VELLORA · COUNTY HEALTH REPORT

Rains County, Texas

Report generated 2026-10-23 (UTC) from Vellora's verified county datasets; each measure shows its own data years · Online profile: vellora-health.pages.dev/counties/rains/

County FIPS code
48379

Population, 2020 Census
12,164

Rural-urban code (USDA ERS, 2023)
8 Nonmetropolitan: urban population of fewer than 5,000, adjacent to a metro area

Key cardiovascular indicators

HEART DISEASE MORTALITY · DEATHS 2022–2024

404.6 per 100,000

Observed, age-standardized rate. Above the median Texas county.

CORONARY HEART DISEASE · BRFSS 2023

5.6%

95% CI 4.8% to 6.5%

Age-adjusted CDC model estimate. Not distinguishable from the median county.

HIGH BLOOD PRESSURE · BRFSS 2023

32.0%

95% CI 28.0% to 36.4%

Age-adjusted CDC model estimate. Not distinguishable from the median county.

CURRENT SMOKING · BRFSS 2023

14.9%

95% CI 11.8% to 18.4%

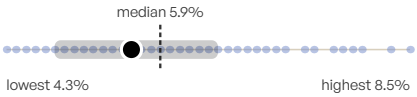
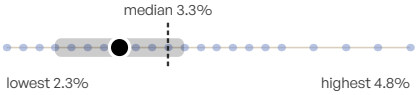
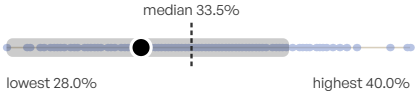
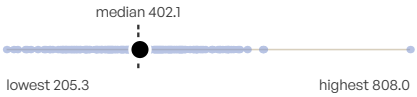
Age-adjusted CDC model estimate. Not distinguishable from the median county.

What these statistics represent

- **Modeled estimates** (CDC PLACES) are statistical estimates of how many adults report a condition or behaviour, built from a national survey and census data. They are not counts and cannot track change over time.
- **Observed rates** come from death certificates (heart disease deaths) or the Texas Cancer Registry (new cancer cases).
- **Crude** prevalence is the share of all adults; **age-adjusted** prevalence estimates the share under a standard age distribution so counties with different age structures can be compared. The two are never compared with each other.
- The **median Texas county** is the middle of the county estimates. It is not a statewide rate; a statewide rate is shown only where the source publishes one with the same definition.

This report is informational public-health data about a county population. It is not medical advice and says nothing about any individual's health. For personal health questions, consult a qualified health professional; in an emergency, call 911.

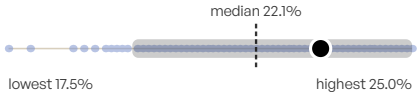
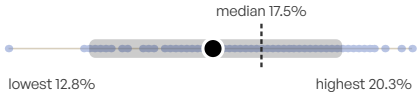
Cardiovascular health

MEASURE	RAINS COUNTY		AMONG TEXAS COUNTIES
Coronary heart disease among adults Adults aged 18+ who report ever being told by a health professional that they had angina or coronary heart disease. **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	**CRUDE** 8.3% 95% CI 7.1% to 9.6%	**AGE-ADJUSTED** 5.6% 95% CI 4.8% to 6.5%	 Not distinguishable from the median county (age-adjusted)
Stroke among adults Adults aged 18+ who report ever being told by a health professional that they had a stroke. **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	**CRUDE** 4.3% 95% CI 3.6% to 4.9%	**AGE-ADJUSTED** 3.0% 95% CI 2.6% to 3.4%	 Not distinguishable from the median county (age-adjusted)
High blood pressure among adults Adults aged 18+ who report being told by a health professional that they have high blood pressure. **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	**CRUDE** 40.5% 95% CI 35.9% to 45.4%	**AGE-ADJUSTED** 32.0% 95% CI 28.0% to 36.4%	 Not distinguishable from the median county (age-adjusted)
Heart disease death rate, adults 35+ (age-standardized) Deaths among adults aged 35+ with heart disease as the underlying cause, per 100,000 adults 35+, age-standardized to the 2000 U.S. standard population, averaged over 2022–2024 and spatially smoothed by CDC. **Observed (vital records) · Deaths 2022–2024**	**AGE-ADJUSTED** 404.6 per 100,000		 Above the median Texas county

Reading the strips. Each dot is a Texas county with a published value; the dashed line is the median county, a middle value of county estimates that is not a statewide rate. The large marker is Rains County, with its interval shaded. A county is described as above or below the median only when its whole interval is clear of it.

