

## 2019 Oklahoma Minority Health at a Glance

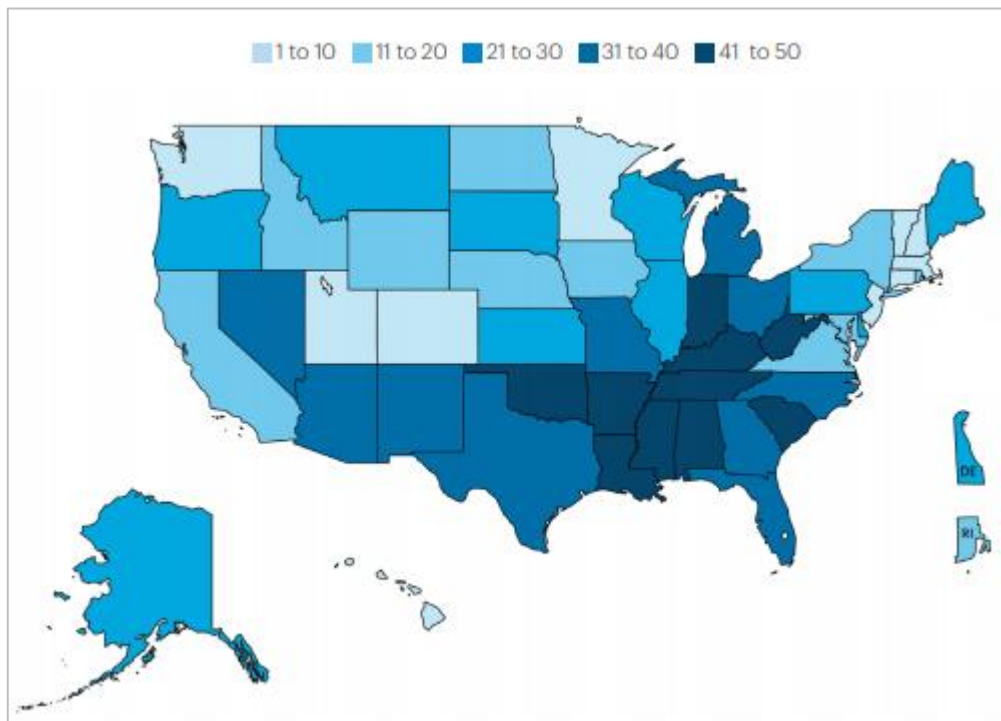
Population Estimate (2019)<sup>1</sup>: 3,956,971

**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 47<sup>th</sup> 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).<sup>2</sup>

Figure 1: State Ranking Map, 2019



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

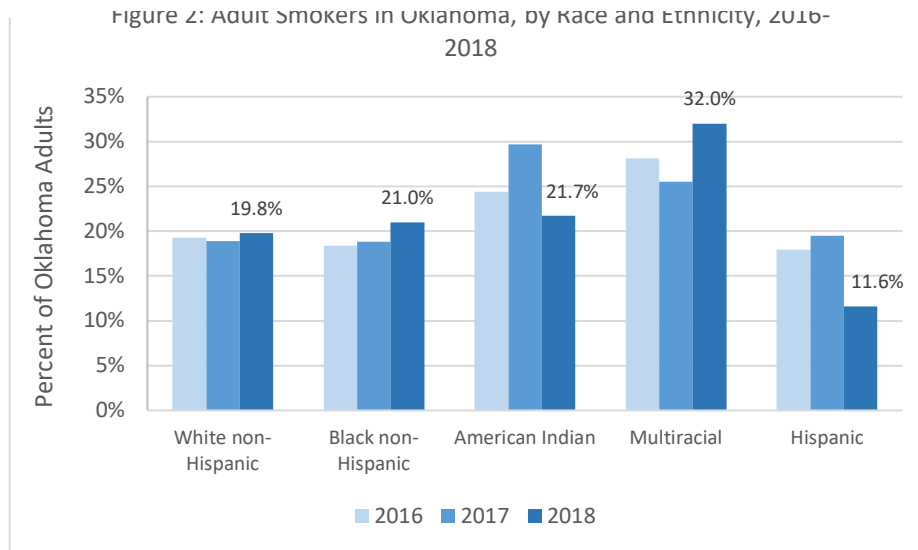
Overall State Strengths <sup>2</sup>	Overall State Challenges <sup>2</sup>
<ul style="list-style-type: none"> <li>• Low prevalence of excessive alcohol use</li> <li>• High rate of mental health providers</li> <li>• Low prevalence of low birthweight</li> </ul>	<ul style="list-style-type: none"> <li>• High prevalence of tobacco use</li> <li>• High percentage of uninsured population</li> <li>• High infant mortality rate</li> </ul>

The ranking for senior health is **47<sup>th</sup>** 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.<sup>2</sup>

The ranking for women and children’s health is **48<sup>th</sup>** 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).<sup>2</sup>

