

Healthy People 2020



Arkansas Health Status Report 2016

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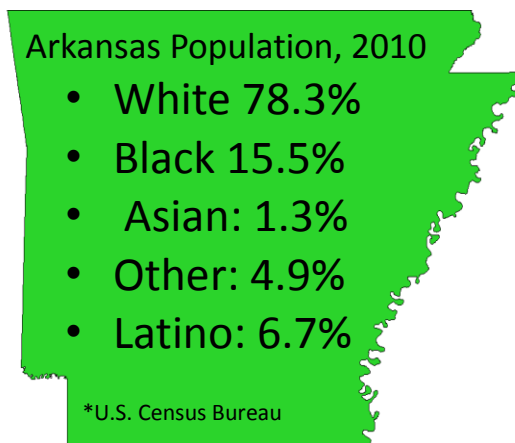
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Demographics

Arkansas has a population of just over 2.9 million people. Over three quarters of the population identifies as white and more than one in seven identify as black or African American.

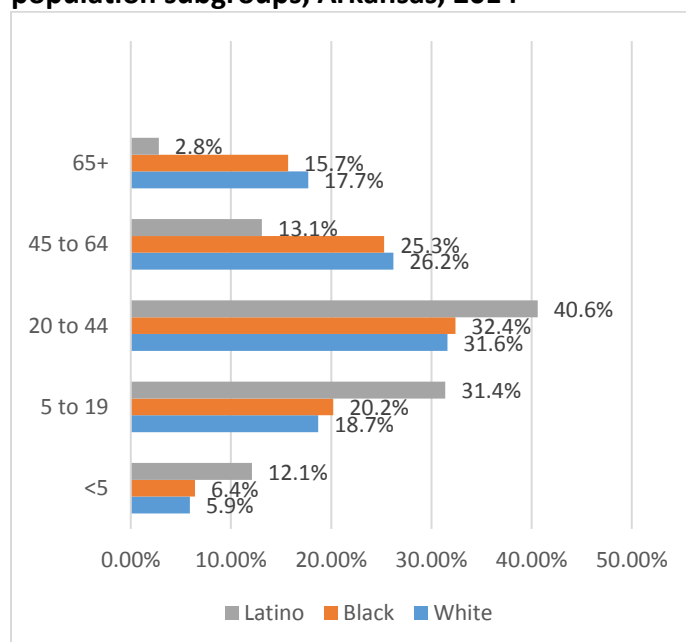
The Hispanic population has continued its growth in Arkansas, now making up 6.4% of all Arkansans.



Age differences are still obvious among the white, black and Latino populations in Arkansas. The white population has a noticeably larger proportion of persons aged 65 and older (17.7%), especially in comparison with the Latino population (2.8%). The largest portion of the Latino population is in the age group 20-40, which makes up just over 40% of the entire Arkansas Latino population. The white and

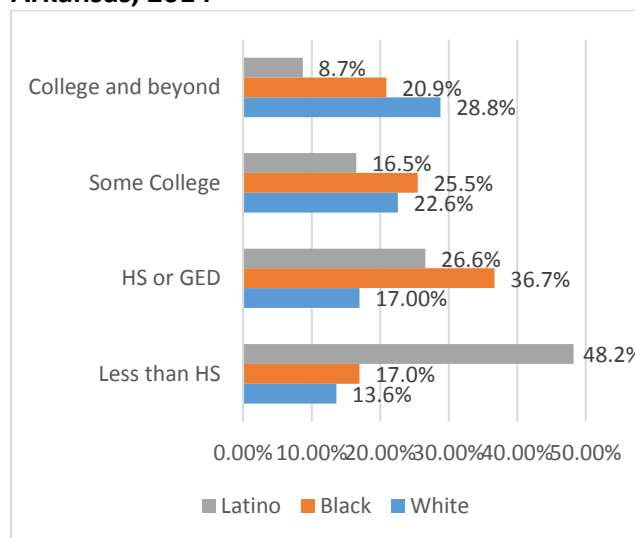
black populations have a significant portion, in comparison, of persons 45 and older. For this reason the white and black Arkansan populations will have a larger burden of chronic conditions associated with older age, such as cancer and heart disease.