Behavioral risk factors and chronic conditions

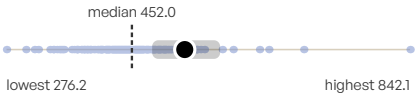
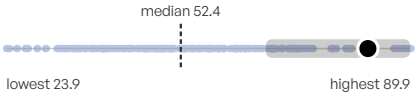
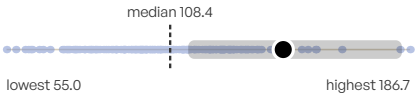
MEASURE	RAINS COUNTY		AMONG TEXAS COUNTIES
	CRUDE	AGE-ADJUSTED	
Current cigarette smoking among adults Adults aged 18+ who report having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days. **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	14.6% 95% CI 11.4% to 17.9%	14.9% 95% CI 11.8% to 18.4%	median 15.3% lowest 9.0% highest 22.9% Not distinguishable from the median county (age-adjusted)
No leisure-time physical activity among adults Adults aged 18+ who answer “No” when asked whether, in the past month, other than their regular job, they took part in any physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise. **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	27.5% 95% CI 22.1% to 33.2%	25.3% 95% CI 20.3% to 30.7%	median 29.6% lowest 19.9% highest 48.9% Not distinguishable from the median county (age-adjusted)
Obesity among adults Adults aged 18+ with body mass index ≥ 30 kg/m^2, based on self-reported height and weight. **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	35.8% 95% CI 27.2% to 45.1%	35.6% 95% CI 27.1% to 45.0%	median 37.5% lowest 29.4% highest 48.2% Not distinguishable from the median county (age-adjusted)
Diagnosed diabetes among adults Adults aged 18+ who report being told by a health professional that they have diabetes (excluding pregnancy-related). **Modeled estimate · BRFSS 2023 · crude and age-adjusted**	14.1% 95% CI 11.9% to 16.5%	10.3% 95% CI 8.7% to 12.0%	median 12.2% lowest 8.7% highest 21.5% Below the median Texas county (age-adjusted)
Current asthma among adults Adults aged 18+ who report ever being told they had asthma and still have asthma. **Modeled estimate · BRFSS 2023 · crude**	10.2% 95% CI 8.9% to 11.6%		median 9.9% lowest 8.4% highest 11.5% Not distinguishable from the median county
Chronic obstructive pulmonary disease among adults Adults aged 18+ who report ever being told they had COPD, emphysema or chronic bronchitis. **Modeled estimate · BRFSS 2023 · crude**	8.8% 95% CI 7.0% to 10.5%		median 7.7% lowest 4.0% highest 14.1% Not distinguishable from the median county
Cancer history (non-skin cancer or melanoma) among adults Adults aged 18+ who report ever being told they had cancer (non-skin) or melanoma. Measures history of diagnosis, not new cases. **Modeled estimate · BRFSS 2023 · crude**	10.3% 95% CI 9.2% to 11.5%		median 7.6% lowest 3.8% highest 12.8% Above the median Texas county

MEASURE	RAINS COUNTY	AMONG TEXAS COUNTIES
Depression among adults Adults aged 18+ who report ever being told they have a depressive disorder. **Modeled estimate · BRFSS 2023 · crude**	**CRUDE** 23.3% 95% CI 19.8% to 27.3%	 Not distinguishable from the median county
Frequent mental distress among adults Adults aged 18+ reporting 14 or more days of poor mental health in the past 30 days. **Modeled estimate · BRFSS 2023 · crude**	**CRUDE** 16.6% 95% CI 14.3% to 19.0%	 Not distinguishable from the median county

Reading the strips. Each dot is a Texas county with a published value; the dashed line is the median county, a middle value of county estimates that is not a statewide rate. The large marker is Rains County, with its interval shaded. A county is described as above or below the median only when its whole interval is clear of it.