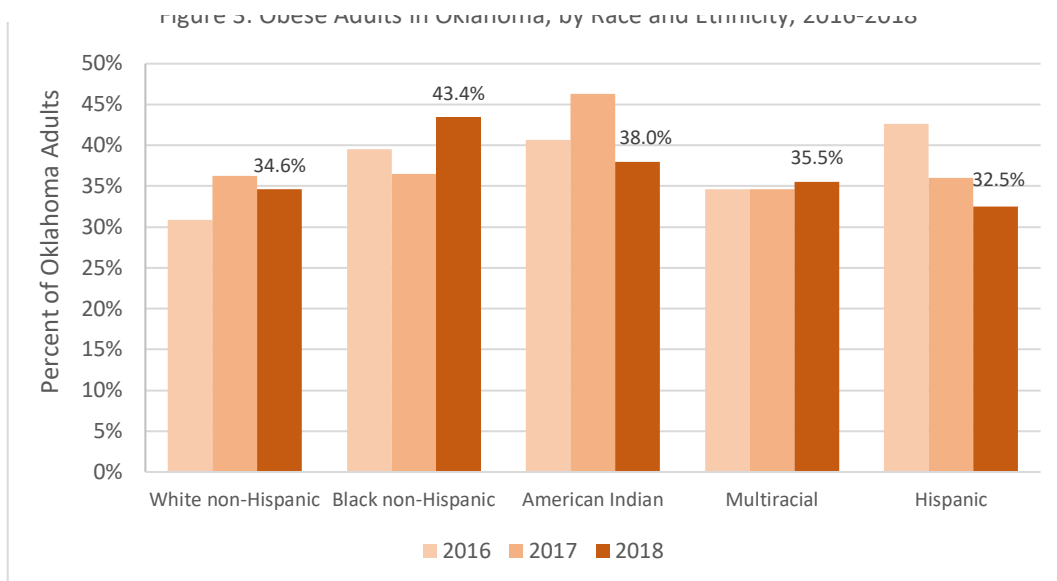
## SMOKING

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).<sup>3</sup>



## 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).<sup>3</sup>



## HEART DISEASE

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).<sup>3</sup>

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).<sup>4</sup>

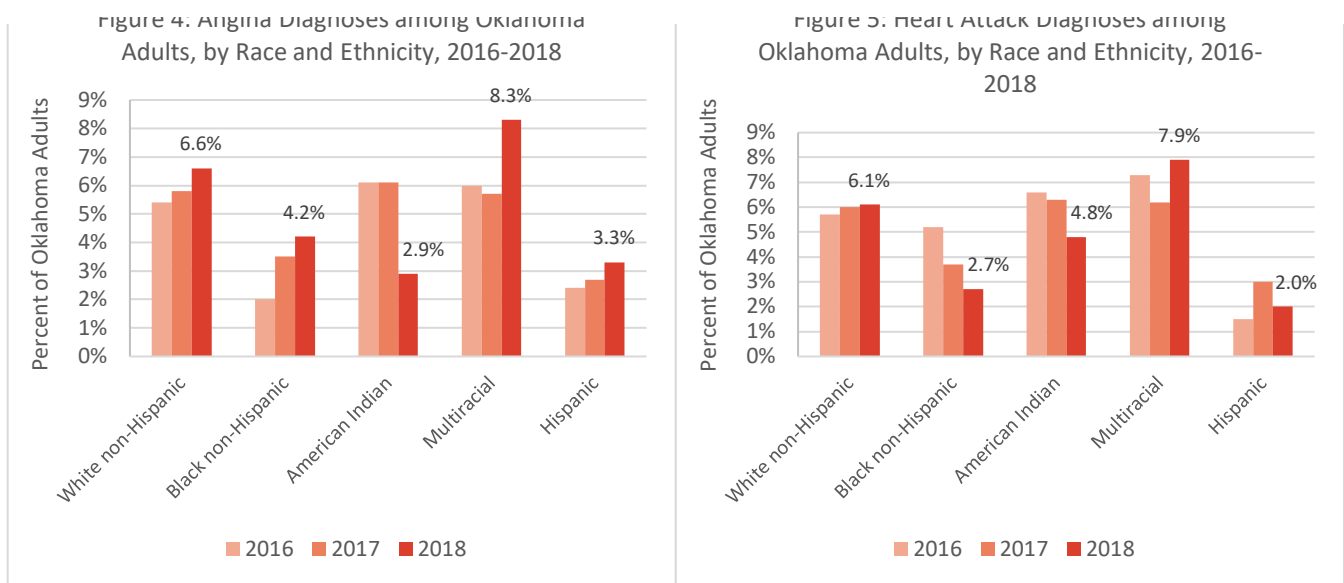
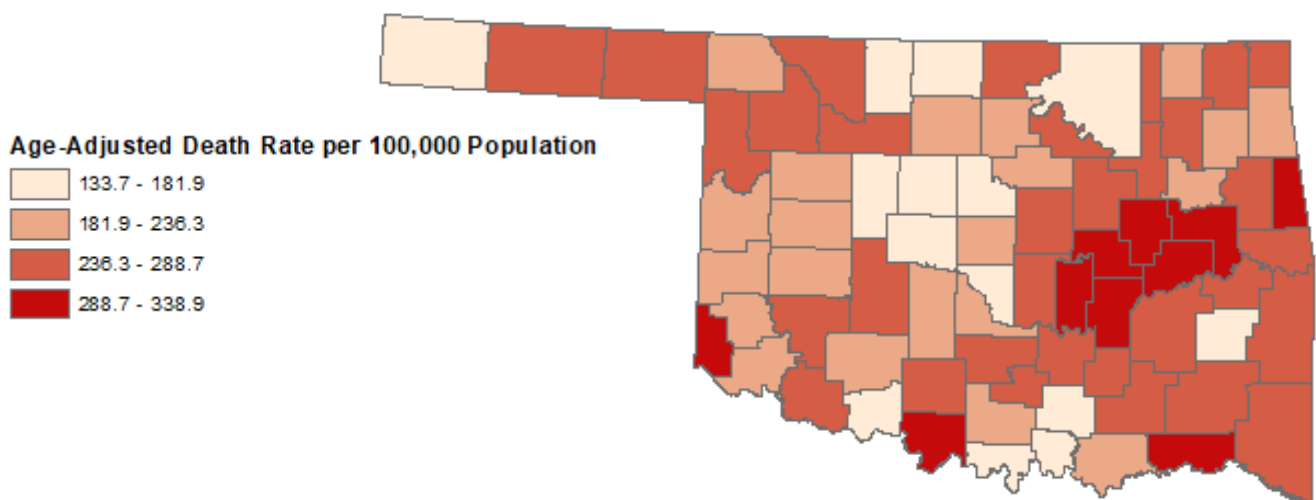
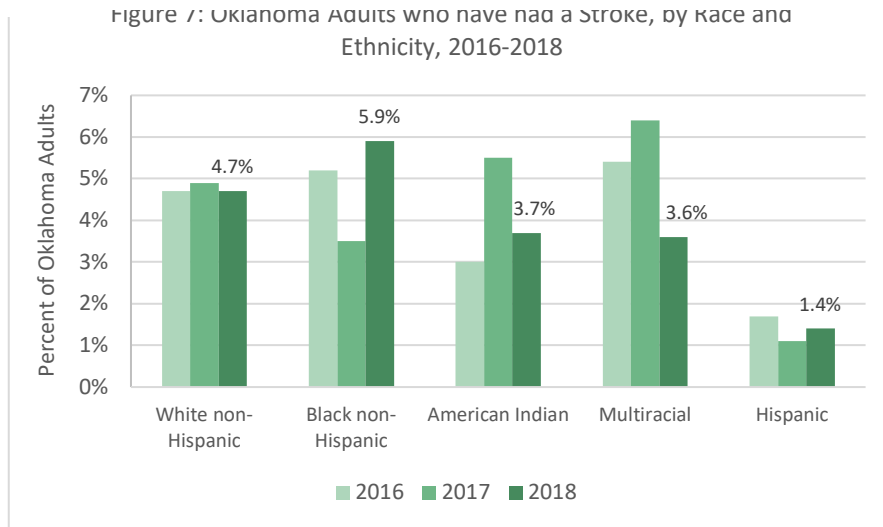


Figure 6: Age-Adjusted Heart Disease Death Rates in Oklahoma, by County, 2018



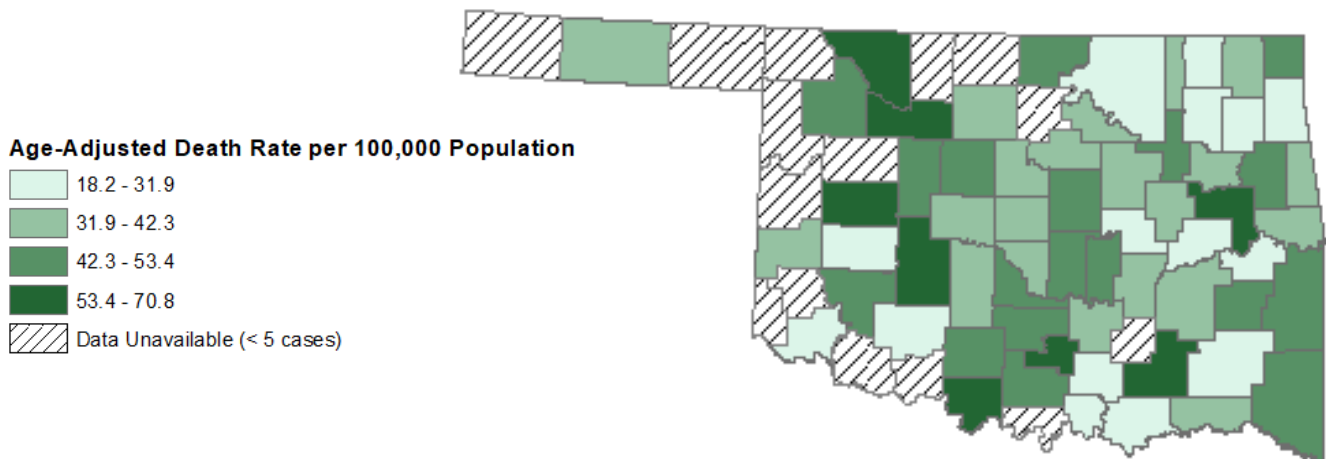
## STROKE

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).<sup>3</sup>



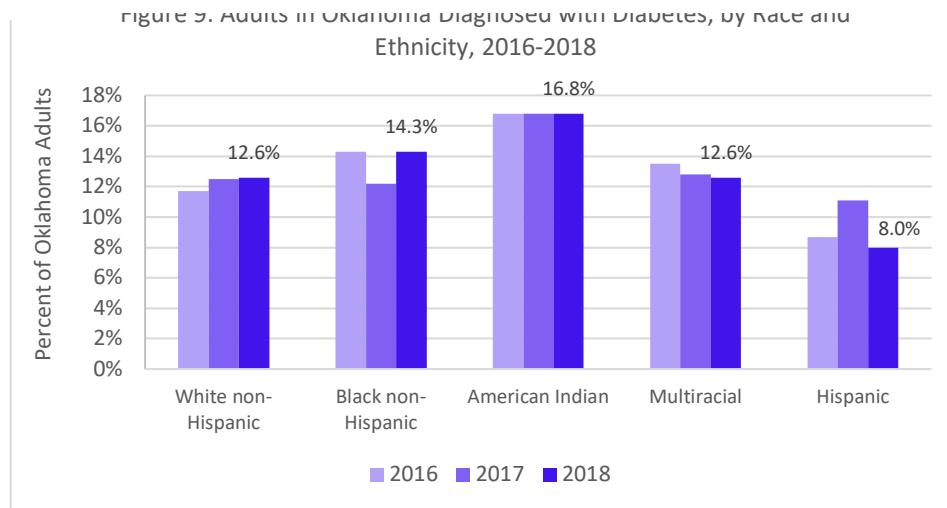
In 2018, non-Hispanic **Blacks** had the **highest** age-adjusted cerebrovascular disease death rate (52.5 deaths/100,000 population, down from 57.7 in 2017), followed by American Indian (42.3), and non-Hispanic Whites (39.2); Hispanic individuals had the lowest rate (27.9). Marshall County had the lowest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