Figure 1. Age Distribution within population subgroups, Arkansas, 2014



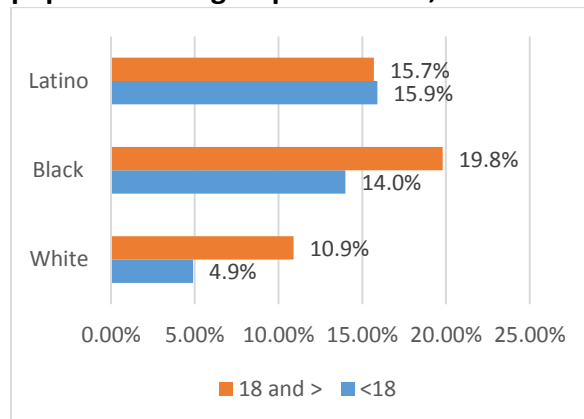
Differences in educational attainment are apparent among the white, black and Latino populations in Arkansas (Figure 2). The Latino population reports almost half (48.2%) having less than a high school education, while white and black populations both report lower percentages with less than a high school education, 13.6% and 17% respectively.

Figure 2. Distribution of educational attainment within population subgroups, Arkansas, 2014



The white population experiences the least poverty, relative to subgroup population size, with 15.8% living below the poverty level. The black Arkansas population experiences the highest proportional poverty level at 34.8%; 31.6% of Latinos live in poverty.

Figure 3. Persons living in poverty, by population subgroups Arkansas, 2014



The US Census estimates roughly 5% of Arkansas’ population overall to be foreign born. However, shown in Figure 4, almost half of Latinos in the state are foreign born, while very few white and black residents were born outside the US.

Figure 4. Place of birth within population subgroups, Arkansas, 2014

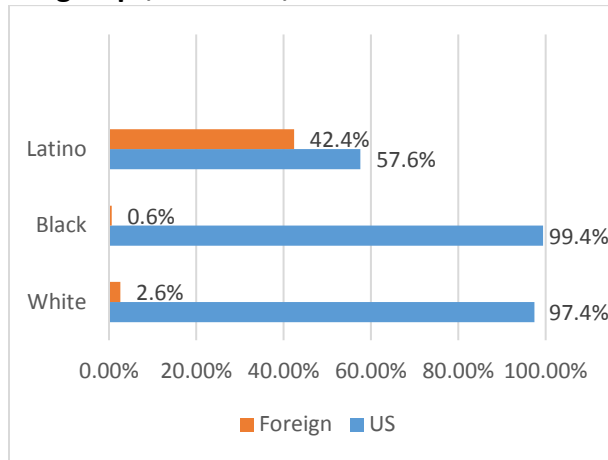
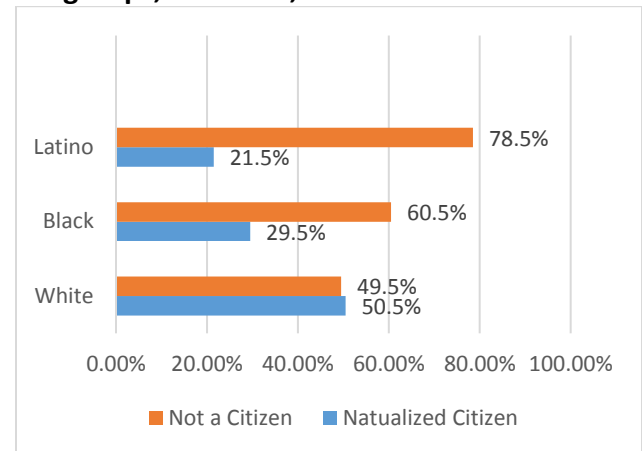


Figure 5. Citizenship status among foreign-born individuals, within population subgroups, Arkansas, 2014



Of white foreign-born Arkansans, about half are naturalized citizens and about half are not citizens. Among Blacks identifying themselves as foreign-born, approximately 30% are naturalized citizens. The largest proportion of non-citizens (78.5%) is found among Latinos.

