2019 Oklahoma Minority Health at a Glance
Population Estimate (2019)\(^1\): 3,956,971

NOTE: Categories after “Overall Health” are reflective of 2018 data, as that is what is most recently available, unless otherwise noted.

OVERALL HEALTH

In 2019, the United Health Foundation ranked Oklahoma’s Overall Health as 46th (up from 47th in 2018) in the United States in their annual America’s Health Rankings report; Vermont was the healthiest state and Mississippi was the least healthy state (see Figure 1).\(^2\)

*Figure 1: State Ranking Map, 2019*

![State Ranking Map, 2019](image)

*Note: Map published by America’s Health Rankings, 2019 Annual Report*

<table>
<thead>
<tr>
<th>Overall State Strengths(^2)</th>
<th>Overall State Challenges(^2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Low prevalence of excessive alcohol use</td>
<td>• High prevalence of tobacco use</td>
</tr>
<tr>
<td>• High rate of mental health providers</td>
<td>• High percentage of uninsured population</td>
</tr>
<tr>
<td>• Low prevalence of low birthweight</td>
<td>• High infant mortality rate</td>
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</table>

The ranking for senior health is 47th in 2019, with strengths in flu vaccination coverage, low alcohol use, and high volunteerism; challenges include many low-care nursing home residents, low prevalence of arthritis management, and physical inactivity.\(^2\)

The ranking for women and children’s health is 48th in 2019, with strengths in low alcohol use, low cost of infant child care, and low prevalence of homeless family households; challenges include tobacco use, a high percentage of uninsured women, and high prevalence of 2+ adverse childhood experiences (ACEs).\(^2\)
SMOKING

In 2018, the prevalence of adult smokers (aged 18 years or older) was highest among non-Hispanic multiracial adults (32%, up from 25.5% in 2017; see Figure 2).  

![Figure 2: Adult Smokers in Oklahoma, by Race and Ethnicity, 2016-2018](image)

OBESITY

In 2018, the percent of obese adults (aged 18 years or older; Body Mass Index of 30 or more) remain higher than the national average among all racial/ethnic backgrounds in Oklahoma, particularly among non-Hispanic Blacks (43.4%, up from 36.5% in 2017; see Figure 3).  

![Figure 3: Obese Adults in Oklahoma, by Race and Ethnicity, 2016-2018](image)
In 2018, 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 multiracial individuals (8.3%, up from 5.7% in 2017), and lowest among American Indians (see Figure 4). Multiracial individuals also had the highest percentage of heart attack diagnoses (7.9%, up from 6.2% in 2017), while Hispanics had the lowest (see Figure 5).³

In 2018, Blacks had the highest age-adjusted heart disease death rate (255.1 deaths/100,000 population, up from 246.6 in 2017), followed by American Indians (244.8), and Whites (230.9); Hispanics had the lowest rate at 119.7 deaths per 100,000 population. Muskogee (397.8 deaths/100,000 population) and Jefferson (397.5) counties had the highest rates, while Love (174.2) County had the lowest (see Figure 6).⁴

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Figure 4: Angina Diagnoses among Oklahoma Adults, by Race and Ethnicity, 2016-2018

Figure 5: Heart Attack Diagnoses among Oklahoma Adults, by Race and Ethnicity, 2016-2018

Figure 6: Age-Adjusted Heart Disease Death Rates in Oklahoma, by County, 2018
In 2018, the percent of Oklahoma adults (aged 18 years or older) who had ever had a stroke was highest among Blacks (5.9%, up from 3.5% in 2017) and consistently lowest among Hispanic individuals (see Figure 7).³

![Figure 7: Oklahoma Adults who have had a Stroke, by Race and Ethnicity, 2016-2018](image)

In 2018, non-Hispanic Blacks had the highest age-adjusted cerebrovascular disease death rate (52.5 deaths/100,000 population, down from 57.7 in 2017), followed by American Indian (42.3), and non-Hispanic Whites (39.2); Hispanic individuals had the lowest rate (27.9). Marshall County had the lowest age-adjusted stroke death rate (18.2) and Atoka had the highest (70.8; see Figure 8).⁴

*Figure 8: Age-Adjusted Stroke Death Rates in Oklahoma, by County, 2018*
In 2018, the prevalence of diabetes diagnoses among adults (aged 18 years or older) was highest for American Indians (16.8%, which has remained steady since 2016) and lowest for Hispanics (8.0%; see Figure 9).³

In 2018, Black adults had the highest age-adjusted death rates for diabetes (59.0 deaths/100,000 population), followed closely by American Indians (50.6); Hispanics (25.6) and Whites (25.5) were much lower. Osage County had the lowest age-adjusted death rate (14.4) and Kiowa County had the highest (84.3; see Figure 10).⁴

