

Oregon

State Health Department Website: oregon.gov/oha/ph

Oregon

Summary

Strengths:

- Low prevalence of low birthweight
- Low racial gap in low birthweight
- High percentage of volunteerism

Highlights:

FOOD INSECURITY

▼ **31%** between 2013-2015 and 2016-2018 from 16.1% to 11.1% of households

MULTIPLE CHRONIC CONDITIONS

▼ **19%** between 2018 and 2019 from 12.4% to 10.0% of adults

ADULTS WHO AVOIDED CARE DUE TO COST

▼ **25%** between 2013 and 2019 from 18.0% to 13.5%

Challenges:

- Low immunization coverage among children
- Low high school graduation rate
- High prevalence of non-medical drug use

CHLAMYDIA

▲ **64%** between 2008 and 2018 from 283.5 to 464.0 cases per 100,000 population

LOW BIRTHWEIGHT

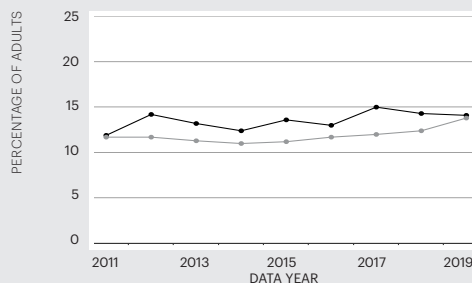
▲ **10%** between 2011 and 2018 from 6.1% to 6.7% of live births

AIR POLLUTION

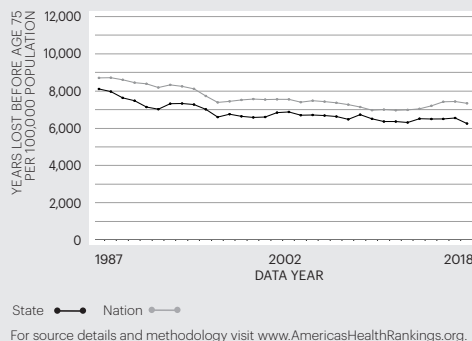
▲ **24%** between 2012-2014 and 2017-2019 from 6.7 to 8.3 micrograms of fine particulate per cubic meter

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.

Measure	State Value
Crowded Housing (units with more than one person/room)	3.4%
Dependency (ages 0-17 or ages 65+)	38.7%
Education (ages 25+ without a high school diploma)	8.6%
Per Capita Income	\$35,531
Poverty (households below the poverty level)	11.4%
Unemployment (ages 16-64)	5.1%

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	26.3%
Asthma	11.1%
Cancer (excluding skin)	7.2%
Cardiovascular Disease	8.2%
Chronic Kidney Disease	3.1%
Chronic Obstructive Pulmonary Disease	6.1%
Depression	24.6%
Diabetes	8.6%

