

**Public health funding:** Strong investments in public health allow a state to carry out programs that improve health. Arkansas receives \$23.97 per person in funding from CDC (19th in the nation) and \$30.79 per person from HRSA (19th in the nation). The Prevention and Public Health Fund has awarded over \$35.6 million in grants to Arkansas since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

**Access to care:** 9.5 percent of people in Arkansas do not have health insurance coverage compared to the national uninsured rate of 9.4 percent. The number of practicing primary care physicians is also an important measure of health care availability. Arkansas has 114.7 active primary care physicians per 100,000 people, ranking 8th lowest in the nation. Nationally, there are 145.3 practicing primary care physicians per 100,000 people.

### Notable health measures

- **Violent crime:** After nearly a decade of the violent crime rate decreasing, Arkansas recently experienced a 13 percent increase from 460 offenses per 100,000 people in 2015 to 521 offenses per 100,000 people in 2016. Arkansas now ranks 6th highest in the nation for violent crime. Violent crimes may cause injuries, disability and early death. Additionally, violent crimes may cause long-term stress for families and communities, and interfere with leading a healthy life by discouraging physical activity. However, violent crime can be prevented. Numerous programs and practices have shown that by addressing root causes it is possible to prevent violence.
- **Mental distress:** 14.9 percent of adults in Arkansas report experiencing frequent mental distress in their daily lives, ranking 3rd highest in the nation.

### The challenges ahead

- **Obesity:** Obesity contributes to poor general health and is a leading factor in preventable diseases. The obesity rate has steadily increased over the past two and a half decades, ranking Arkansas 6th in the nation with 34.5 percent of the adult population obese. Of additional concern, in the past year, 34.2 percent of adults report being physical inactivity, which is the 2nd highest rate of physical inactivity in the nation. Each year, an estimated \$190.2 billion is spent on obesity-related health issues in the U.S., accounting for 21 percent of annual medical spending.
- **Tobacco use:** 24.9 percent of adults smoke cigarettes, ranking Arkansas 3rd highest in the nation. Each year, 5,800 people die from smoking-related illnesses in Arkansas and \$1.2 billion is spent on health care costs due to smoking.

Sources: Trust for America's Health, Investing in America's Health; Trust for America's Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2013, 2014, and 2015 1-Year American Community Surveys; United Health Foundation, America's Health Rankings; Centers for Disease Control and Prevention, National Tobacco Control Program Funding.