Figure 10: Age-Adjusted Diabetes Death Rates in Oklahoma, by County, 2018
In 2017, non-Hispanic Whites had the highest age-adjusted incidence rate of cancer (438.1 new cases/100,000 population, down from 496.2 in 2016), while Hispanics had the lowest (303.3; see Figure 11). In 2018, however, Black adults had the highest age-adjusted death rates from cancer (189.2 deaths/100,000 population, down from 204.2 in 2017; see Figure 12), followed closely by American Indians (188.1). Beaver County had the lowest rate (84.7) and Harper (275.4) and Harmon (276.9) counties had the highest (see Figure 13).
**LUNG CANCER**

In 2017, American Indians had the highest age-adjusted incidence rate of lung cancer (61.2 new cases/100,000 population, down from 68.1 in 2016), while Hispanics had a much lower rate (23.1; see Figure 14). In 2018, American Indians also had the highest age-adjusted death rate from lung cancer (49.8 deaths/100,000 population, slightly up from 49.1 in 2017), closely followed by non-Hispanic Whites (48.8; see Figure 15).

**COLON CANCER**

In 2017, non-Hispanic Black (41.5 new cases/100,000 population, down from 44.3 in 2016) and non-Hispanic White (40.4) Oklahoma adults had the highest age-adjusted incidence rates for colon cancer (including rectum, rectosigmoid, and anus; see Figure 16). In 2018, though, American Indians had the highest age-adjusted death rate (20.8 deaths/100,000 population, down from 21.2 in 2017; see Figure 17). Hispanics had the lowest incidence and death rates.
**BREAST CANCER**

In 2017, non-Hispanic **White** (73.9 new cases/100,000 population, down from 79.4 in 2016) and non-Hispanic **Black** (71.4) Oklahoma adults had the highest age-adjusted incidence rates for breast cancer (see Figure 18). In 2018, though, non-Hispanic **Blacks** had the highest age-adjusted death rate (18.8 deaths/100,000 population, up from 13.5 in 2016) from breast cancer (see Figure 19).

**PROSTATE CANCER**

In 2017, non-Hispanic **Blacks** had the highest age-adjusted incidence of prostate cancer (57.1 new cases/100,000 population, down from 71.5 in 2016; see Figure 20), and in 2018, also had the highest age-adjusted death rate from prostate cancer (19.6 deaths/100,000 population, up from 18.7 in 2017; see Figure 21). Hispanics had the lowest incidence and death rates.
In 2018, non-Hispanic Whites had the highest age-adjusted death rate (39.2 deaths/100,000 population, down from 40.8 in 2017) for Alzheimer’s disease among Oklahoma adults (see Figure 22). Garvin (15.7 deaths/100,000 population) and Kay (15.8) counties had the lowest death rates, while Kiowa had the highest (97.4; see Figure 23).4

Figure 22: Alzheimer’s Disease Death Rates in Oklahoma, by Race and Ethnicity, 2016-2018

Figure 23: Age-Adjusted Death Rates for Alzheimer’s Disease in Oklahoma, by County, 2018
In 2018, flu vaccination rates (within a 12-month period) among adults was lowest among non-Hispanic Blacks (28.0%, down from 42.2% in 2017) and highest among non-Hispanic Whites (40.9%), but all races/ethnicities were still under 50% (see Figure 24). Among seniors (aged 65 years and older), flu vaccination within a 12-month period was highest for American Indians (72.2%) and lowest for non-Hispanic Blacks (51.6%, down from 59% in 2017; see Figure 25). Non-Hispanic Blacks (58.7%, down from 72.8% in 2017) also had the lowest rates of pneumonia vaccinations (aged 65 years and older), while American Indians also had the highest (80.5%; see Figure 26). There were no data for flu or pneumonia vaccinations for Hispanics aged 65 and older.³
In 2016, the data most recently available, non-Hispanic Blacks had the highest rate of newly diagnosed HIV cases (26.4 cases/100,000 population) and newly diagnosed AIDS cases (9.6; see Figure 27). Blacks also had the highest rate of living HIV/AIDS (518.5 cases/100,000 population). Hispanics (131.0), Whites (126.0), American Indians (110.0), and Multiracial (98.6) Oklahoma adults were much lower than non-Hispanic Blacks. Trend data from 2014 and 2015 were unavailable.

