

Health and Health Care in Washoe County – 2024

Health and Health Care in Washoe County utilizes county-level data from the Robert Wood Johnson Foundation's *County Health Rankings and Roadmaps* project. This county profile was produced by the Office of Statewide Initiatives at the University of Nevada, Reno School of Medicine. The report includes the most current data available on health outcomes, as well as a wide-range of data on health factors influencing those outcomes. Data for Washoe County are benchmarked against state and national averages to highlight areas of strength and weakness in Washoe County.

Strengths:

- In Washoe County, 12% of the population was uninsured and has been trending downward since 2010.
- There was one primary care physician per 1,270 people.

Challenges and Opportunities for Growth:

- Of adults, 19% reported binge or heavy drinking.
- The number of chlamydia cases have steadily increased since 2010, with the recent diagnosis of 497 new cases per 100,000 people.

County Health Rankings and Roadmaps Model

The County Rankings project emphasizes that a wide range of factors influence how long and how well we live, from education and income, to what we eat and how we move, to the quality of our housing and the safety of our neighborhoods. The model and associated rankings distinguish indicators or measures of health outcomes for today's health, as well as measures of health factors influencing tomorrow's health such as health behaviors, access to clinical care, social and economic determinants, and the physical environment.

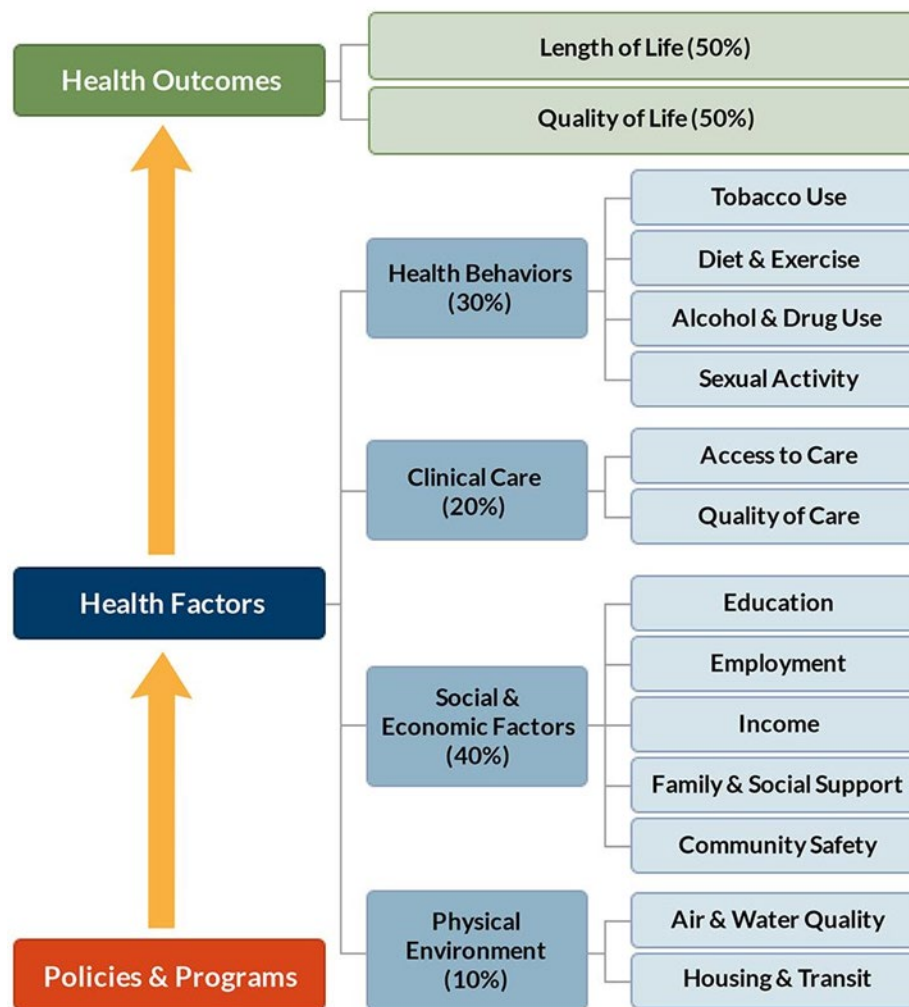


Table 1: Health Outcomes – Mortality and Length of Life in Washoe County

Health Outcomes Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Premature death – Years of potential life lost before age 75 per 100,000 population	8,057.5	8,316.9	8,000.0	6,840.2	19,723.9
Life expectancy – Average number of years a person can expect to live	77.3	77.0	77.6	67.8	83.2
Premature age-adjusted mortality – Number of deaths among residents under age 75 per 100,000 population	386.2	417.4	390.0	255.9	814.2
Child mortality – Number of deaths among residents under age 18 per 100,000 population	56.6	51.4	50.0	33.6	76.5
Infant mortality – Number of infant deaths (within 1 year) per 1,000 live births	6.1	5.6	6.0	5.4	9.2

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org**Table 2: Health Outcomes – Morbidity and Quality of Life in Washoe County**

Health Outcomes Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Poor fair health – Percentage of adults reporting fair or poor health	15.7	17.8	14.0	14.3	23.4
Poor physical health days – Average number of physically unhealthy days reported in past 30 days	3.8	4.1	3.3	3.8	5.2
