

# Lamar County

## Texas Healthy Communities



The Texas Healthy Communities Program assists communities to assess their existing environments, implement changes in local environmental and policy infrastructure and adopt priority public health practices to reduce risk factors for chronic diseases. In addition, the program honors cities that advance recognized best practices for preventing and controlling heart disease, stroke and other chronic diseases.

*Note: Data are for Lamar County or Public Health Region (PHR) 4, as indicated.*

### Population Features – Lamar County

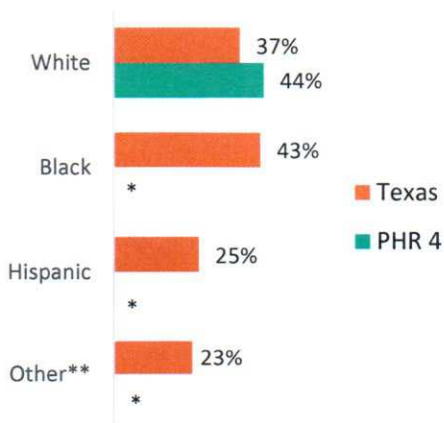
- **Population**<sup>1</sup>: 50,484 (2022 Estimate)
- **Persons 65 years or older**<sup>1</sup>: 9,693 (19.2%)
- **Race/ethnicity**<sup>1</sup>: White: 36,449 (72.2%); Black: 6,815 (13.5%); Hispanic: 4,846 (9.6%); Other: 2,373 (4.7%)
- **Living in urban areas**<sup>2</sup>: 52.5%
- **Living in rural areas**<sup>2</sup>: 47.5%
- **Living in poverty**<sup>1</sup>: 8,582 (17.0%)



### Chronic Disease Risk Factors – 2021, by Race/Ethnicity<sup>4</sup>

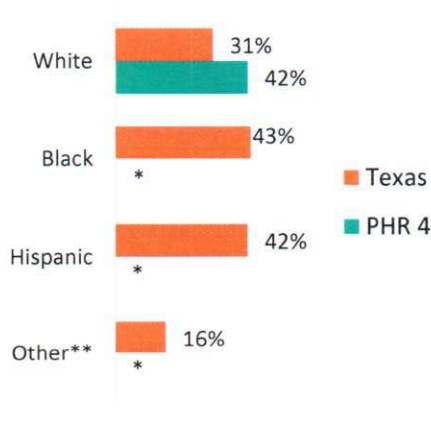
#### High Blood Pressure<sup>¶</sup>

In Public Health Region 4 (includes Lamar County), **44%** of the adults have high blood pressure



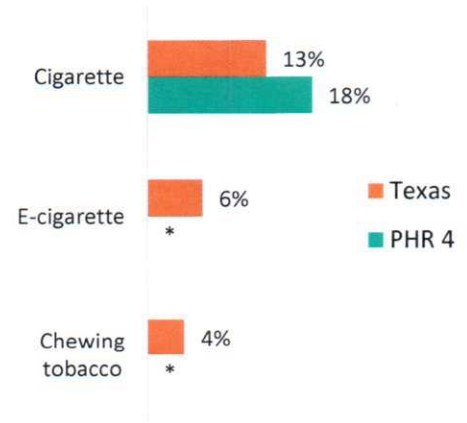
#### Obesity<sup>^</sup>

In Public Health Region 4 (includes Lamar County), **41%** of the adults have obesity



#### Tobacco Use<sup>#</sup>

In Public Health Region 4 (includes Lamar County), **30%** of the adults use tobacco



<sup>¶</sup> Self reported high blood pressure as diagnosed by a doctor or healthcare provider

<sup>^</sup> Obesity is defined as BMI ≥ 30 kg/m<sup>2</sup> from self-reported height and weight

<sup>#</sup> Tobacco use was defined as self-reported current cigarette smoking, smokeless tobacco, or electronic nicotine delivery systems use

<sup>\*</sup> Estimate was excluded because it was considered unreliable due to the small sample size

<sup>\*\*</sup> Other racial/ethnic groups such as Asians, American Indian/Alaskan Native, Native Hawaiian/Pacific Islander, Multiracial

## Mental Health – 2021<sup>4</sup>

In Public Health Region 4 (includes Lamar County), **21%** of adults reported being diagnosed by their physician with depression.