Additionally, in 2018, non-Hispanic Blacks had the highest age-adjusted HIV death rate (3.3 deaths/100,000 population, down from 4.7 in 2017; see Figure 28). There were no data for HIV/AIDS death rates for Hispanic individuals in 2017 and 2016, suggesting there were fewer than five cases per year. Altogether, Oklahoma’s Black adults are disproportionally affected by HIV/AIDS for new diagnoses, living cases, and deaths.
UNINTENTIONAL INJURY DEATHS

In 2018, American Indians had the highest age-adjusted death rate due to unintentional injuries (60.3 deaths/100,000 population, down from 79.6 in 2017), while Hispanics had the lowest (43.7; see Figure 29). Nowata County had the lowest rate (36.6), while Johnston (169.5) and Major (169.6) counties had the highest (see Figure 30).4

HOMICIDE DEATHS

In 2018, non-Hispanic Blacks had a much higher age-adjusted rate of homicide deaths (23.7 deaths/100,000 population, down from 34.2 in 2017) compared to other races/ethnicities; non-Hispanic Whites had the lowest (4.2; see Figure 31).4
POOR MENTAL HEALTH

In 2018, the percentage of adults with 14 or more days per month of poor mental health was highest for non-Hispanic Blacks (19.2%), followed closely by multiracial individuals (see Figure 32).\(^3\) Trend data from previous years were unavailable.

**Figure 32: Oklahoma Adults with 14+ Days of Poor Mental Health, by Race and Ethnicity, 2018**

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percent of Oklahoma Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>White non-Hispanic</td>
<td>15.5%</td>
</tr>
<tr>
<td>Black non-Hispanic</td>
<td>19.2%</td>
</tr>
<tr>
<td>American Indian</td>
<td>12.9%</td>
</tr>
<tr>
<td>Multiracial</td>
<td>18.8%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>10.9%</td>
</tr>
</tbody>
</table>

INSURANCE

In 2018, the lowest percentage of adults (aged 18 years and older) with health insurance was for Hispanics (53.3%, down from 58.9% in 2017); American Indian and multiracial individuals had the highest percentage covered by health insurance (see Figure 33).\(^3\)

**Figure 33: Oklahoma Adults with Health Insurance, by Race and Ethnicity, 2016-2018**

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Percentage of Oklahoma Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>White non-Hispanic</td>
<td>93.6%</td>
</tr>
<tr>
<td>Black non-Hispanic</td>
<td>93.6%</td>
</tr>
<tr>
<td>American Indian</td>
<td>93.6%</td>
</tr>
<tr>
<td>Multiracial</td>
<td>93.6%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>53.3%</td>
</tr>
</tbody>
</table>

\(^3\) Source: National Center for Health Statistics, National Health Interview Survey.
**INFANT MORTALITY**

In 2017, the data most recently available, non-Hispanic Black mothers had the highest infant mortality rate (13.04 deaths/1,000 live births, down from 14.42 in 2016), while non-Hispanic White mothers had the lowest (6.37; see Figure 34).\(^4\)

![Figure 34: Infant Death Rates in Oklahoma, by Mother’s Race and Ethnicity, 2015-2017](image)

**PRENATAL CARE**

In 2018, non-Hispanic White mothers had the highest percentage of first trimester prenatal care (72.5%), while non-Hispanic Black mothers had the lowest (63.3%, up from 60.2% in 2016; see Figure 35). Harmon County had the lowest percentage of mothers receiving first trimester prenatal care (50.0%), while Woods County had the highest (84.5%; see Figure 36).\(^4\)

![Figure 35: Oklahoma Mothers Receiving First Trimester Prenatal Care, by Race and Ethnicity, 2016-2018](image)

Figure 36: Oklahoma Mothers with First Trimester Prenatal Care, by County, 2018

![Percent of mothers with First Trimester Prenatal Care](image)
LOW BIRTH WEIGHT

In 2018, non-Hispanic Black mothers had the highest percentage (14.6%, up from 13.4% in 2017) of low birth weight babies (less than 1,500 grams), while American Indian mothers had the lowest percentage (see Figure 37). Greer County had the highest percentage of low birth weight babies (14.0%) while Okfuskee had the lowest (3.3%; see Figure 38).4

TEEN BIRTHS

In 2018, the highest percentage of teenage births (aged 15-17 years) was for Hispanics (19.0 births/1,000 births, down from 19.6 in 2017), and non-Hispanic Whites had the lowest (7.9; see Figure 39). Jackson County had the highest teen birth rate (32.9) while Rogers had the lowest (3.1; see Figure 40).4
In 2017, the data most recently available, Hispanic Oklahomans were the lowest percentage to graduate from high school (79.3%, up from 77.8% in 2016), while non-Hispanic Whites had the highest high school graduation percentage (see Figure 41).\(^2\)
Citations


2 America's Health Rankings analysis of America's Health Rankings composite measure, United Health Foundation, AmericasHealthRankings.org, Accessed 2020.