SUMMARY OF RACIAL/ETHNIC GROUP HEALTH STATUS

Unless otherwise specified, all rates are age-adjusted rates per 100,000 population. The standing of the group relative to the national target is indicated by the color of the box:

- **Green** – meets or exceeds target
- **Yellow** – approaching target (group value within 15% of target value)
- **Red** – not approaching target (group value more than 15% from national target in undesirable direction)

The color-coding provides for rapid visual assessment of disparities among groups relative to a predetermined target.

	Objective	Goal	White	Black	Latino
Access to Health Services					
1-1.1	Increase the proportion of persons with health (medical) insurance:	100%	89%	81.8%	49.2%
1-5	Increase the proportion of persons who have a specific source of ongoing care	95%	85%	74.5%	68.9%
Cancer					
5-1	Reduce the overall cancer death rate	160.6	182.3	212.3	NA
5-2	Reduce the lung cancer death rate	45.5	81.4	48.7	NA
5-3	Reduce the female breast cancer death rate	20.6	20.9	33.7	NA
5-4	Reduce the death rate from cancer of the uterine cervix	2.2	2.8	4.9	NA
5-5	Reduce the colorectal cancer death rate	14.5	13	17.8	NA
5-7	Reduce the prostate cancer death rate	21.2	17.5	29	NA
5-15	Increase the proportion of women who receive a cervical cancer screening based on the most recent guidelines				
	*Pap test within past 3 years	93%	68.9%	76.7%	70.9%
5-16	Increase the proportion of adults who receive a colorectal cancer screening based on the most recent guidelines				
	*Fecal occult blood test within past 2 years	70.5%	12.7%	7.8%	10.6%
Diabetes					
8-3	Reduce the diabetes death rate	65.8	21.4	46	NA
Heart Disease and Stroke					
21-2	Reduce coronary heart disease deaths	100.8	128.4	153.7	NA
21-3	Reduce stroke deaths	33.8	49.8	55.4	NA

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

	Objective	Goal	White	Black	Latino
	HIV				
22-12	Reduce deaths from HIV infection	3.3	1	7.4	NA
	Injury and Violence Prevention				
24-30	Reduce firearm-related deaths	9.2	3.3	18	NA
24-11	Reduce unintentional injury	36	31.5	17.4	8.4
24-13	Reduce motor vehicle crash-related deaths	12.4	19.4	16.2	13.1
	Maternal, Infant and Child Health				
26-1.3	Reduce all infant deaths (within 1 year)	6	8.0	11.1	NA
26-3	Reduce the rate of child deaths				
26-3.1	• Children aged 1 to 4 years	25.7	23.2	61.9	NA
26-3.2	• Children aged 5 to 9 years	12	15.5	27.8	NA
26-4	Reduce the rate of adolescent and young adult deaths				
26-4.1	• Adolescents aged 10 to 14 years	15.2	22.7	34.6	NA
26-4.2	• Adolescents aged 15 to 19 years	55.7	64.3	78.3	NA
26-4.3	• Young adults aged 20 to 24 years	88.5	90.8	132.0	NA
26-9	Reduce preterm births				
26-9.1	• Total preterm births	11.4%	11.90%	17.90%	11.80%
26-9.2	• Late preterm or live births at 34 to 36 weeks of gestation	8.1%	8.90%	11.70%	8.60%
26-9.4	• Very preterm or live births at 32 to 33 weeks of gestation	1.8%	1.60%	3.70%	1.60%
26-10	Increase the proportion of pregnant women who receive early and adequate prenatal care				
26-10.1	• Prenatal care beginning in first trimester	77.9%	73.40%	65.60%	62.40%
26-10.2	• Early and adequate prenatal care	77.6%	81.90%	76.20%	67.60%
	Nutrition Weight Status				
29-8	Increase the proportion of adults who are at a healthy weight (data indicate those who are neither overweight/ nor obese)	33.9%	29.3%	22.1%	30.8%
29-9	Reduce the proportion of adults who are obese	30.6%	33.9%	45.7%	39.6%
29-8	Increase the proportion of adults who are at a healthy weight (data indicate those who are neither overweight/nor obese)	33.9%	29.3%	22.1%	30.8%