Figure 8: Age-Adjusted Stroke Death Rates in Oklahoma, by County, 2018



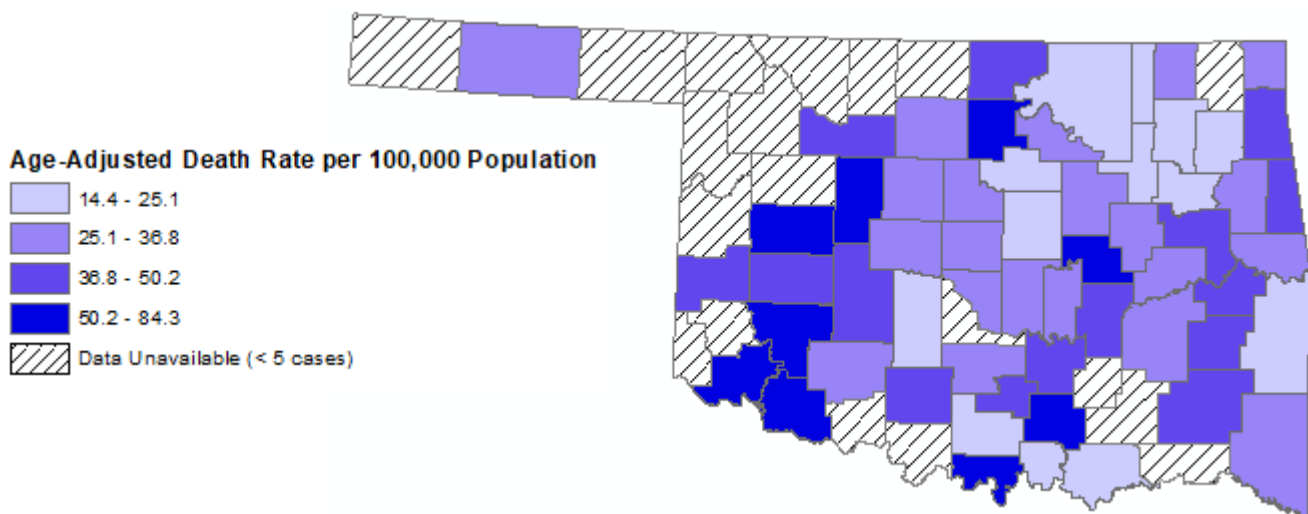
## DIABETES

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).<sup>3</sup>



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).<sup>4</sup>

Figure 10: Age-Adjusted Diabetes Death Rates in Oklahoma, by County, 2018



**CANCER**

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).<sup>5</sup> 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).<sup>4</sup>

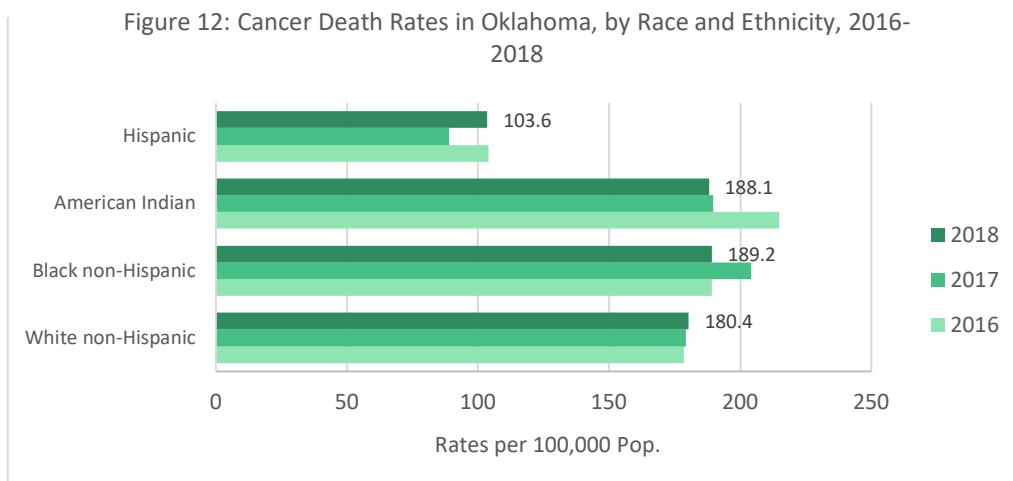
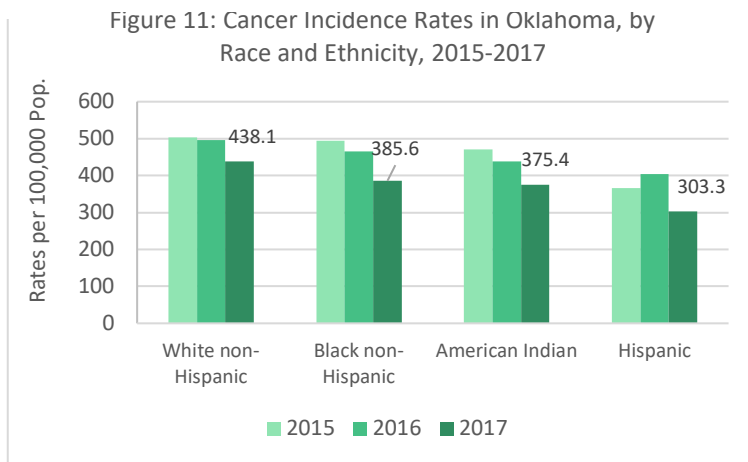
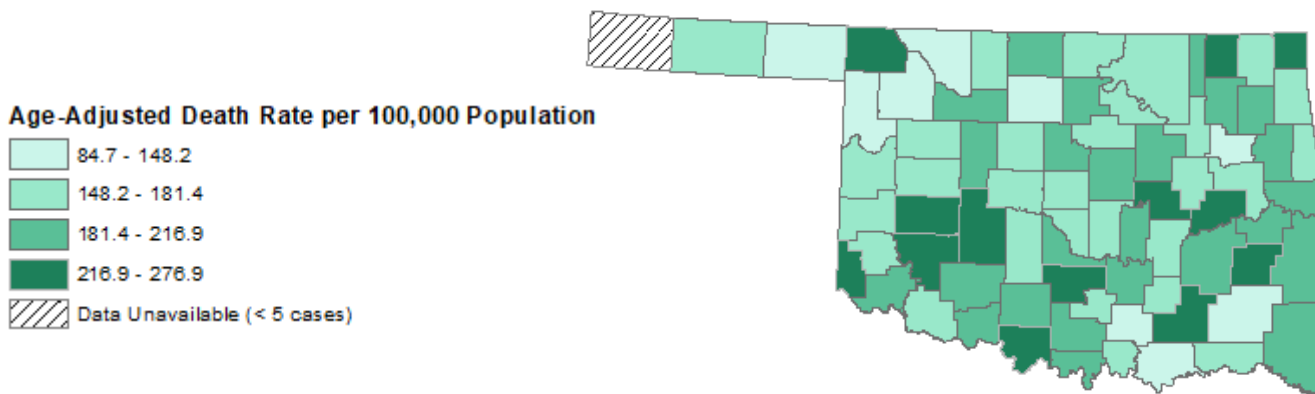


Figure 13: Age-Adjusted Death Rates for Cancer in Oklahoma, by County, 2018



## 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).<sup>5</sup> 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).<sup>4</sup>

Figure 14: Lung Cancer Incidence Rates in Oklahoma, by Race and Ethnicity, 2015-2017