Measures

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

		Rating	Value	Rank	Healthiest State
SOCIAL & ECONOMIC FACTORS		++++	0.206	20	0.965
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++++	3.9	14	2.9
	Public Health Funding (dollars per person)	++	\$86	31	\$289
	Violent Crime (offenses per 100,000 population)	++++	284	15	115
Economic Resources	Economic Hardship Index (index from 1-100)	+++	45	25	1
	Food Insecurity (% of households)	+++	11.1	24	7.8
	Income Inequality (80-20 ratio)	+++	4.44	23	3.70
Education	High School Graduation (% of students)	+	78.7	47	91.4
	High School Graduation Racial Gap (percentage point difference)	+++	15.1	27	3.9
Social Support and Engagement	Adverse Childhood Experiences (% of children ages 0-17)	++	17.3	37	8.9
	High-speed Internet (% of households)	+++++	91.1	6	92.9
	Residential Segregation (index from 0-100)	++++	54	19	42
	Volunteerism (% of adults)	+++++	43.2	3	51.0
	Voter Participation — Midterm (% of U.S. citizens)	+++++	61.1	7	65.6
PHYSICAL ENVIRONMENT		+	0.014	42	0.816
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	++	8.3	39	4.1
	Drinking Water Violations (% of community water systems)	+++	0.5	26	0.0
	Non-smoking Regulation (% of population)*	+++++	100.0	1	100.0
	Risk-screening Environmental Indicator Score (unitless score)	+	22,308,014	46	317
	Water Fluoridation (% of population served)	+	26.3	48	99.8
Climate Change	Climate Change Policies (number of four policies)*	++++	3	12	4
	Transportation Energy Use (trillions of BTUs per 100,000 population)*	+++++	7.5	10	5.8
Housing and Transit	Drive Alone to Work (% of workers)	+++++	71.5	7	52.8
	Housing With Lead Risk (% of housing stock)	+++	16.1	24	5.2
	Severe Housing Problems (% of occupied housing units)	+	19.1	44	11.2
CLINICAL CARE		+++	0.160	22	1.443
Access to Care	Avoided Care Due to Cost (% of adults)	++	13.5	31	8.2
	Providers				
	Dental Providers (number per 100,000 population)	+++++	72.3	6	90.6
	Mental Health Providers (number per 100,000 population)	+++++	571.0	2	666.4
	Primary Care Providers (number per 100,000 population)	++	244.4	32	362.8
Preventive Clinical Services	Uninsured (% of population)	++++	7.2	20	3.0
	Colorectal Cancer Screening (% of adults ages 50-75)	++++	72.4	12	77.1
	Dental Visit (% of adults)	++++	68.0	19	76.5
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+	65.0	50	86.6
Quality of Care	Flu Vaccination (% adults)	+++	42.8	28	50.5
	HPV Vaccination (% of adolescents ages 13-17)	++++	60.8	11	78.9
	Dedicated Health Care Provider (% of adults)	++	75.4	32	88.4
	Preventable Hospitalizations (discharges per 100,000 Medicare enrollees)	+++++	2,650	6	1,971
BEHAVIORS		++++	0.358	12	1.072
Sleep Health	Insufficient Sleep (% of adults)	++++	32.1	12	28.7
Nutrition and Physical Activity	Exercise (% of adults)	++++	24.9	12	28.5
	Fruit and Vegetable Consumption (% of adults)	++++	9.0	11	14.1
	Physical Inactivity (% of adults)	++++	23.9	14	18.5
Sexual Health	Chlamydia (cases per 100,000 population)	++++	464.0	14	198.2
	High-risk HIV Behaviors (% of adults)	+	7.4	44	4.5
	Teen Births (births per 1,000 females ages 15-19)	++++	13.3	13	7.2
Tobacco Use	E-cigarette Use (% of adults)*		5.4%		4.3
	Smoking (% of adults)	++++	14.5	13	7.9
ALL DETERMINANTS		++++	0.212	20	0.865
HEALTH OUTCOMES		++++	0.259	19	0.846
Behavioral Health	Depression (% of adults)*	+	24.6	46	11.8
	Excessive Drinking (% of adults)	++	19.6	35	12.0
	Frequent Mental Distress (% of adults)	++	14.1	32	10.6
	Non-medical Drug Use (% of adults)	+	15.3	47	6.4
Mortality	Drug Deaths (deaths per 100,000 population)*	++++	12.9	11	6.8
	Premature Death (years lost before age 75 per 100,000 population)	++++	6,262	11	5,648
	Premature Death Racial Inequality (ratio)	+++++	1.3	16	1.0
	Suicide (deaths per 100,000 population)*	++	19.8	37	8.6
Physical Health	Frequent Physical Distress (% of adults)	+++	12.4	24	9.3
	Low Birthweight (% of live births)	+++++	6.7	5	5.9
	Low Birthweight Racial Gap (percentage point difference)	+++++	4.5	11	2.4
	Multiple Chronic Conditions (% of adults)	+++	10.0	30	6.4
	Risk Factors				
	High Blood Pressure (% of adults)*	++++	30.6	11	25.8
	High Cholesterol (% of adults)*	+++++	30.3	10	28.1
	Obesity (% of adults)	++++	29.0	11	23.8
OVERALL			0.223	—	0.723

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

—Indicates data missing or suppressed.