Poor mental health days – Average number of mentally unhealthy days reported in past 30 days	5.7	5.5	4.8	5.4	6.3
Low birthweight – Percentage of live births with low birthweight (< 2,500 grams)	8.3	9.0	8.0	4.6	12.6
Frequent physical distress – Percentage of adults reporting 14 or more days of poor physical health per month (age-adjusted)	11.4	13.1	10.0	11.3	15.8
Frequent mental distress – Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted)	17.5	18.1	15.0	16.9	21.0
Diabetes prevalence – Percentage of adults aged 20 and above with diagnosed diabetes (age-adjusted)	9.3	10.2	10.0	8.0	12.5
HIV prevalence – Number of people aged 13 years and older living with a diagnosis of HIV infection per 100,000 population	266.2	430.5	382.0	0.0	503.4

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 3: Health Behaviors in Washoe County

Health Behavior Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Tobacco Use					
Adult smoking – Percentage of adults who are current smokers	15.7	15.3	15.0	14.5	24.2
Diet and Exercise					
Adult obesity – Percentage of adults that report a body mass index (BMI) ≥ 30	28.2	31.5	34.0	28.2	38.5
Food environment index – Index of factors that contribute to a health food environment (0-10)	8.1	6.8	7.7	3.3	8.7
Physical inactivity – Percentage of adults aged 20 and over reporting no leisure-time physical activity	22.5	23.4	23.0	18.7	29.4
Access to exercise opportunities – Percentage of population with adequate access to locations for physical activity	88.7	90.6	84.0	9.6	98.8
Food insecurity – Percentage of population who lack adequate access to food	9.7	13.0	10.0	8.2	13.9
Limited access to healthy foods – Percentage of population who are low-income and do not live close to a grocery store	6.8	6.2	6.0	0.1	43.7
Alcohol and Drug Use					
Excessive drinking – Percentage of adults reporting binge or heavy drinking	19.4	14.9	18.0	13.1	19.4
Alcohol-impaired driving deaths – Percentage of driving deaths with alcohol involvement	32.2	27.6	26.0	0.0	39.7
Drug overdose death – Number of drug poisoning deaths per 100,000 population	33.0	25.9	27.0	14.4	33.0
Motor vehicle crash deaths – Number of motor vehicle crash deaths per 100,000 population	11.4	11.4	12.0	9.4	47.6
Sexual Activity					
Sexually-transmitted infections – Number of newly diagnosed chlamydia cases per 100,000 population	497.0	520.0	495.5	0.0	563.8
Teen births – Number of births per 1,000 females aged 15 to 19	18.4	18.7	17.0	7.7	31.6
Other Health Behaviors					
Insufficient sleep – Percentage of adults who report fewer than 7 hours of sleep on average (age-adjusted)	33.1	35.3	33.0	33.1	38.1

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 4: Clinical Care in Washoe County