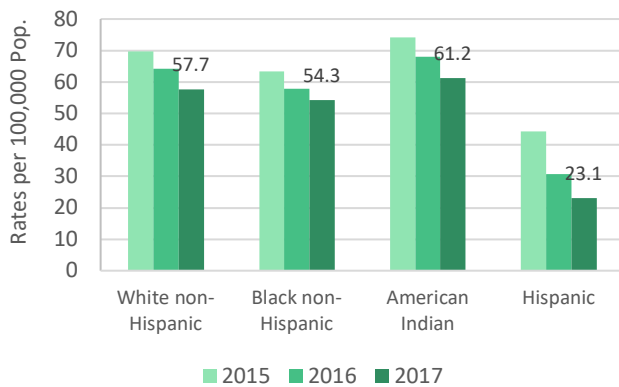
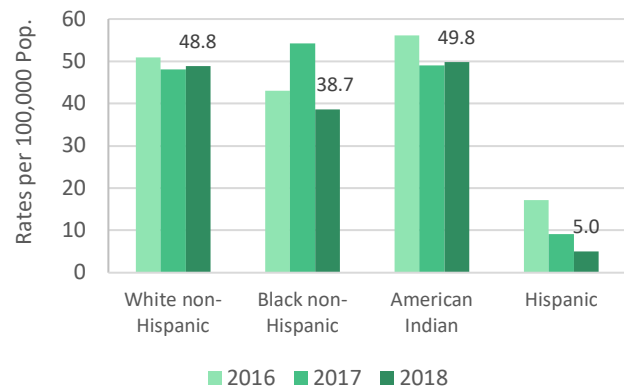


Figure 15: Lung Cancer Death Rates in Oklahoma, by Race and Ethnicity, 2016-2018



## 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).<sup>5</sup> 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.<sup>4</sup>

Figure 16: Colon Cancer Incidence Rates in Oklahoma, by Race and Ethnicity, 2015-2017

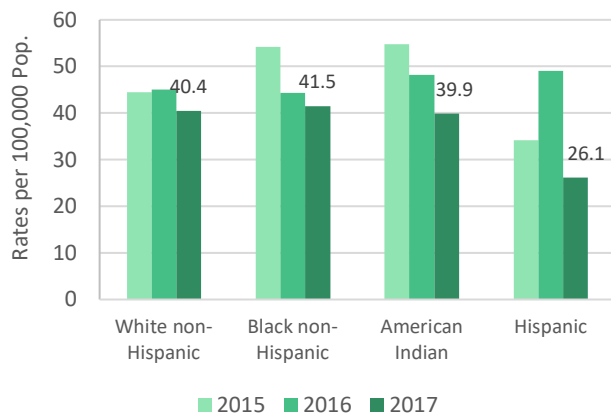
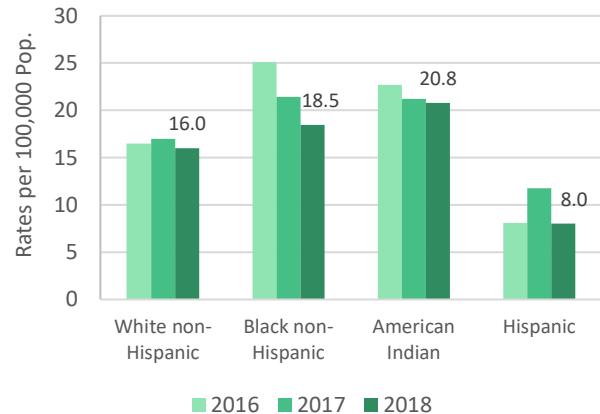


Figure 17: Colon Cancer Death Rates in Oklahoma, by Race and Ethnicity, 2016-2018



## 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).<sup>5</sup> 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).<sup>4</sup>

Figure 18: Breast Cancer Incidence Rates in Oklahoma, by Race and Ethnicity, 2015-2017

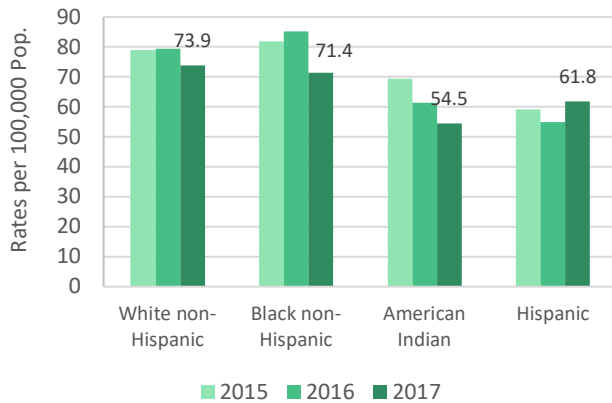
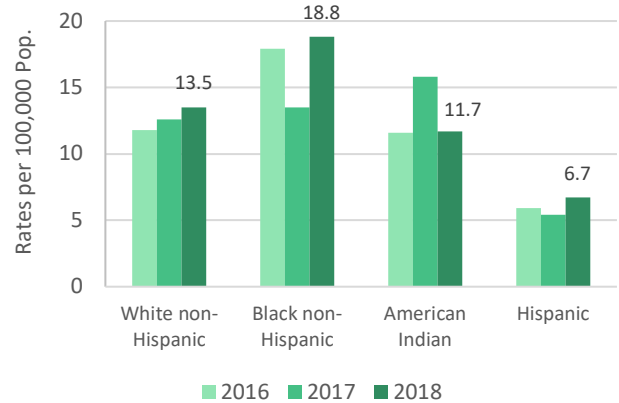


Figure 19: Breast Cancer Death Rates in Oklahoma, by Race and Ethnicity, 2016-2018



## 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<sup>5</sup>; 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).<sup>4</sup> Hispanics had the lowest incidence and death rates.

Figure 20: Prostate Cancer Incidence Rates in Oklahoma, by Race and Ethnicity, 2015-2017

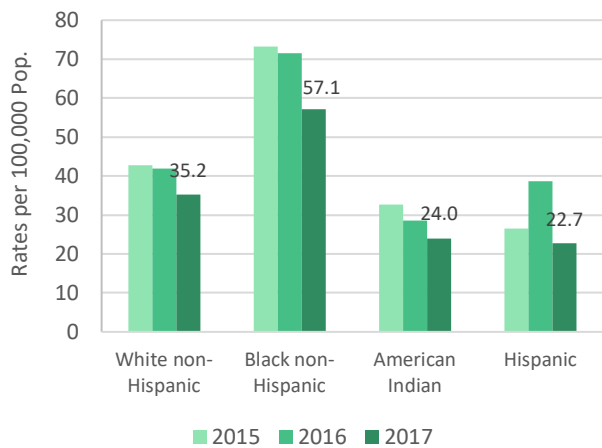
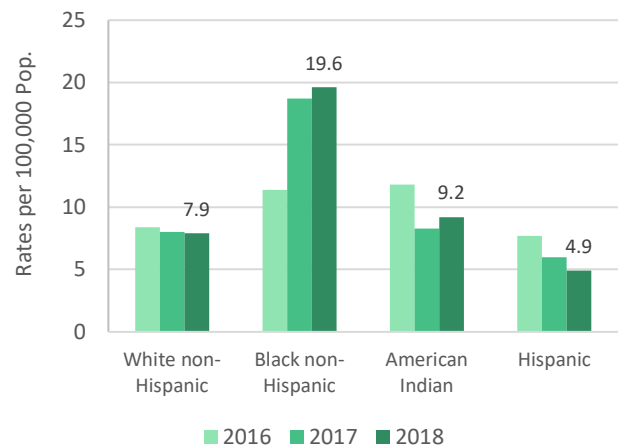


Figure 21: Prostate Cancer Death Rates in Oklahoma, by Race and Ethnicity, 2016-2018