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

	Objective	Goal	White	Black	Latino
	Oral Health				
32-4.1	Reduce the proportion of adults aged 45 to 64 who have ever had a permanent tooth extracted because of dental caries or periodontal disease	68.8%	53.9%	60%	49.8%
	Physical Activity				
33-1	Reduce the proportion of adults who engage in no leisure-time physical activity	32.6%	30.25	35.5%	28.7%
33-5	Increase the proportion of adolescents who participate in daily school physical education (Percentages were subtracted from those who did NOT participate in daily school physical education)	36.6%	25%	19%	16%
	Tobacco Use				
41-2	Reduce tobacco use by adolescents				
41-2.2	• Cigarettes (past month)	16%	12%	10%	10%
41-2.3	• Smokeless tobacco products (past month)	6.9%	16%	10%	10%
41-2.4	• Cigars (past month)	8%	16%	21%	14%
41-7	Increase smoking cessation attempts by adolescent smokers	64%	49%	0%	0%

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

The tables presented in the sections that follow summarize disparities across population subgroups in a more detailed manner. Values for each group are presented in numerical form in the appropriate box. The standing of the group relative to the national target is indicated by the color of the box:

- **Green** – meets or exceeds target
- **Yellow** – approaching target (group value within 15% of target value)
- **Red** – not approaching target (group value more than 15% from national target in undesirable direction)

The color-coding provides for rapid visual assessment of disparities among groups relative to a predetermined target.

The title box for each section also includes the same color coding to characterize the state's overall standing on those indicators.

In addition, it may be important to identify the population subgroups within the state experiencing the greatest challenges in particular goal areas. For each goal in the following pages, the group with the greatest difference from the target is indicated by stars within the box. Again,

this provides for a rapid visual targeting of the group(s) at highest risk within each goal area. Boxes with a hyphen represent unavailable or unreliable data.

ACCESS TO CARE



1(1.1) Increase the proportion of persons with health insurance (medical insurance):
Target: 100%

White	Black	Latino
89%	81.8%	***49.2%***

Year, Data Source: 2014 Behavioral Risk Factor Surveillance System

1(5) Increase the proportion of persons who have a specific source of ongoing care.
Target: 95%

White	Black	Latino
85%	74.5%	***68.9%***

Year, Data Source: 2014 Behavioral Risk Factor Surveillance System

There were no groups that met the national target for health insurance coverage nor that met the goal for having an ongoing source of care through a primary care provider.

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

CANCER



5(1) Reduce the overall cancer death rate.

Target: 160.6 deaths per 100,000

population.

White	Black	Latino
182.3	***212.3***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

5(2) Reduce the lung cancer death rate.

Target: 45.5 deaths per 100,000

population.

White	Black	Latino
81.4	48.7	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

5(3) Reduce the female breast cancer death rate.

Target: 20.6 deaths per 100,000

population.

White	Black	Latino
20.9	***33.7***	NA

Year, Data source: 2014 <http://wonder.cdc.gov/cmfi-icd10.html>

Reduce the death rate from cancer of the uterine cervix.

Target: 2.2 deaths per 100,000 population.

White	Black	Latino
2.8	***4.9***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

5(5) Reduce the colorectal cancer death rate.

Target: 14.5 deaths per 100,000

population.

White	Black	Latino
13	***17.8***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

5(7) Reduce the prostate cancer death rate.

Target: 21.2 deaths per 100,000

population.

White	Black	Latino
17.5	***29***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

5(15) Increase the proportion of women who receive a cervical cancer screening based on the most recent guidelines.

Target: Pap test within past 3 years: 93.0%

White	Black	Latino
68.9	76.7%	70.9%

Year, Data Source: 2014 Behavioral Risk Factor Surveillance System

5(16) Increase the proportion of adults who receive a colorectal cancer screening based on the most recent guidelines.

