

SUPPLEMENT

GARRETT COUNTY

*Rankings*

REPORTS



COUNTY

**Garrett, MD**

 ▼

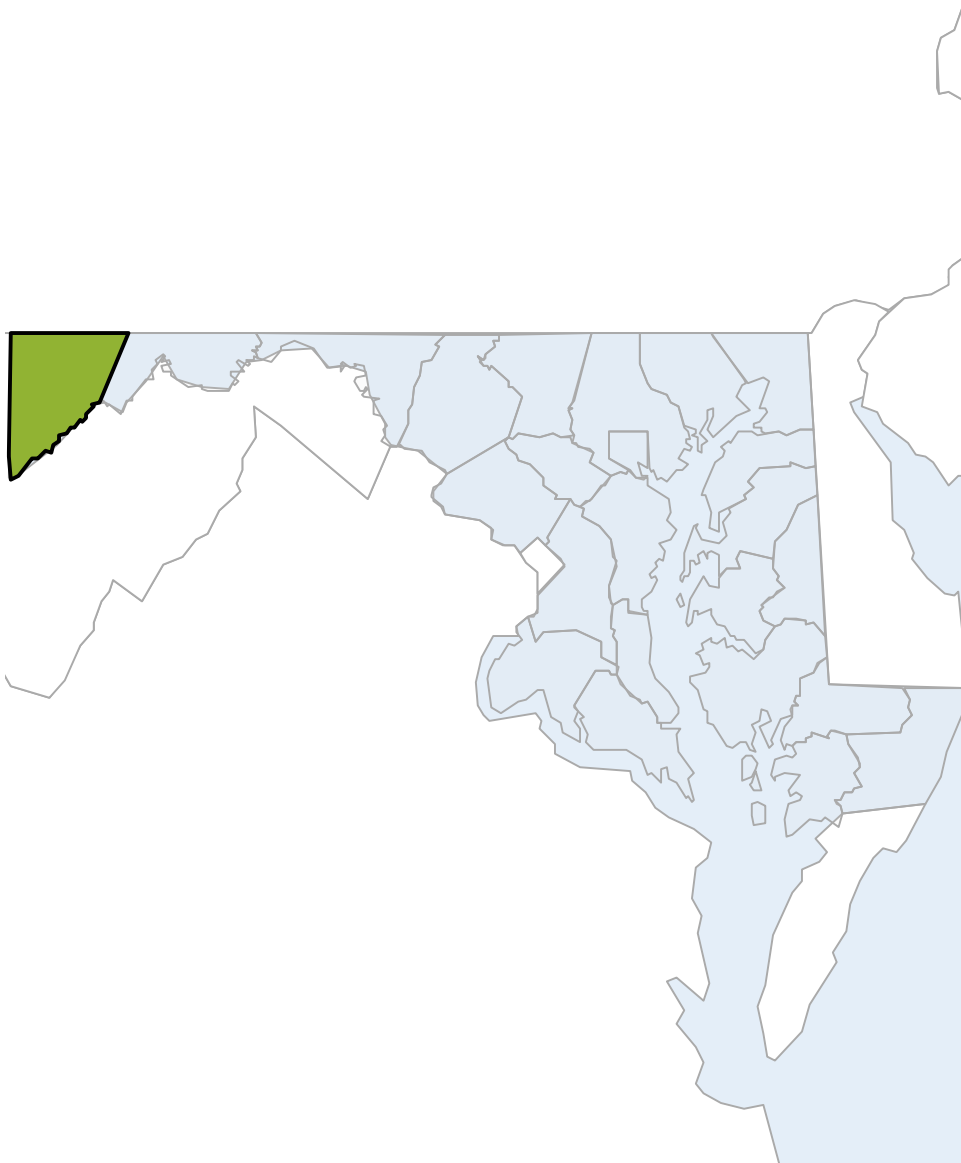
[View Maryland Health Data](#)

## County Demographics

The health of a place results from past and present policies and practices. The land known as Garrett County, along with the entirety of the U.S., has been home for many thousands of years to hundreds of Indigenous nations. Native Land Digital "strives to create and foster conversations about the history of colonialism, Indigenous ways of knowing, and settler-Indigenous relations."