## ALZHEIMER'S DISEASE

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).<sup>4</sup>

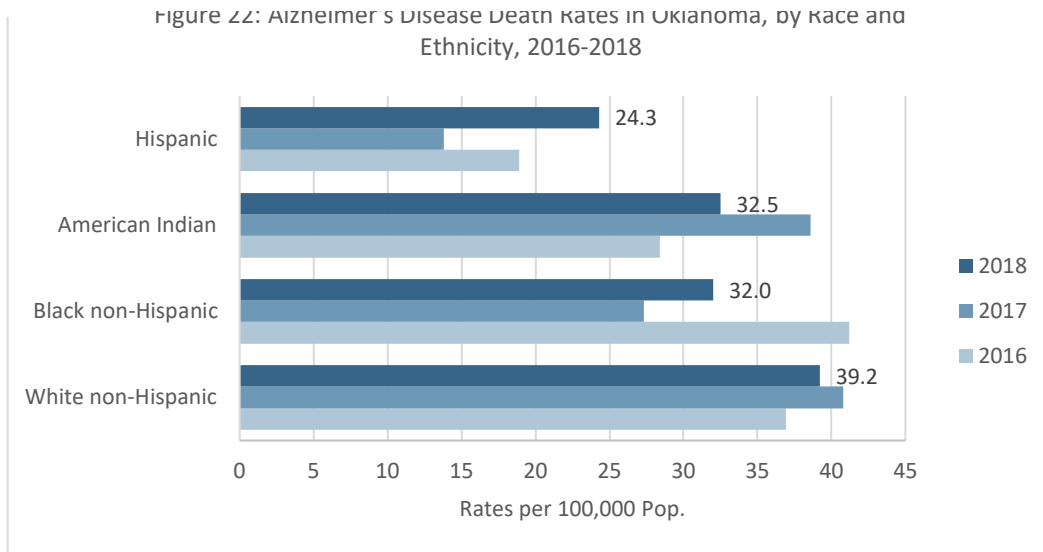
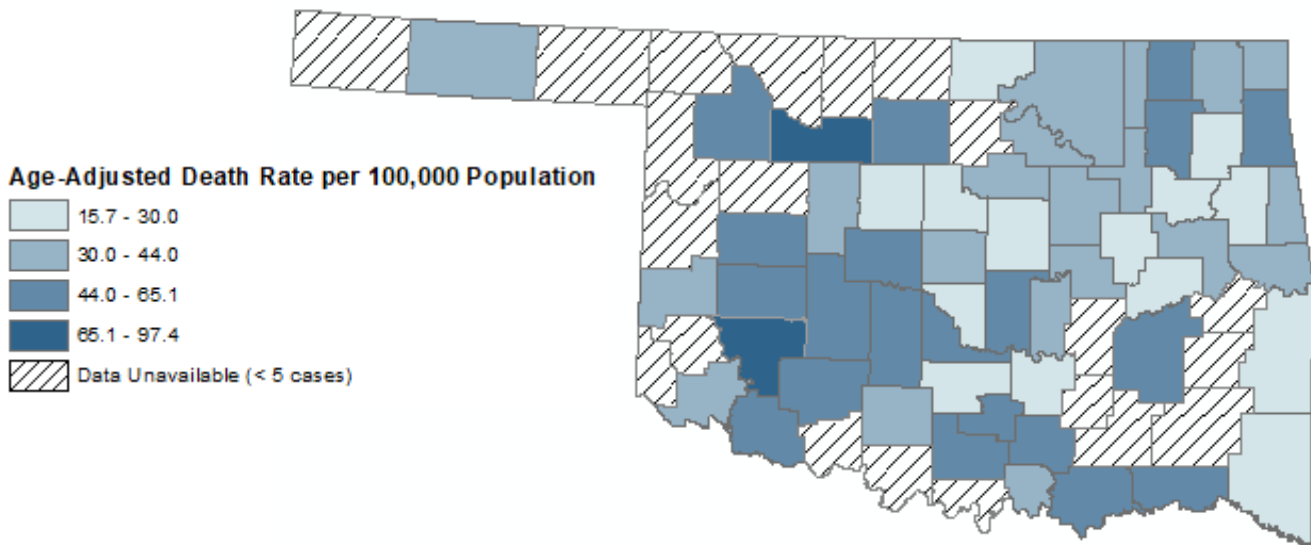


Figure 23: Age-Adjusted Death Rates for Alzheimer's Disease in Oklahoma, by County, 2018



## FLU AND PNEUMONIA

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.<sup>3</sup>

Figure 24: Flu Vaccination for Adults (18+ Years) in Oklahoma, by Race and Ethnicity, 2016-2018

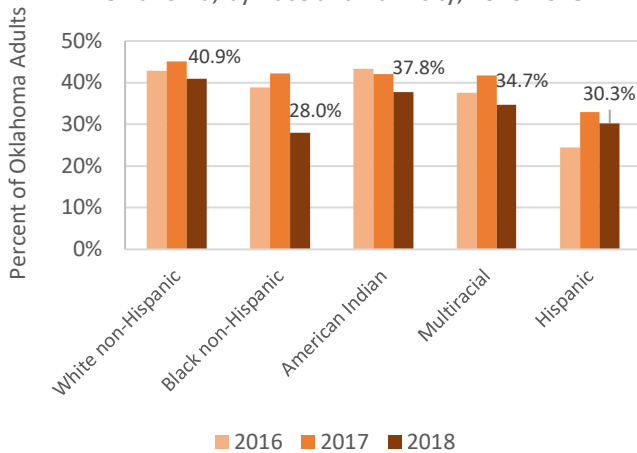


Figure 25: Flu Vaccination for Adults (65+ Years) in Oklahoma, by Race and Ethnicity, 2016-2018

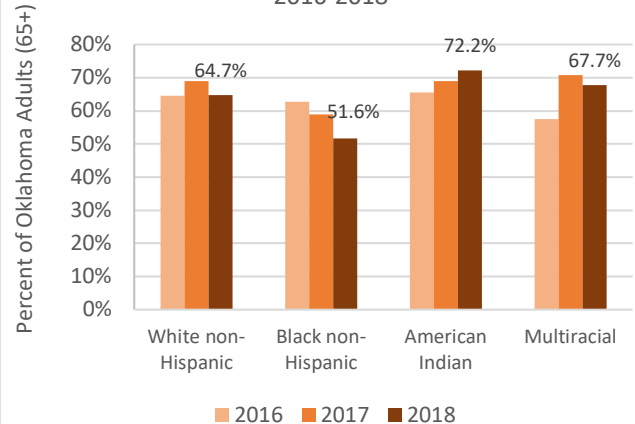
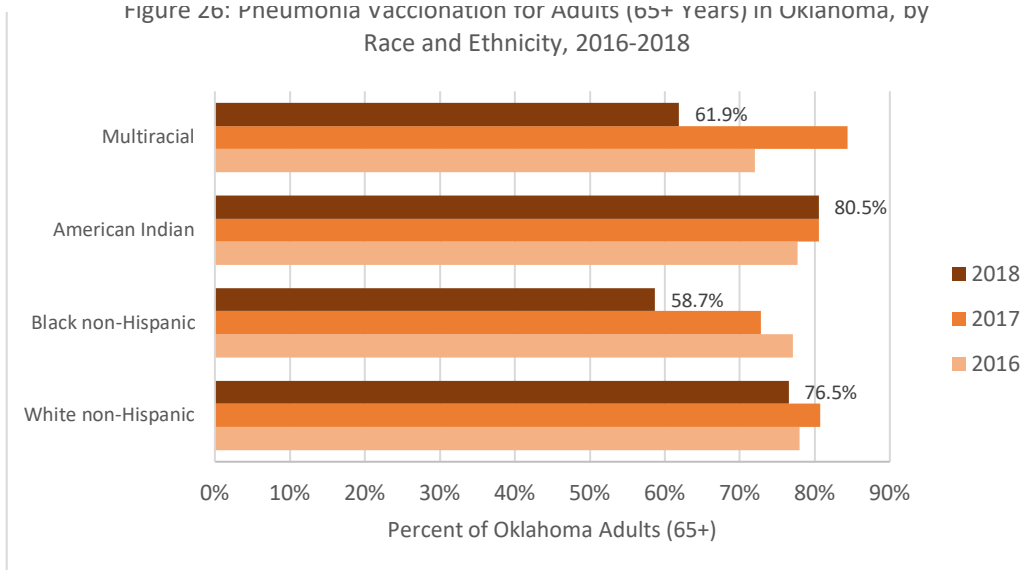