Cancer incidence

Texas Cancer Registry data, 2019–2023 average, age-adjusted to the 2000 U.S. standard population; small counts are suppressed by the source.

MEASURE	RAINS COUNTY	AMONG TEXAS COUNTIES
Cancer incidence, all sites (age-adjusted) New invasive cancer cases of any site per 100,000 people per year, 2019–2023 average, age-adjusted to the 2000 U.S. standard population. **Observed (registry cases) · Diagnoses 2019–2023**	AGE-ADJUSTED 526.1 per 100,000 95% CI 480.4 to 575.7	 Above the median Texas county **Texas, published statewide rate: 434.2 per 100,000**
Lung and bronchus cancer incidence (age-adjusted) New invasive lung and bronchus cancer cases per 100,000 people per year, 2019–2023 average, age-adjusted to the 2000 U.S. standard population. **Observed (registry cases) · Diagnoses 2019–2023**	AGE-ADJUSTED 83.0 per 100,000 95% CI 66.3 to 103.7	 Above the median Texas county **Texas, published statewide rate: 44.3 per 100,000**
Colorectal cancer incidence (age-adjusted) New invasive colon and rectum cancer cases per 100,000 people per year, 2019–2023 average, age-adjusted to the 2000 U.S. standard population. **Observed (registry cases) · Diagnoses 2019–2023**	AGE-ADJUSTED 36.1 per 100,000 95% CI 25.2 to 51.1	 Not distinguishable from the median county **Texas, published statewide rate: 38.6 per 100,000**
Female breast cancer incidence (age-adjusted) New invasive breast cancer cases among females per 100,000 females per year, 2019–2023 average, age-adjusted to the 2000 U.S. standard population. **Observed (registry cases) · Diagnoses 2019–2023**	AGE-ADJUSTED 128.3 per 100,000 95% CI 96.5 to 168.8	 Not distinguishable from the median county **Texas, published statewide rate: 125.8 per 100,000**
Prostate cancer incidence (age-adjusted) New invasive prostate cancer cases among males per 100,000 males per year, 2019–2023 average, age-adjusted to the 2000 U.S. standard population. **Observed (registry cases) · Diagnoses 2019–2023**	AGE-ADJUSTED 145.3 per 100,000 95% CI 114.3 to 184.0	 Above the median Texas county **Texas, published statewide rate: 111.7 per 100,000**

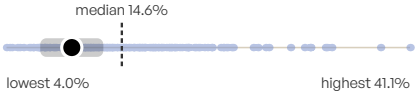
Location and social context

Population, 2020 Census
12,164 people

Rural-urban classification (USDA ERS, 2023)
Code 8. Nonmetropolitan: urban population of fewer than 5,000, adjacent to a metro area.

Neighbouring Texas counties (4)
Hopkins, Hunt, Van Zandt, Wood

Rains County within Texas

MEASURE	RAINS COUNTY	AMONG TEXAS COUNTIES
Persons below the federal poverty level Share of people for whom poverty status is determined whose income is below the federal poverty threshold. **Survey estimate · 2020–2024 (pooled)**	VALUE 10.0% 90% margin of error 7.1% to 12.9%	 Below the median Texas county
Primary care Health Professional Shortage Area (HPSA) designation How much of the county HRSA has designated as a primary care Health Professional Shortage Area: the whole county as a geographic area, the whole county for a population group (such as low-income residents), part of the county (census tracts or county subdivisions), or none. **Administrative designation · Designation status on 2026-10-18**	DESIGNATION Whole county — geographic	A designation category, not placed on a scale.

