Situated in southeast Texas, Harris County encompasses 1,777 square miles of a sprawling urban and suburban landscape. Sixty-five percent of the land area lies within unincorporated areas where 1.8 million people reside. Most residents live within the County’s 34 municipalities, with over 2.1 million residents living within the city of Houston and about 500,000 in the remaining municipalities combined. Within these geographic boundaries, Harris County is made up of diverse communities, each with a unique sociodemographic and cultural fabric.

This profile includes a range of demographic, social and economic indicators that describe Harris County and discusses how these indicators influence our opportunities for good health.

<table>
<thead>
<tr>
<th>Municipality</th>
<th>2014 U.S. Census*</th>
<th>Municipality</th>
<th>2014 U.S. Census*</th>
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</table>

*Source: U.S. Census Bureau, 2014 Population Estimate; unless noted (#), then: American Community Survey 2010-2014 5-yr estimates
Demographics

Population Growth

According to the 2014 U.S. Census Population Estimate Program, Harris County is the third most populous county in the United States, with an estimated 4.44 million residents. The population continues to grow rapidly having increased by 24% since 2000 and 8% since 2010.

Further, the State Demographer projects that Harris County’s population will reach 4.5 million by 2015 and 6.8 million by 2040.

The unincorporated area now represents 41% of the total county population, up from 31% in 2000.

Population by Age

The population in Harris County is younger than both the Texas and U.S. population. According to the 2014 U.S. Population Estimate, the median age in Harris County was 32.6. This compares to a median age of 33.9 in Texas and 37.4 in the United States. Nine percent of the Harris County population is older than 65 compared to 11% of the Texas population and 13.8% of the U.S. population.
Race and Ethnicity

Harris County’s population is diverse, more so than that of Texas or the U.S. According to the 2014 U.S. Population Estimate Program, Harris County has a greater proportion of African American and Asian residents than Texas or the nation and a substantially higher proportion of Hispanic residents than the U.S. population.²

Language and Nativity

As in previous years, in 2014 Harris County had a greater proportion of foreign-born residents, as well as residents who do not speak English at home, than that of Texas or the nation.³ The majority of Harris County residents who speak a language other than English at home are Spanish speakers.
Where We Live, Learn, Work, and Play

Our health is impacted by the circumstances in which we live, work, learn and play as well as health care systems in place to prevent and manage illness. Poor social and economic circumstances such as low educational attainment, unemployment, inadequate income, sub-standard housing and access to health services affect our health.

Education

There is a well-established relationship between education and health. In general, those with the highest levels of education often experience less disability and death than those with the lowest levels of education.

According to the World Health Organization, “Life expectancy is shorter and most diseases are more common the further down the social ladder in each society.”

Compared to the U.S. and Texas, fewer Harris County residents aged 25 and over are high school graduates or the equivalent. According to the 2014 American Community Survey, 79.1% of Harris County residents aged 25 and over are high school graduates or the equivalent. This compares to a high school completion rate of 81.6% in Texas and 86.3% in the U.S.

There are apparent differences in educational attainment among racial/ethnic groups in Harris County. White and Asian residents aged 25 and over obtain a Bachelor’s degree or higher at more than twice the rate of Black and Hispanic residents.

Further, the high school dropout rate among Black high school students in Harris County public school districts is almost four times the rate of white students.
Employment and Income

Employment opportunities and the ability to earn adequate income influences health. Premature death is more than twice as likely for middle income Americans as for those at the top of the income ladder, and more than three times as likely for those at the bottom than those at the top.5

The 2014 unemployment rate reported by the Texas Workforce Commission for Harris County and Texas civilian labor force was 4.9% and 5.1%, respectively—compared to the U.S. rate of 6.2%.7

In 2014, median household income increased by 6.04% from 2009 in Harris County, Texas and the U.S. The median household income in Harris County was $53,822, up from $50,571 in 2009.3 In comparison, the median income in Texas households in 2014 was $52,576 and $53,482 in U.S. households. Year 2014 ACS data indicate that 18.4% of residents in Harris County lived below the poverty level, which in 2012 was $11,170 for an individual and $23,050 for a family of four.

Between September 2014 and September 2015, Texas ranked 3rd in the nation for the total number of foreclosures.8

Housing

The ability to afford safe and adequate housing influences a person’s health by limiting families’ choices about where they live and whether they are able to purchase nutritious food and health care.9 Housing is considered “affordable” when a family spends less than 30% of its income on housing. In 2014, almost 45% of renters in Harris County and Texas spent more than 30% of their household income on housing compared with 50% of renters in the U.S.3
The age of housing units also influences health through exposure to hazards such as lead. High levels of lead in the bloodstream can lead to learning disabilities, behavioral problems, seizures and death.

The risk of lead poisoning is greater among individuals residing in homes built prior to 1978 before the use of lead-based paint was banned. Further, although lead-based paint was banned, millions of housing units and buildings still contain lead-based paint or paint debris. According to the 2014 American Community Survey, 46.2% of housing units in Harris County were built before 1980.

**Access to Care**

Health insurance status influences a person’s ability to prevent major illness and to access health care before health problems become serious. People without insurance or without adequate coverage often delay care and are more likely to be hospitalized for conditions which could be treated in a primary care setting.10

Texas continues to have the highest rate of uninsured persons in the nation. According to the 2014 American Community Survey, persons with no health insurance coverage were 11.7% in the U.S., 19.1% in Texas, and 22% in Harris County.

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**Due to the Affordable Care Act, between 2013 and 2014, overall uninsured rates in Texas dropped from 22.1% to 19.1%.**12
Data Sources:
1. Harris County Management Services, Population Study (January 2015),
3. U.S. Census Bureau, American Community Survey 2014 1-Year Estimates,
4. Centers for Disease Control and Prevention (CDC), Social Determinants of Health: Key Concepts,
6. Texas Education Agency (TEA), Division of Accountability Research,
12. By Refusing Affordable Care Act, Texas Now Has Largest Uninsured Population in America,