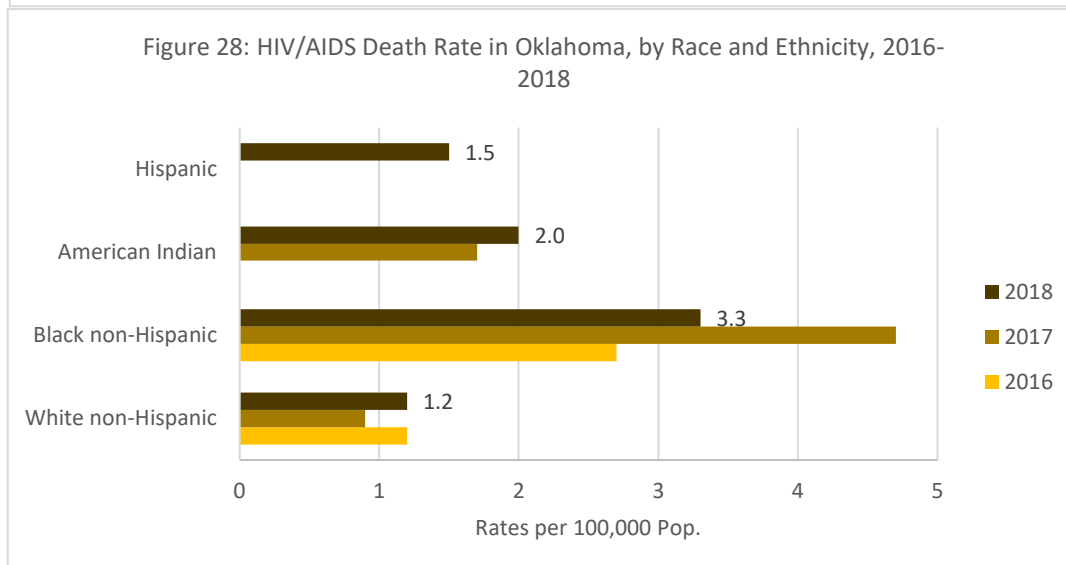
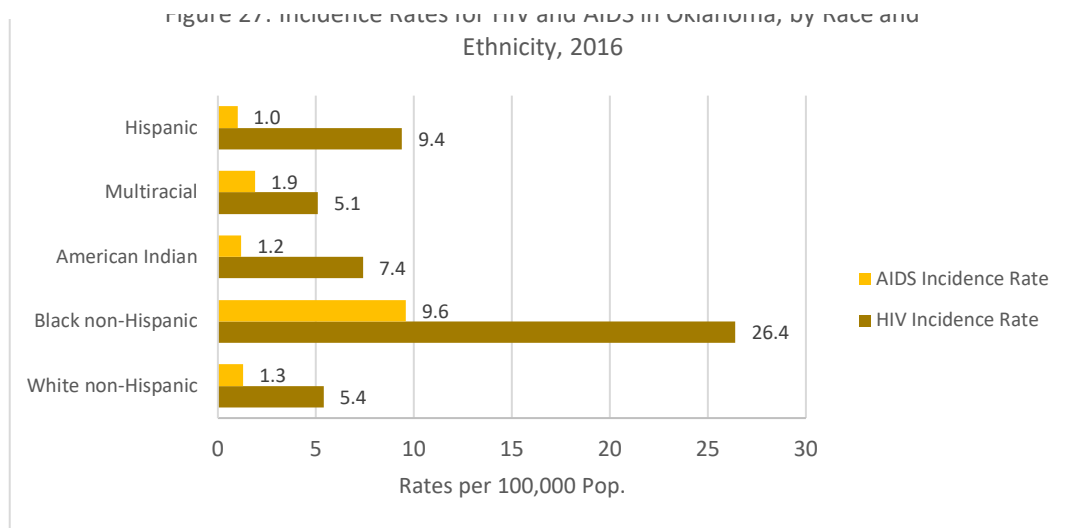
Figure 26: Pneumonia Vaccination for Adults (65+ Years) in Oklahoma, by Race and Ethnicity, 2016-2018



## HIV/AIDS

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).<sup>6</sup> 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).<sup>4</sup> 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 disproportionately 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).<sup>4</sup>

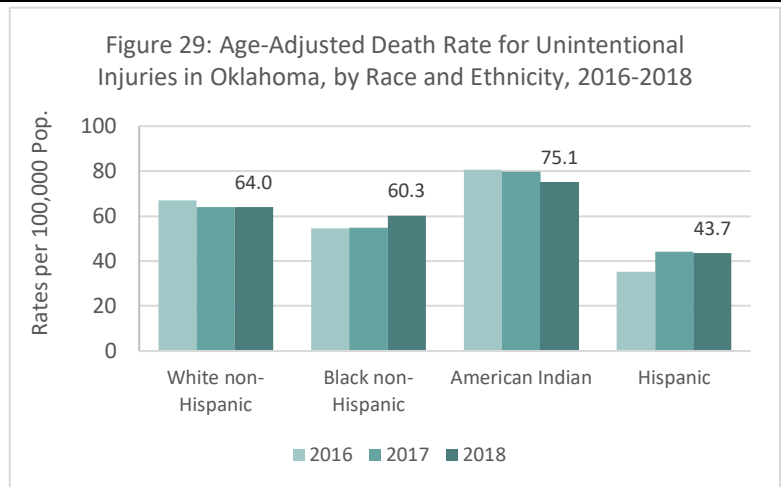
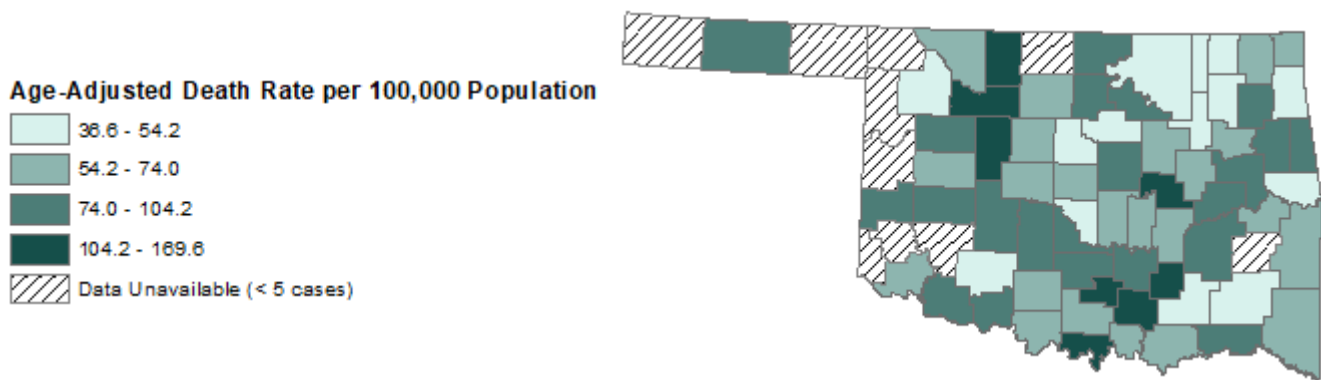
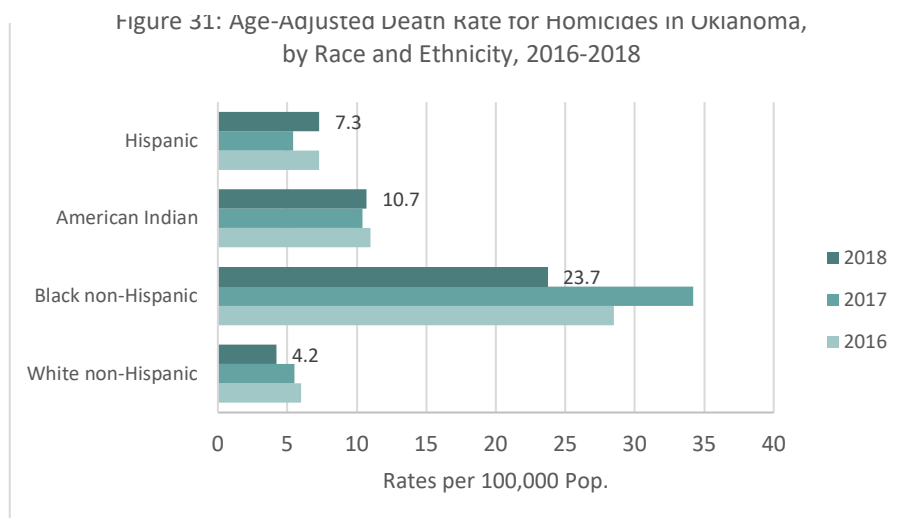