Garrett County, Maryland is Rural i. In Garrett County, 84.2% of the population lives in a low population density area i.

[Show demographic data](#)



## County Snapshot

This county's snapshot covers:

Health Outcomes ↓

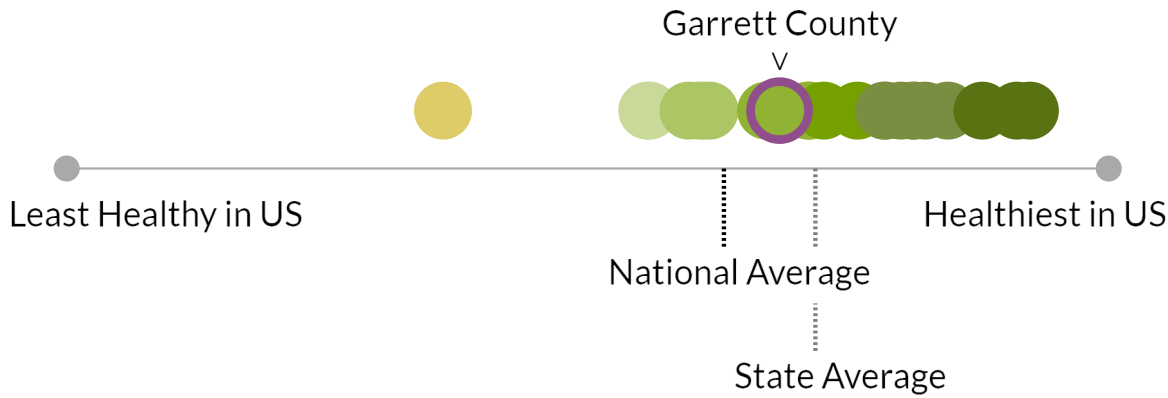
Health Factors ↓

### Garrett County Health Outcomes i


Health Outcomes tell us how long people live on average within a community, and how much physical and mental health people experience in a community while they are alive.

**Garrett County is faring slightly worse than the average county in Maryland for Health Outcomes, and slightly better than the average county in the nation.**

[Download Chart](#)



 Trends Available

| Health Outcomes                                      |   |                |          |               |   |
|--|---|----------------|----------|---------------|---|
| Length of Life                                       |   | Garrett County | Maryland | United States | — |
| Premature Death                                      |  | 8,800          | 7,900    | 8,000         | ∨ |
| Quality of Life                                      |   | Garrett County | Maryland | United States | — |
| Poor or Fair Health                                  |   | 16%            | 13%      | 14%           | ∨ |
| Poor Physical Health Days                            |   | 3.8            | 2.8      | 3.3           | ∨ |
| Poor Mental Health Days                              |   | 5.4            | 4.4      | 4.8           | ∨ |
| Low Birthweight                                      |   | 8%             | 9%       | 8%            | ∨ |
| Additional Health Outcomes (not included in summary) |   |                |          |               | + |

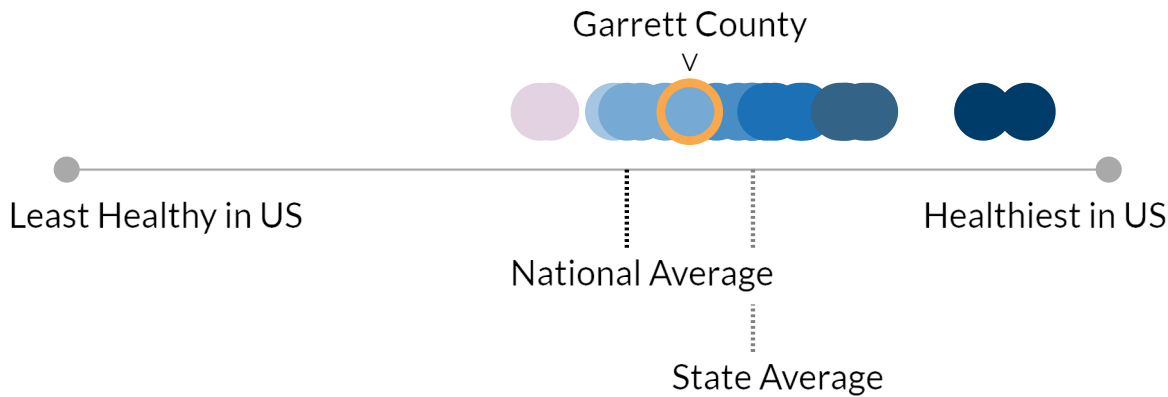
*Note: Blank values reflect unreliable or missing data.*

# Garrett County Health Factors i


Many things influence how well and how long we live. Health Factors represent those things we can improve to live longer and healthier lives. They are indicators of the future health of our communities.