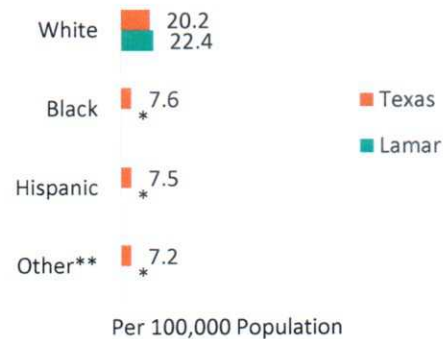
## Secondhand Smoke Ordinances<sup>6</sup>

100% Smoke-Free ordinance was not identified for any municipalities in Lamar County as of August 2022.

For more information about secondhand smoke ordinances in Lamar County, visit <http://shsordinances.uh.edu/>.

## Age- Adjusted Suicide Mortality Rates – 5-Year Average, 2016-2020<sup>5</sup>

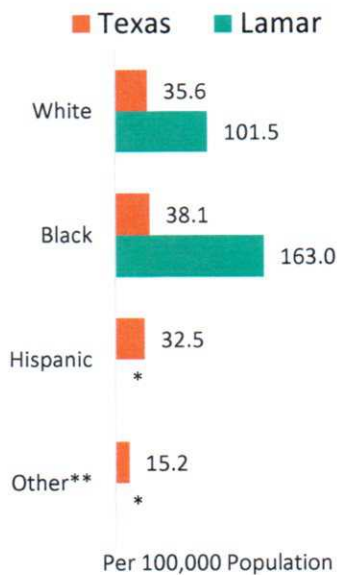
In Lamar County, the suicide mortality rate was **19.2 per 100,000**.



## Age-Adjusted Chronic Disease Mortality Rates – 5-Year Average, 2016-2020, by Race/Ethnicity<sup>5</sup>

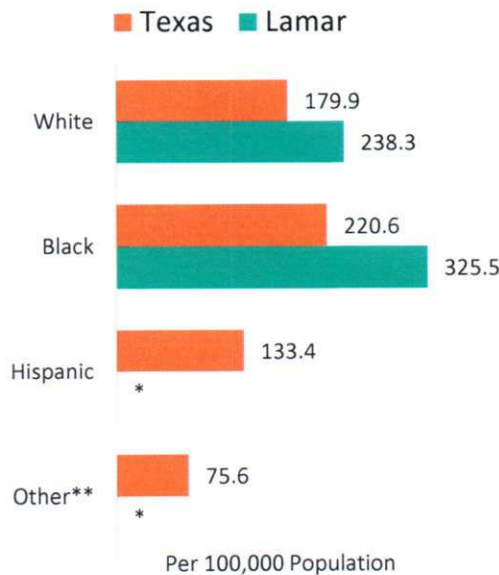
### Heart Attack

In Lamar County, the heart attack mortality rate was **107.5 per 100,000**.



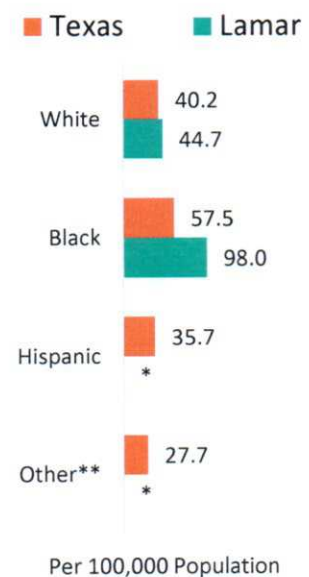
### Heart Disease

In Lamar County, the heart disease mortality rate was **243.4 per 100,000**.



### Stroke

In Lamar County, the stroke mortality rate was **49.4 per 100,000**.



“\*\*” Estimate was excluded because it was considered unreliable due to the small sample size

“\*\*\*” Other racial/ethnic groups such as Asians, American Indian/Alaskan Native, Native Hawaiian/Pacific Islander

#### Data Sources:

1. [County-Level Population Data, 2022](#). Center for Health Statistics, Texas Department of State Health Services. Accessed on August 18, 2023.
2. [Urban/Rural Data/2020 U.S. Census Bureau](#) accessed at [2020 County-Level Rural & Urban Pop.](#) Accessed on August 18, 2023
3. [Texas Health Data Dashboard](#). Center for Health Statistics, Texas Department of State Health Services. Accessed on August 18, 2023.
4. [Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2021](#), Center for Health Statistics, Texas Department of State Health Services. Accessed on August 18, 2023.
5. [CDC WONDER](#), Multiple Cause of Death Files, 1999-2020. Accessed on August 18, 2023.
6. [Smoke-Free Ordinance Database, 2022](#), University of Houston Law Center, accessed at [TX Smoke-Free Ordinance Database/](#) Access on August 18, 2023.