Figure 30: Age-Adjusted Death Rate for Unintentional Injuries in Oklahoma, by County, 2018



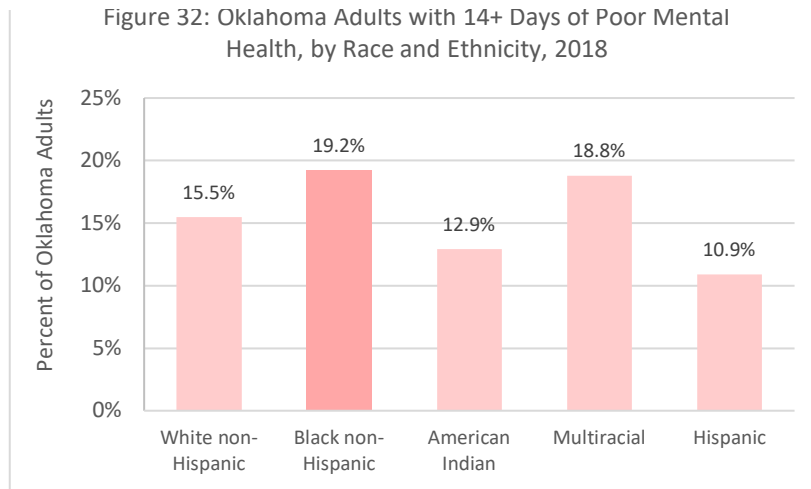
## HOMICIDE DEATHS

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).<sup>4</sup>



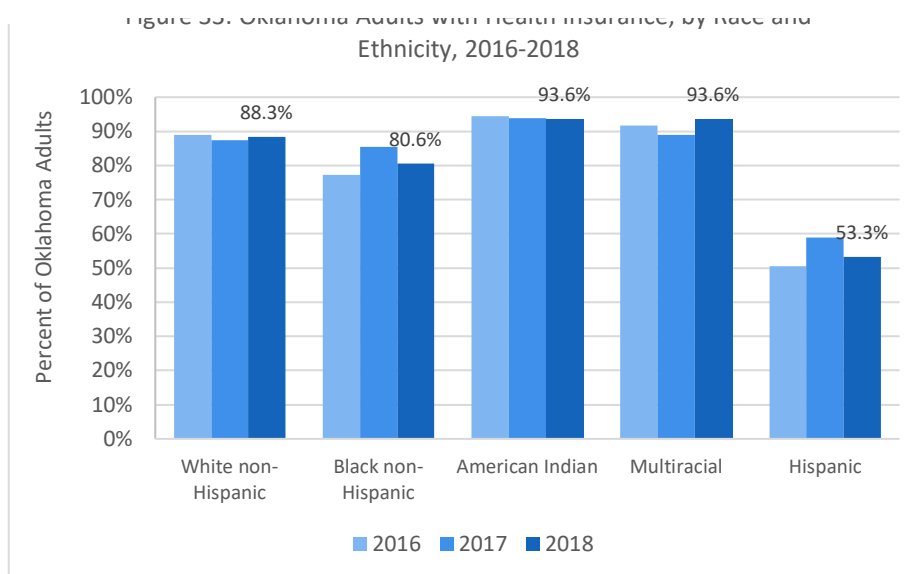
## POOR MENTAL HEALTH

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).<sup>3</sup> Trend data from previous years were unavailable.



## INSURANCE

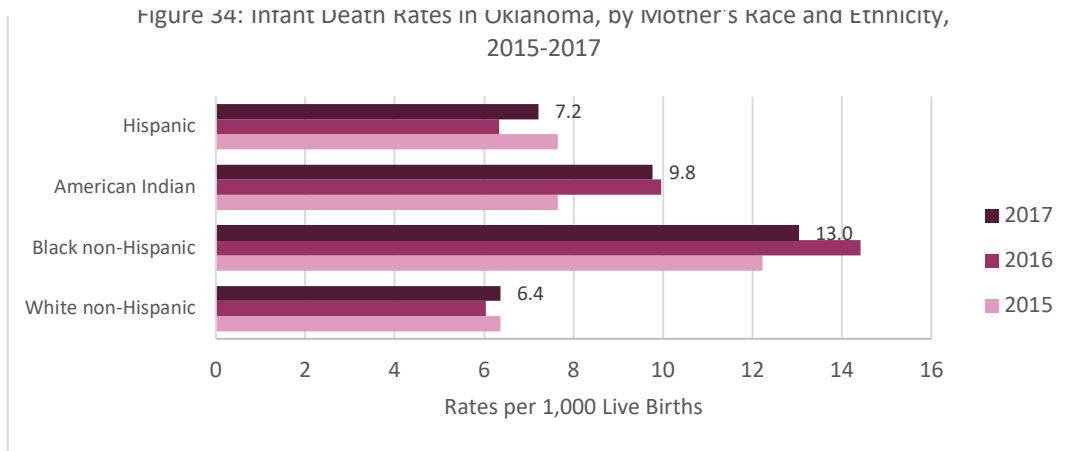
In 2018, the **lowest** percentage of adults (aged 18 years and older) with health insurance was for **Hispanics** (53.3%, down from 58.9% in 2017); American Indian and multiracial individuals had the highest percentage covered by health insurance (see Figure 33).<sup>3</sup>



**CHILD HEALTH**

**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).<sup>4</sup>



**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).<sup>4</sup>

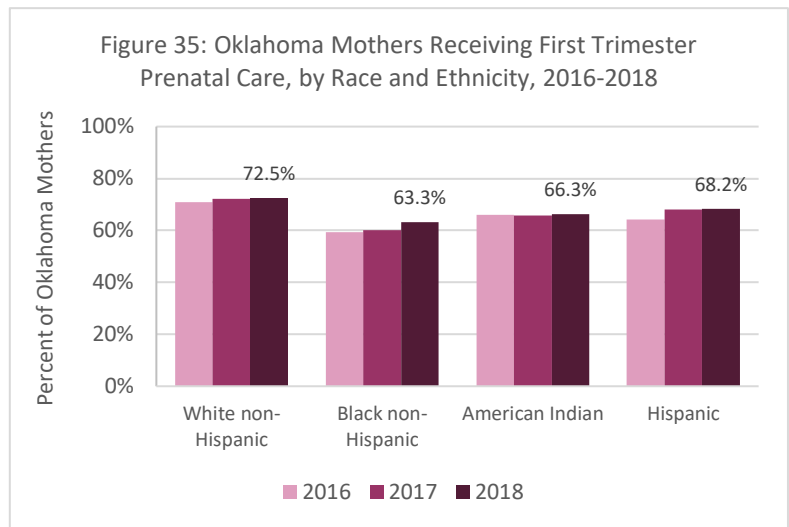
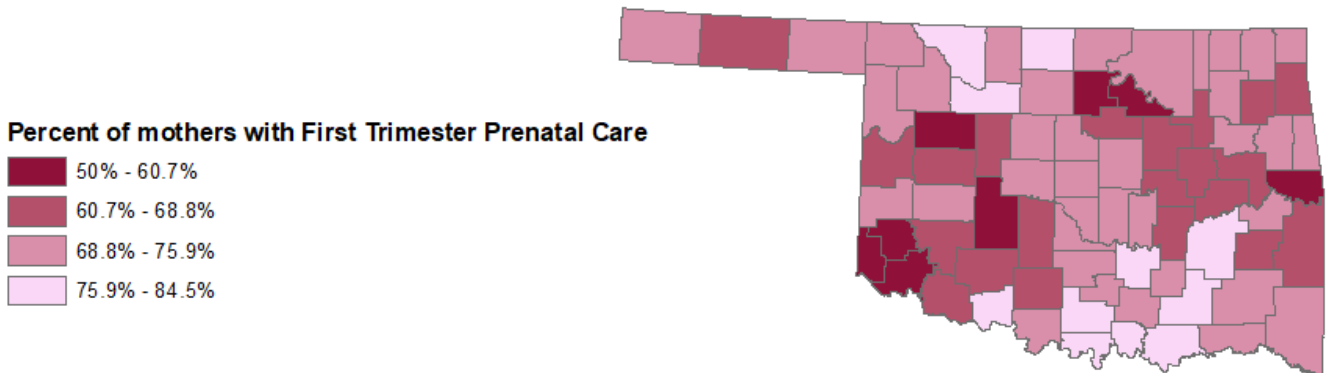