**Garrett County is faring slightly worse than the average county in Maryland for Health Factors, and about the same as the average county in the nation.**

[Download Chart](#)



Show areas to explore   
  Show areas of strength   
  Trends Available

| Health Factors                   |   |          |               |   |
|----------------------------------|---|----------|---------------|---|
| Health Behaviors                 | Garrett County  | Maryland | United States |   |
| Adult Smoking                    | 17%   | 10%      | 15%           | ▼ |
| Adult Obesity                    | 44%   | 34%      | 34%           | ▼ |
| Food Environment Index           | 7.8   | 8.8      | 7.7           | ▼ |
| Physical Inactivity              | 25%   | 21%      | 23%           | ▼ |
| Access to Exercise Opportunities | 58%   | 92%      | 84%           | ▼ |
| Excessive Drinking               | 15%   | 15%      | 18%           | ▼ |
| Alcohol-Impaired Driving Deaths  |  28% | 29%      | 26%           | ▼ |

|  |  |                |          |               |   |
|--|--|----------------|----------|---------------|---|
| Sexually Transmitted Infections                                |  |                |          | 495.5         | ▼ |
| Teen Births  |  | 19             | 13       | 17            | ▼ |
| Additional Health Behaviors (not included in summary)          |  |                |          |               | + |
| Clinical Care  |  | Garrett County | Maryland | United States | — |
| Uninsured  |  | 7%             | 7%       | 10%           | ▼ |
| Primary Care Physicians  |  | 2,050:1        | 1,180:1  | 1,330:1       | ▼ |
| Dentists   |  | 2,040:1        | 1,240:1  | 1,360:1       | ▼ |
| Mental Health Providers  |  | 440:1          | 290:1    | 320:1         | ▼ |
| Preventable Hospital Stays                                     |  | 2,133          | 2,508    | 2,681         | ▼ |
| Mammography Screening  |  | 46%            | 43%      | 43%           | ▼ |
| Flu Vaccinations   |  | 37%            | 51%      | 46%           | ▼ |
| Additional Clinical Care (not included in summary)             |  |                |          |               | + |
| Social & Economic Factors                                      |  | Garrett County | Maryland | United States | — |
| High School Completion   |  | 91%            | 91%      | 89%           | ▼ |
| Some College   |  | 56%            | 71%      | 68%           | ▼ |
| Unemployment   |  | 3.5%           | 3.2%     | 3.7%          | ▼ |
| Children in Poverty  |  | 20%            | 12%      | 16%           | ▼ |
| Income Inequality  |  | 4.3            | 4.6      | 4.9           | ▼ |
| Children in Single-Parent Households                           |  | 20%            | 26%      | 25%           | ▼ |
| Social Associations  |  | 13.2           | 8.8      | 9.1           | ▼ |
| Injury Deaths  |  | 83             | 92       | 80            | ▼ |
| Additional Social & Economic Factors (not included in summary) |  |                |          |               | + |
| Physical Environment   |  | Garrett County | Maryland | United States | — |
| Air Pollution - Particulate Matter                             |  | 5.6            | 7.4      | 7.4           | ▼ |
| Drinking Water Violations                                      |  | No             |          |               | ▼ |
| Severe Housing Problems  |  | 11%            | 15%      | 17%           | ▼ |
| Driving Alone to Work  |  | 78%            | 68%      | 72%           | ▼ |

|   |  |     |     |     |   |
|---|--|-----|-----|-----|---|
| Long Commute - Driving Alone                              |  | 31% | 49% | 36% | ▼ |
| Additional Physical Environment (not included in summary) |  |     |     |     | + |

*Note: Blank values reflect unreliable or missing data.*