Target: Fecal Occult Blood Test within past 2 years: 70.5%

White	Black	Latino
12.7%	***7.8***	10.6%

Year, Data Source: 2014 Behavioral Risk Factor Surveillance System

As seen in the above statistics, black Arkansans experience the greatest disparities in cancer death rates.

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

All groups fall below the national goals for one or more cancers, suggesting that much work remains to reduce the burden of cancer in the state. The significant gap between the national goal and the percentage of Arkansans in reporting colorectal screening indicates an area that warrants attention.

DIABETES



8(3) Reduce the diabetes death rate.

Target: 65.8 deaths per 100,000

population.

White	Black	Latino
21.4	***46***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

Each group meets and exceeds the national goal.

HEART DISEASE AND STROKE



21(2) Reduce coronary heart disease deaths.

Target: 100.8 deaths per 100,000

population.

White	Black	Latino
128.4	***153.7***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

21(3) Reduce stroke deaths.

Target: 33.8 deaths per 100,000

population.

White	Black	Latino
49.8	***55.4***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

Arkansas has a history of high rates of death from heart disease and stroke. Black Arkansans carry the greatest burden for this disease, with higher rates compared to those of white Arkansans. The Latino population did not have enough data to calculate a reliable estimate.

HIV

22(12) Reduce deaths from HIV infection.
Target: 3.3 deaths per 100,000 population

White	Black	Latino
1	***7.4***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

Large disparities are seen in HIV/AIDS related deaths for the black population in the state. HIV death rates among black Arkansans are 7 times higher than rates seen among white Arkansans, and more than 2 times higher than the national target.

INJURY AND VIOLENCE PREVENTION

24(30) Reduce firearm-related deaths.
Target: 9.2 deaths per 100,000 population

White	Black	Latino
3.3	***18***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

24(11) Reduce unintentional injury deaths.**Target: 36.0 deaths per 100,000 population**

White	Black	Latino
31.5	17.4	8.4

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

24(13.1) Reduce motor vehicle crash-related deaths.**Target: 12.4 deaths per 100,000 population**

White	Black	Latino
19.4	16.2	13.1

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

Rates of death from firearm related injuries are highest among black Arkansans, while death rates for unintentional injury and motor vehicle crashes are highest among white Arkansans. The disparity in firearm-related deaths is particularly striking, with death rates among black Arkansans being 6 times higher than rates for white Arkansans.

MATERNAL, INFANT AND CHILD HEALTH**26(1.3) Reduce all infant deaths (within 1 year of life).****Target: 6.0 deaths per 1000 live births**

White	Black	Latino
8.0	***11.1***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

26(3) Reduce the rate of child deaths**Target:****Aged 1-4 years: 25.7 deaths per 100,000****Aged 5-9 years: 12.3 deaths per 100,000**

	White	Black	Latino
1-4 Years	23.2	***61.9***	NA
5-9 Years	15.5	***27.8***	NA

Year, Data Source: 2014, CDC, National Center for Health Statistics, Compressed Mortality File

26(4) Reduce the rate of adolescent and young adult deaths.**Target:****Aged 10-14 years: 15.2 deaths per 100,000****Aged 15-19 years: 55.7 deaths per 100,000****Aged 20-24 years: 88.5 deaths per 100,000**

	White	Black	Latino
Adolescents aged 10 to 14 years	22.7	34.6	NA
Adolescents aged 15 to 19 years	64.3	78.3	NA
Young adults aged 20 to 24 years	90.8	132.0	NA

Year, Data Source: 2010, Peristats, March of Dimes

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

29(9) Reduce preterm births**Target:****Total preterm births: 11.4%****Late preterm/34-36 weeks: 8.1%****Very preterm/32-33 weeks: 1.8%**

Arkansans have higher mortality rates for all age groups.

