16.8%
<b>Clinical Care</b>		<b>48</b>	<b>-0.897</b>	
<b>Access to Care</b>	Avoided Care Due to Cost (% of adults)	45	14.9%	11.5%
	Dental Care Providers (Providers per 100,000 population)	30	60.4	66.3
	Mental Health Providers (Providers per 100,000 population)	12	451.3	362.6
	Primary Care Providers (Providers per 100,000 population)	45	249.4	291.4
	Uninsured (% of total population)	48	11.5%	8.2%
<b>Preventive Clinical Services</b>	Cancer Screenings (% of adults ages 40-75)	44	60.1%	64.5%
	Childhood Immunizations (% of 3-year birth cohort)	33	64.9%	66.9%
	Dental Visit (% of adults)	45	61.1%	67.5%
	Flu Vaccination (% of adults)	42	35.4%	41.3%
	HPV Vaccination (% of adolescents ages 13-17)	48	49.7%	62.9%
<b>Quality of Care</b>	Dedicated Health Care Provider (% of adults)	31	82.9%	83.9%
	Preventable Hospitalizations (Discharges per 100,000 Medicare beneficiaries age 18+)	35	3,041	2,768
<b>Behaviors</b>		<b>45</b>	<b>-1.066</b>	
<b>Nutrition and Physical Activity</b>	Exercise (% of adults)	46	23.4%	30.4%
	Fruit and Vegetable Consumption (% of adults)	49	3.8%	7.4%
	Physical Inactivity (% of adults)	45	27.7%	21.8%
<b>Sexual Health</b>	Chlamydia (Cases per 100,000 population)	26	471.3	492.2
	High-Risk HIV Behaviors (% of adults)	25	5.6%	5.6%
	Teen Births (Births per 1,000 females ages 15-19)	46	20.6	13.1
<b>Sleep Health</b>	Insufficient Sleep (% of adults)	24	35.5%	35.5%
<b>Smoking and Tobacco Use</b>	E-Cigarette Use (% of adults)	49	10.8%	8.0%
	Smoking (% of adults)	41	14.1%	11.6%
<b>Health Outcomes</b>		<b>40</b>	<b>-0.355</b>	
<b>Behavioral Health</b>	Drug Deaths (Deaths per 100,000 population)*	24	31.5	31.4
	Excessive Drinking (% of adults)	2	13.8%	17.0%
	Frequent Mental Distress (% of adults)	45	18.6%	15.6%
	Non-Medical Drug Use (% of adults)	27	15.7%	16.8%
<b>Mortality</b>	Premature Death (Years lost before age 75 per 100,000 population)	42	10,509	7,862
	Premature Death Racial Disparity (Ratio of highest rate to white rate)	15	1.4	1.9
<b>Physical Health</b>	Frequent Physical Distress (% of adults)	37	14.4%	13.0%
	Low Birth Weight (% of live births)	25	8.6%	8.6%
	Low Birth Weight Racial Disparity (Ratio of highest rate to white rate)	17	1.9	2.1
	Multiple Chronic Conditions (% of adults)	42	15.0%	11.3%
	Obesity (% of adults)	36	36.8%	34.2%
<b>Overall</b>		<b>45</b>	<b>-0.619</b>	

Visit [AmericasHealthRankings.org](https://AmericasHealthRankings.org) for the full list of [measures](#), [source details](#) and [methodologies](#).

\* Unweighted measure that does not contribute to a state's Overall Rank.  
— Data are not available, missing or suppressed.