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

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

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**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, AsianPl → Asian and Pacific Islander.
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](image)

**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](image)
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

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

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

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

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

**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). 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.
**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). 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).

**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). 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 Figure 21). Hispanic Whites had the lowest prostate cancer death rates.
ALZHEIMER’S DISEASE

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).
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).

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.\(^3\)
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).

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). 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 disproportionately affected by HIV/AIDS for new diagnoses, living cases, and deaths.
UNINTENTIONAL INJURY DEATHS

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).  

**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).

**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

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
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

PREGNATAL 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 34: Infant Death Rates, by Race and Ethnicity

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](image)

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](image)
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).\(^2\)
Endnotes

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


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:

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<td>2019</td>
<td>-0.777</td>
<td>46</td>
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<tr>
<td>1990 Annual</td>
<td>1990</td>
<td>-0.098</td>
<td>32</td>
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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


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