Figure 36: Oklahoma Mothers with First Trimester Prenatal Care, by County, 2018



### 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).<sup>4</sup>

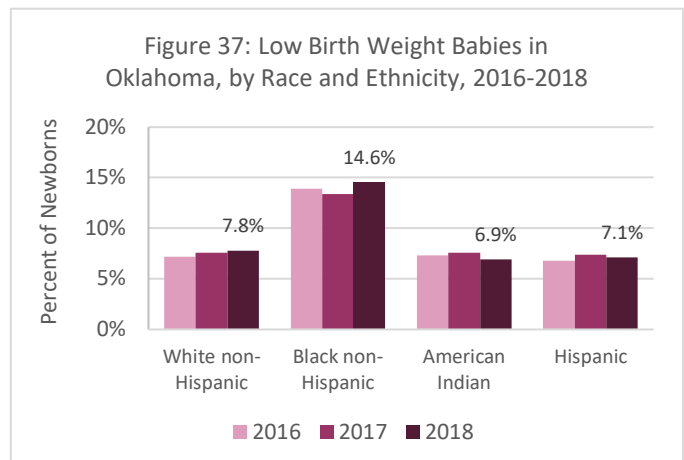
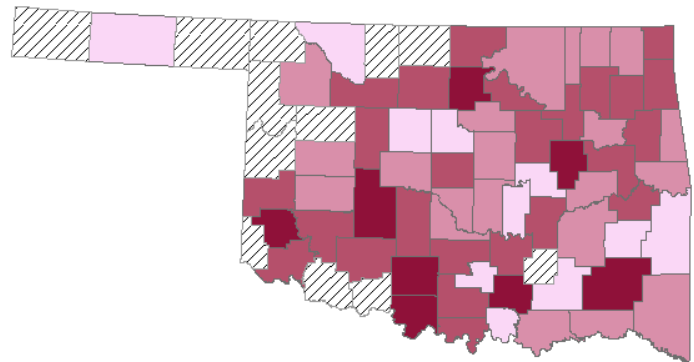
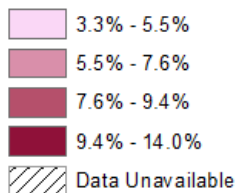


Figure 38: Low Birth Weight Babies in Oklahoma, by County, 2018

#### Percent of Low Birth Weight Babies



### 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).<sup>4</sup>

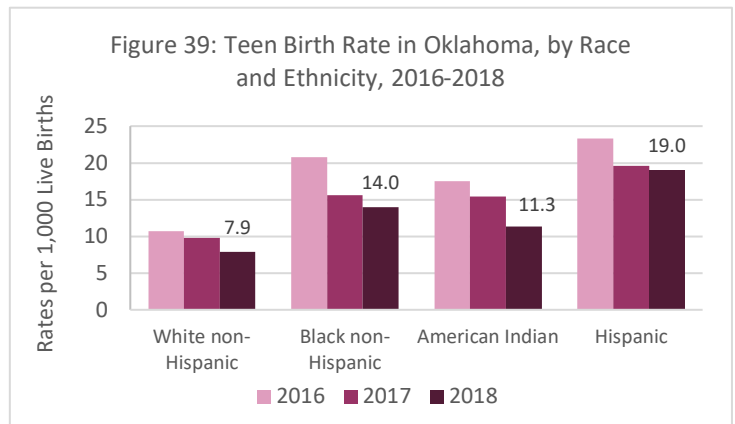
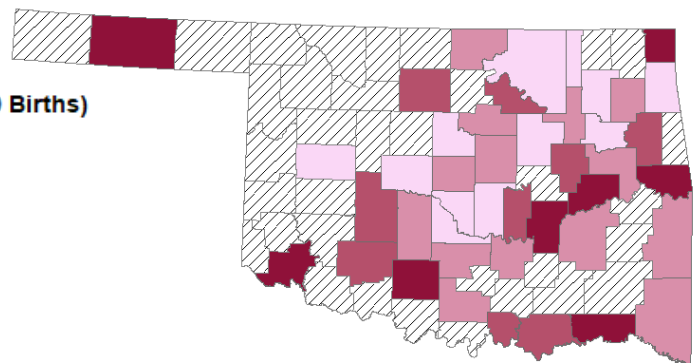
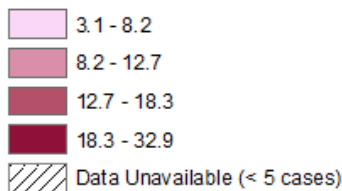


Figure 40: Teen Birth Rate (Aged 15-17 Years) in Oklahoma, by County, 2018

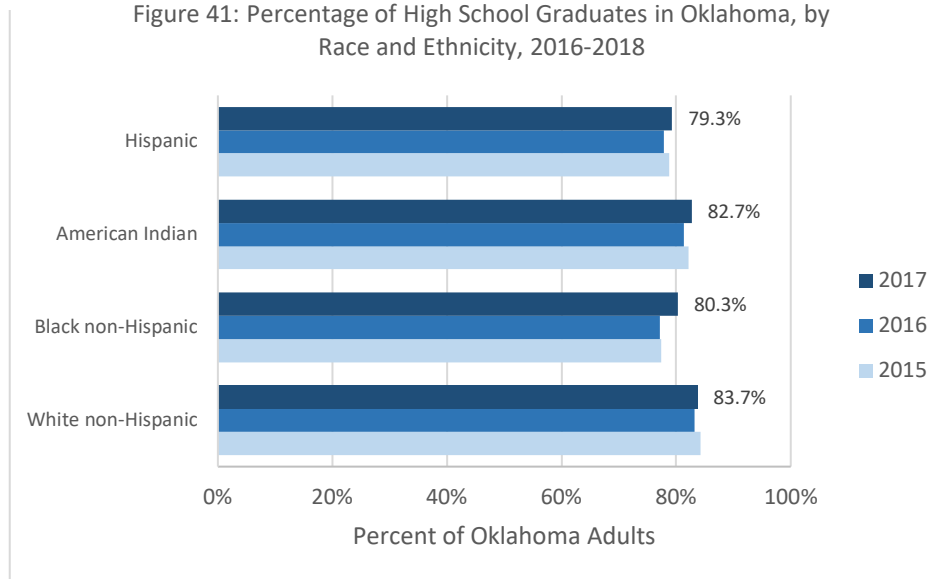
#### Birth Rate Among Women Aged 15-17 Years (per 1,000 Births)



## EDUCATION

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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).<sup>2</sup>





## Citations

<sup>1</sup> United States Census Bureau, QuickFacts Population Estimates. Accessed 3/11/2020:  
<https://www.census.gov/quickfacts/fact/table/OK,US/PST045219>

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

<sup>3</sup> Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, BRFSS 2018, on OK2SHARE. Accessed at <http://www.health.ok.gov/ok2share> on 3/11/2020.

<sup>4</sup> Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Vital Statistics, on OK2SHARE. Accessed at <http://www.health.ok.gov/ok2share> on 3/11/2020.

<sup>5</sup> Oklahoma State Department of Health, Disease, Prevention, & Preparedness Service, Chronic Disease Service, Oklahoma Central Cancer Registry 2017, on OK2SHARE. Accessed at <http://www.health.ok.gov/ok2share> on 3/12/2020.

<sup>6</sup> Oklahoma State Department of Health, Sexual Health and Harm Reduction Service, 2016 Newly Diagnosed HIV and AIDS Statistics. Accessed at [https://www.ok.gov/health/Prevention\\_and\\_Preparedness/Sexual\\_Health\\_&\\_Harm\\_Reduction\\_Service/Fact\\_Sheets\\_-\\_OK\\_Data/index.html](https://www.ok.gov/health/Prevention_and_Preparedness/Sexual_Health_&_Harm_Reduction_Service/Fact_Sheets_-_OK_Data/index.html) on 3/12/2020.