Delaware

State Health Department Website: dhss.delaware.gov

Summary

Strengths:
• High immunization coverage among children
• Low premature death racial inequality
• Low residential segregation

Challenges:
• High prevalence of 2+ adverse childhood experiences
• High prevalence of multiple chronic conditions
• High incidence of chlamydia

Highlights:

- **High School Graduation**
  - **11%** increase between 2011 and 2018 from 78.0% to 89.9% of students

- **High-Speed Internet**
  - **12%** increase between 2015 and 2018 from 80.9% to 90.8% of households

- **Severe Housing Problems**
  - **11%** decrease between 2007-2011 and 2013-2017 from 16.1% to 14.3% of occupied housing units

Trends

- **Frequent Mental Distress**

- **Premature Death**

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.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crowded Housing (units with more than one person/room)</td>
<td>1.8%</td>
</tr>
<tr>
<td>Dependency (ages 0-17 or ages 65+)</td>
<td>40.4%</td>
</tr>
<tr>
<td>Education (ages 25+ without a high school diploma)</td>
<td>9.7%</td>
</tr>
<tr>
<td>Per Capita Income</td>
<td>$36,858</td>
</tr>
<tr>
<td>Poverty (households below the poverty level)</td>
<td>11.1%</td>
</tr>
<tr>
<td>Unemployment (ages 16-64)</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Measure</th>
<th>State Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td>27.4%</td>
</tr>
<tr>
<td>Asthma</td>
<td>9.8%</td>
</tr>
<tr>
<td>Cancer (excluding skin)</td>
<td>8.2%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>9.4%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>4.4%</td>
</tr>
<tr>
<td>Chronic Obstructive Pulmonary Disease</td>
<td>8.5%</td>
</tr>
<tr>
<td>Depression</td>
<td>18.8%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>12.8%</td>
</tr>
</tbody>
</table>
### Measures

#### SOCIAL & ECONOMIC FACTORS

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>++++</td>
<td>0.272</td>
<td>16</td>
<td>0.965</td>
</tr>
</tbody>
</table>

**Community and Family Safety**
- Occupational Fatalities (deaths per 100,000 workers)
- Public Health Funding (dollars per person)
- Violent Crime (offenses per 100,000 population)

**Economic Resources**
- Economic Hardship Index (index from 1-100)
- Food Insecurity (% of households)
- Income Inequality (80-20 ratio)

**Education**
- High School Graduation (% of students)
- High School Graduation Racial Gap (percentage point difference)

**Social Support and Engagement**
- Adverse Childhood Experiences (% of children ages 0-17)
- High-speed Internet (% of households)
- Residential Segregation (index from 0-100)
- Volunteerism (% of adults)
- Voter Participation — Midterm (% of U.S. citizens)

#### PHYSICAL ENVIRONMENT

<table>
<thead>
<tr>
<th>Rating</th>
<th>Value</th>
<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>++++</td>
<td>0.423</td>
<td>18</td>
<td>0.816</td>
</tr>
</tbody>
</table>

**Air and Water Quality**
- Air Pollution (micrograms of fine particles per cubic meter)
- Drinking Water Violations (% of community water systems)
- Non-smoking Regulation (% of population)
- Risk-screening Environmental Indicator Score (unitless score)
- Water Fluoridation (% of population served)

**Climate Change**
- Climate Change Policies (number of four policies)
- Transportation Energy Use (trillions of BTUs per 100,000 population)

**Housing and Transit**
- Drive Alone to Work (% of workers)
- Housing With Lead Risk (% of housing stock)
- Severe Housing Problems (% of occupied housing units)

#### CLINICAL CARE

<table>
<thead>
<tr>
<th>Rating</th>
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<th>Rank</th>
<th>Healthiest State</th>
</tr>
</thead>
<tbody>
<tr>
<td>++++</td>
<td>0.427</td>
<td>16</td>
<td>1.443</td>
</tr>
</tbody>
</table>

**Access to Care**
- Avoided Care Due to Cost (% of adults)
- Dental Providers (number per 100,000 population)
- Mental Health Providers (number per 100,000 population)
- Uninsured (% of population)

**Preventive Clinical Services**
- Colorectal Cancer Screening (% of adults ages 50-75)
- Dental Visit (% of adults)
- Childhood Immunizations (% by age 35 months)
- Flu Vaccination (% adults)

**Quality of Care**
- Dedicated Health Care Provider (% of adults)
- Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)

#### BEHAVIORS

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>++++</td>
<td>-0.053</td>
<td>30</td>
<td>1.072</td>
</tr>
</tbody>
</table>

**Sleep Health**
- Insufficient Sleep (% of adults)

**Nutrition and Physical Activity**
- Exercise (% of adults)
- Fruit and Vegetable Consumption (% of adults)
- Physical Inactivity (% of adults)

**Sexual Health**
- Chlamydia (cases per 100,000 population)
- High-risk HIV Behaviors (% of adults)
- Teen Births (births per 1000 females ages 15-19)

**Tobacco Use**
- E-cigarette Use (% of adults)
- Smoking (% of adults)

#### HEALTH OUTCOMES

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>++</td>
<td>-0.196</td>
<td>35</td>
<td>0.846</td>
</tr>
</tbody>
</table>

**Behavioral Health**
- Depression (% of adults)
- Excessive Drinking (% of adults)
- Frequent Mental Distress (% of adults)
- Non-medical Drug Use (% of adults)

**Mortality**
- Drug Deaths (deaths per 100,000 population)
- Premature Death (years lost before age 75 per 100,000 population)
- Premature Death Racial Inequality (ratio)
- Suicide (deaths per 100,000 population)

**Physical Health**
- Frequent Physical Distress (% of adults)
- Low Birthweight (% of live births)
- Low Birthweight Racial Gap (percentage point difference)
- Multiple Chronic Conditions (% of adults)

**OVERALL**

0.142 — 0.723