	White	Black	Latino
Total preterm births	11.9%	17.9%	11.8%
Late preterm or live birth at 34 to 36 weeks of gestation	8.9%	11.7%	8.6%
Very preterm or live births at 32 to 33 weeks of gestation	1.6%	3.7%	1.6%

26(10) Increase the proportion of pregnant women who receive early and adequate prenatal care**Target:****First trimester: 77.9%****Early/adequate care: 77.6%**

	White	Black	Latino
Prenatal care beginning in first trimester	73.4%	65.6%	62.4%
Early and adequate prenatal care	81.9%	76.2%	67.6%

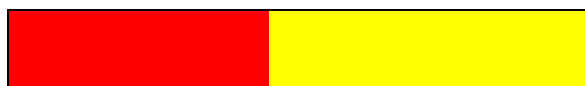
Overall, Arkansas falls far behind national targets related to reducing deaths among infants, children, adolescents, and young adults. Infant mortality rates are lowest among white and Latino Arkansans, but the infant mortality rate for black Arkansans is much higher than the national target. Black

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

NUTRITION AND WEIGHT



28(8) Increase the proportion of adults who are at a healthy weight.

Target: 33.9%

White	Black	Latino
29.3%	***21.1%***	30.8%

Year, Data source: 2014 Behavioral Risk Factor Surveillance System

29(9) Reduce the proportion of adults who are obese.

Target: 30.6%

White	Black	Latino
33.9%	***45.7%***	39.6%

Year, Data source: 2014 Behavioral Risk Factor Surveillance System

Arkansans in all subgroups are failing to achieve and maintain a healthy weight status. Black Arkansans continue to report higher rates of obesity than both the white and Latino Arkansan populations.

ORAL HEALTH



32(4) Reduce the proportion of adults who have ever had a permanent tooth extracted because of dental caries or periodontal disease.

Target: 68.8%

White	Black	Latino
53.9%	***60%***	49.8%

Year, Data source: 2014 Behavioral Risk Factor Surveillance System

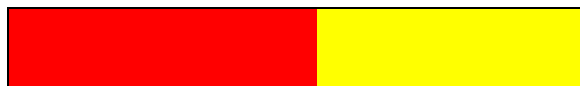
State level data are not available for many oral health indicators. Though the reported statistic shows that all groups meet or exceed the national goal for having permanent teeth extracted due to dental caries or periodontal disease, it is important to note that all groups have previously been shown to be well below meeting national goals for reducing the proportion of children and adolescents who have dental caries in their permanent teeth as well as for reducing the proportion of children and adolescents with untreated dental decay.

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

PHYSICAL ACTIVITY



33(1) Reduce the proportion of adults who engage in no leisure-time physical activity.

Target: 32.6%

White	Black	Latino
30.2%	***35.5%***	28.7%

Year, Data source: 2014 Behavioral Risk Factor Surveillance System

33(5) Increase the proportion of adolescents who participate in daily school physical education.

Target: 36.6%

White	Black	Latino
25%	19%	***16%***

Year, Data source: 2014 Behavioral Risk Factor Surveillance System

Data indicate that the proportions of white and Latino Arkansans engaging in no leisure-time physical activity exceeds (are lower than) the national goal.

However, the proportion among black Arkansans is higher than the goal. In addition, all three groups are well below the goal with regard to adolescents participating in daily physical education at school.

TOBACCO USE



41(2) Reduce tobacco use by adolescents.

Target:

Cigarettes: 16.0%

Smokeless tobacco products: 6.9%

Cigars: 8.0%

	White	Black	Latino
Cigarettes	***12%***	10%	10%
Smokeless tobacco products	***16%***	10%	13%
Cigars	16%	***21%***	14%

Year, Data source: 2014 Behavioral Risk Factor Surveillance System

Overall, cigarette use in all three groups meets or exceeds the national goal. However, proportions of adolescents using smokeless tobacco products and/or smoking cigars were well above the national goals. White teens reported the highest rates for smoking cigarettes and using smokeless tobacco, while black teens had the highest rates of cigar smoking.