Sources, methods and limitations

Sources

CDC PLACES county data, 2025 release (data.cdc.gov swc5-untb). BRFSS 2023. Census Bureau 2023 county population estimates; ACS 2019–2023 or 2018–2022. Dataset: https://data.cdc.gov/d/swc5-untb

CDC heart disease mortality county data, 2022–2024 (data.cdc.gov mri7-5jtw). Deaths 2022–2024. Adults aged 35+; age-standardized to the 2000 U.S. standard population. Dataset: https://data.cdc.gov/d/mri7-5jtw

State Cancer Profiles incidence, 2019–2023 (Texas Cancer Registry, SEER November 2025 submission). Diagnoses 2019–2023. Census populations as modified by NCI (SEER population data); age-adjusted to the 2000 U.S. standard. Dataset: https://statecancerprofiles.cancer.gov/incidencerates/index.php?stateFIPS=48&areatype=county&cancer=001&race=00&sex=0&age=001&stage=999&year=0&type=incd&sortVariableName=rate&sortOrder=default

U.S. Census Bureau, ACS 2024 5-year Summary File, table B17001. 2020–2024 (pooled). People for whom poverty status is determined. Dataset: https://www2.census.gov/programs-surveys/acs/summary_file/2024/table-based-SF/data/5YRData/acsdt5y2024-b17001.dat

HRSA Data Warehouse, HPSA – Primary Care: All HPSAs (BCD_HPSA_FCT_DET_PC), daily snapshot of 2026-10-18. Designation status on 2026-10-18. Areas and population groups designated by HRSA (not a population count). Dataset: https://data.hrsa.gov/DataDownload/DD_Files/BCD_HPSA_FCT_DET_PC.csv

USDA Economic Research Service, Rural-Urban Continuum Codes 2023, with 2020 Census populations: https://www.ers.usda.gov/data-products/rural-urban-continuum-codes

County boundaries: U.S. Census Bureau cartographic boundary files via the us-atlas project.

Publishers: Centers for Disease Control and Prevention (CDC); Centers for Disease Control and Prevention, Division for Heart Disease and Stroke Prevention (data: National Vital Statistics System); Texas Department of State Health Services, Texas Cancer Registry; published by the National Cancer Institute and CDC (State Cancer Profiles, SEER submission); U.S. Census Bureau; Health Resources and Services Administration (HRSA), Bureau of Health Workforce, Division of Policy and Shortage Designation. Use of CDC data does not imply endorsement by CDC, HHS or the U.S. Government.

Methods

- Every value is copied from the verified source files Vellora publishes; nothing is estimated, imputed or rounded beyond the source.
- CDC PLACES values are model-based estimates (multilevel regression and poststratification of BRFSS survey data), published with 95% confidence intervals from CDC's simulations. Crude and age-adjusted values are separate published series.
- The heart disease death rate covers adults 35 and over, is age-standardized to the 2000 U.S. population, averaged over three years and spatially smoothed by CDC; no interval is published.
- Each county is placed against the median of reporting Texas counties, using age-adjusted values where CDC publishes them. It is called above or below the median only when its whole confidence interval is clear of it; point estimates alone are never used to claim a difference.
- Only cancer incidence has a published statewide Texas rate with the same definition, so it is the only measure compared with Texas as a whole.

Missing data and suppression

CDC suppresses PLACES estimates for areas with fewer than 50 residents and death rates it cannot estimate reliably; State Cancer Profiles suppresses counts of fewer than 16 cases over five years. Withheld values are shown as withheld with the source's reason; they are never treated as zero and never estimated.

Limitations

- County figures describe populations, not individuals. Patterns across counties do not show what causes them and cannot be applied to any one person.
- Self-reported diagnoses miss undiagnosed conditions, and access to care can affect how many are diagnosed.
- Small counties have wide intervals; CDC advises against ranking counties or drawing conclusions from very broad intervals.

- Sources cover different years and populations (adults 18+, adults 35+, all ages); check each measure's year and population before comparing.

More from Vellora

Interactive profile: https://vellora-health.pages.dev/counties/rains/ · Methodology and indicator definitions: https://vellora-health.pages.dev/methodology/ · Compare counties: https://vellora-health.pages.dev/compare/?a=48379

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