

Arkansas

State Health Department Website: healthy.arkansas.gov

Summary

Strengths:

- Low percentage of housing with lead risk
- Low prevalence of excessive drinking
- Low racial gap in high school graduation

Highlights:

PREVENTABLE HOSPITALIZATIONS

▼16% between 2012 and 2018 from 5,666 to 4,747 discharges per 100,000 Medicare enrollees

SMOKING

▼25% between 2011 and 2019 from 27.0% to 20.2% of adults

HIGH-SPEED INTERNET

▲18% between 2015 and 2018 from 68.2% to 80.8% of households

Challenges:

- High prevalence of 2+ adverse childhood experiences
- High prevalence of multiple chronic conditions
- High economic hardship index score

VIOLENT CRIME

▲27% between 2013 and 2019 from 460 to 585 offenses per 100,000 population

HIGH SCHOOL GRADUATION RACIAL GAP

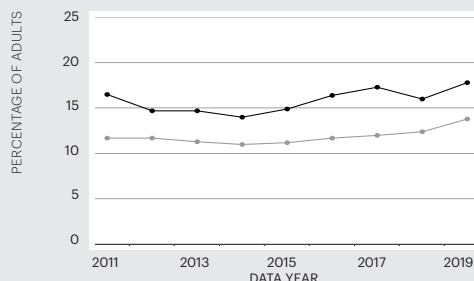
▲9% between 2017 and 2018 from 6.6 to 7.2 percentage points

FREQUENT MENTAL DISTRESS

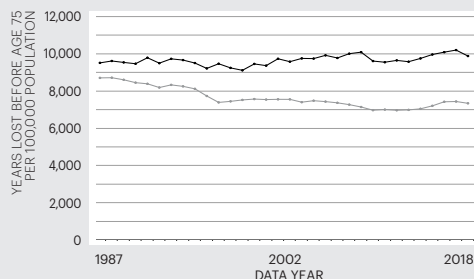
▲27% between 2014 and 2019 from 14.0% to 17.8% of adults

Trends

FREQUENT MENTAL DISTRESS



PREMATURE DEATH



State — Nation —

For source details and methodology visit www.AmericasHealthRankings.org.

Economic Hardship Index

The economic hardship index compares financial strain between states. It combines six population-level social and economic measures to provide a more complete picture of the difficulties faced by communities than a single measure could provide.

Measure	State Value
Crowded Housing (units with more than one person/room)	2.8%
Dependency (ages 0-17 or ages 65+)	40.5%
Education (ages 25+ without a high school diploma)	12.5%
Per Capita Income	\$27,274
Poverty (households below the poverty level)	16.3%
Unemployment (ages 16-64)	5.0%

Multiple Chronic Conditions

Chronic conditions are medical conditions that last more than a year, require ongoing medical attention and/or limit activities of daily living. Adults with multiple chronic conditions represent one of the highest-need segments of the population.

Measure	State Value
Arthritis	31.3%
Asthma	9.3%
Cancer (excluding skin)	7.4%
Cardiovascular Disease	12.0%
Chronic Kidney Disease	4.0%
Chronic Obstructive Pulmonary Disease	10.5%
Depression	25.0%
Diabetes	13.6%

Measures

Rating	Rank
+++++	1-10
++++	11-20
+++	21-30
++	31-40
+	41-50

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		+	-0.792	48	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	+	8.0	46	2.9
	Public Health Funding (dollars per person)	++++	\$109	18	\$289
	Violent Crime (offenses per 100,000 population)	+	585	47	115
Economic Resources	Economic Hardship Index (index from 1-100)	+	80	46	1
	Food Insecurity (% of households)	+	15.1	45	7.8
	Income Inequality (80-20 ratio)	++	4.73	32	3.70
Education	High School Graduation (% of students)	+++++	89.2	9	91.4
	High School Graduation Racial Gap (percentage point difference)	+++++	7.2	5	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	+	24.1	50	8.9
	High-speed Internet (% of households)	+	80.8	48	92.9
	Residential Segregation (index from 0-100)	+	63	41	42
	Volunteerism (% of adults)	++	30.0	33	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+	42.6	50	65.6
PHYSICAL ENVIRONMENT		++++	0.572	11	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	7.3	25	4.1
	Drinking Water Violations (% of community water systems)	++++	0.1	12	0.0
	Non-smoking Regulation (% of population)*	++	0.5	40	100.0
	Risk-screening Environmental Indicator Score (unitless score)	++	4,791,472	31	317
	Water Fluoridation (% of population served)	++++	85.4	20	99.8
Climate Change	Climate Change Policies (number of four policies)*	+++	1	26	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	++	9.6	33	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+	82.4	44	52.8
	Housing With Lead Risk (% of housing stock)	+++++	10.9	9	5.2
	Severe Housing Problems (% of occupied housing units)	++++	14.1	17	11.2
CLINICAL CARE		+	-0.583	42	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	+	15.7	43	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+	42.4	48	90.6
	Mental Health Providers (number per 100,000 population)	+++	244.9	30	666.4
	Primary Care Providers (number per 100,000 population)	+	206.0	45	362.8
Preventive Clinical Services	Uninsured (% of population)	++	9.1	31	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	+	66.6	42	77.1
	Dental Visit (% of adults)	+	56.1	48	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++	75.7	30	86.6
	Flu Vaccination (% adults)	++	42.1	31	50.5
Quality of Care	HPV Vaccination (% of adolescents ages 13-17)	++	50.5	35	78.9
	Dedicated Health Care Provider (% of adults)	+++	78.9	21	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	++	4,747	37	1,971
BEHAVIORS		+	-0.921	45	1.072
Sleep Health	Insufficient Sleep (% of adults)	+++	36.1	29	28.7
Nutrition and Physical Activity	Exercise (% of adults)	+	19.3	44	28.5
	Fruit and Vegetable Consumption (% of adults)	+++	8.0	25	14.1
	Physical Inactivity (% of adults)	+	31.2	44	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++	587.9	40	198.2
	High-risk HIV Behaviors (% of adults)	++	6.9	37	4.5
	Teen Births (births per 1,000 females ages 15-19)	+	30.4	50	7.2
Tobacco Use	E-cigarette Use (% of adults)*		7.0%		4.3
	Smoking (% of adults)	+	20.2	44	7.9
ALL DETERMINANTS		+	-0.603	47	0.865
HEALTH OUTCOMES		+	-0.896	47	0.846
Behavioral Health	Depression (% of adults)*	+	25.0	47	11.8
	Excessive Drinking (% of adults)	+++++	14.9	6	12.0
	Frequent Mental Distress (% of adults)	+	17.8	48	10.6
	Non-medical Drug Use (% of adults)	++	12.7	34	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	15.2	17	6.8
	Premature Death (years lost before age 75 per 100,000 population)	+	9,890	44	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.2	8	1.0
	Suicide (deaths per 100,000 population)*	++	18.7	31	8.6
Physical Health	Frequent Physical Distress (% of adults)	+	17.4	49	9.3
	Low Birthweight (% of live births)	+	9.4	42	5.9
	Low Birthweight Racial Gap (percentage point difference)	+	8.2	44	2.4
	Multiple Chronic Conditions (% of adults)	+	14.2	46	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	+	41.0	47	25.8
	High Cholesterol (% of adults)*	+	37.4	47	28.1
OVERALL			-0.678	—	0.723

* Measure not included in overall score. For measure definitions, source details and methodology, visit www.AmericasHealthRankings.org.

—Indicates data missing or suppressed.