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

STATE LEVEL COMPARISON TO NATIONAL TARGETS

	Objective	Goal	Total
	Access to Health Services		
1-1.1	Increase the proportion of persons with health (medical) insurance:	100%	86.6%
1-5	Increase the proportion of persons who have a specific source of ongoing care	95%	83.8%
	Cancer		
5-1	Reduce the overall cancer death rate	160.6	177.2
5-2	Reduce the lung cancer death rate	45.5	54.8
5-3	Reduce the female breast cancer death rate	20.6	21.8
5-4	Reduce the death rate from cancer of the uterine cervix	2.2	3.3
5-5	Reduce the colorectal cancer death rate	14.5	15.8
5-7	Reduce the prostate cancer death rate	21.2	18
5-15	Increase the proportion of women who receive a cervical cancer screening based on the most recent guidelines		
	<ul style="list-style-type: none"> Pap test within past 3 years 	93%	70.1%
5-16	Increase the proportion of adults who receive a colorectal cancer screening based on the most recent guidelines		
	<ul style="list-style-type: none"> Fecal occult blood test within past 2 years 	70.5%	12.2%
	Diabetes		
8-3	Reduce the diabetes death rate	65.8	23
	Heart Disease and Stroke		
21-2	Reduce coronary heart disease deaths	100.8	266.8
21-3	Reduce stroke deaths	33.8	43.6
	HIV		
22-12	Reduce deaths from HIV infection	3.3	2
	Injury and Violence		

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

	Objective	Goal	Total
24-30	Reduce firearm-related deaths	9.2	5.5
24-11	Reduce unintentional injury deaths	36	NA
24-13	Reduce motor vehicle crash-related deaths	12.4	15.9
Maternal, Infant and Child Health			
26-1.3	Reduce all infant deaths (within 1 year)	6	7.4
26-3	Reduce the rate of child deaths		
26-3.1	<ul style="list-style-type: none"> Children aged 1 to 4 years 	25.7	36.2
26-3.2	<ul style="list-style-type: none"> Children aged 5 to 9 years 	12	19.9
26-4	Reduce the rate of adolescent and young adult deaths		
26-4.1	<ul style="list-style-type: none"> Adolescents aged 10 to 14 years 	15.2	23
26-4.2	<ul style="list-style-type: none"> Adolescents aged 15 to 19 years 	55.7	64.2
26-4.3	<ul style="list-style-type: none"> Young adults aged 20 to 24 years 	88.5	105.2
26-9	Reduce preterm births		
26-9.1	<ul style="list-style-type: none"> Total preterm births 	11.4%	12.7%
26-9.2	<ul style="list-style-type: none"> Late preterm or live births at 34 to 36 weeks of gestation 	8.1%	9%
26-9.4	<ul style="list-style-type: none"> *Very preterm or live births at 32 to 33 weeks of gestation 	1.8%	2.1%
26-10	Increase the proportion of pregnant women who receive early and adequate prenatal care		
26-10.1	<ul style="list-style-type: none"> Prenatal care beginning in first trimester 	77.9%	80.7%
26-10.2	<ul style="list-style-type: none"> Early and adequate prenatal care 	77.6%	72.4%
Nutrition Weight Status			
29-8	Increase the proportion of adults who are at healthy weight (data indicate those who are neither overweight / nor obese)	33.9%	28.3%
29-9	Reduce the proportion of adults who are obese	30.6%	35.8%
Oral Health			
32-4.1	Reduce the proportion of adults aged 45 to 64 who have ever had a permanent tooth extracted because of dental caries or periodontal disease	68.8%	54.7%

Meets or exceeds national target

Within 15% of national target

More than 15% away from target

	Objective	Goal	Total
	Physical Activity		
33-1	Reduce the proportion of adults who engage in no leisure-time physical activity	32.6%	31%
33-5	Increase the proportion of adolescents who participate in daily school physical education (Percentages were subtracted from those who did NOT participate in daily school physical education)	36.6%	23%
	Tobacco Use		
41-2	Reduce tobacco use by adolescents		
41-2.2	<ul style="list-style-type: none"> Cigarettes (past month) 	16%	12%
41-2.3	<ul style="list-style-type: none"> Smokeless tobacco products (past month) 	6.9%	14%
41-2.4	<ul style="list-style-type: none"> Cigars (past month) 	8%	17%
41-7	Increase smoking cessation attempts by adolescent smokers	64%	48%

Meets or exceeds national target

Within 15% of national target

More than 15% away from target