Clinical Care Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Access to Care					
Uninsured – Percentage of population under age 65 without health insurance	12.0	13.8	10.0	7.7	20.9
Primary care physicians – Ratio of population to primary care physicians	1268:1	1763:1	1330:1	743:1	4112:1
Dentists – Ratio of population to dentists	1419:1	1528:1	1360:1	744:0	5766:1
Mental health providers – Ratio of population to mental health providers	279:1	399:1	320:1	244:1	2883:1
Uninsured adults – Percentage of adults under age 65 without health insurance	13.7	15.8	12.0	7.9	21.5
Uninsured children – Percentage of children under age 19 without health insurance	7.5	8.5	5.0	6.8	18.8
Other primary care providers – Ratio of population to primary care providers other than physicians	782:1	917:1	760:1	612:1	3241:1
Quality of Care					
Preventable hospital stays – Number of hospital stays for ambulatory-care sensitive conditions per 1000 Medicare enrollees	1,907	2,684	2,681	599	3,600
Mammography screening – Percentage of female Medicare enrollees aged 67-69 that receive mammography screening	44.0	35.0	43.0	18.0	49.0
Flu Vaccines – Percentage of population which are vaccinated	44.0	37.0	46.0	11.0	44.0

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 5: Social and Economic Factors in Washoe County

Social and Economic Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Education					
High school completion – Percentage of adults ages 25 and over with a high school diploma or equivalent	88.5	87.1	89.0	78.1	95.2
Some college – Percentage of adults aged 25-44 with some post-secondary education	64.1	59.5	68.0	41.2	77.1
High school graduation – Percentage of ninth-grade cohort that graduates in four years	82.1	81.0	86.0	47.5	94.0
Disconnected youth – Percentage of teens and young adults ages 16-19 who are neither working nor in school	7.4	9.9	7.0	7.4	13.3
Reading scores – Average grade level performance for 3rd graders on English Language Arts standardized tests	2.9	2.9	3.1	2.5	3.3
Math scores – Average grade level performance for 3rd graders on math standardized tests	2.8	2.8	3.0	2.3	3.1
School segregation – Index ranging from 0 (least segregated) to 1 (most segregated) by race and ethnicity in school versus the community	0.10	0.10	0.20	0.01	0.36
School funding adequacy – The average gap in dollars between actual and required spending per pupil among public school districts	-2,096.7	-5060.7	634.0	-6,930	16,768
Employment					
Unemployment – Percentage of population aged 16 and older unemployed but seeking work	3.5	5.4	0.0	2.9	6.0
Income					
Children in poverty – Percentage of children under the age of 18 in poverty	10.7	16.5	16.0	10.4	22.5
Income inequality – Ratio of household income at the 80 th percentile to income at the 20 th percentile	4.2	4.4	4.9	2.9	10.5
Gender pay gap – A ratio of women's median earnings to men's median earnings presented as "cents on the dollar"	0.80	0.90	0.81	0.26	1.01
Median household income – The income where half of households in a county earn more and half of households earn less	80,245	72,348	74,800	51,933	91,960
Living wage – The hourly wage needed to cover basic household expenses	53.3	52.1	0.0	40.7	53.3
Children eligible for free or reduced-price lunch – Percentage of children enrolled in public schools that are eligible for FRP lunch	45.5	78.6	51.0	26.7	100.0
Family and Social Support					
Children in single-parent households – Percentage of children that live in a household headed by single parent	25.1	27.8	25.0	0.0	39.5
Social associations – Number of membership associations per 10,000 population	6.3	4.3	9.1	0.0	8.2
Residential segregation: Black/White – Index of dissimilarity where higher values indicate greater residential segregation	53.6	49.1	63.0	5.3	87.6
Childcare cost burden – Childcare costs for a household with two children as a percent of median household income	0.3	26.3	27.0	12.2	44.4
Childcare centers – Number of childcare centers per 1,000 population under 5 years old	75.9	2.9	7.0	0.3	8.2

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 5: Social and Economic Factors in Washoe County (continued)

Social and Economic Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Community Safety					
Injury deaths – Number of deaths due to injury per 100,000 population	96.5	83.7	80.0	75.1	138.1
Homicides – Number of deaths due to homicide per 100,000 population	5.3	7.0	6.0	3.5	7.7
Suicides – Number of deaths due to suicide per 100,000 population (age-adjusted)	20.4	20.1	14.0	18.4	40.9
Firearm fatalities – Number of deaths due to firearms per 100,000 population	16.7	17.7	13.0	16.7	33.6

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org**Table 6: Physical Environment in Washoe County**

Physical Environment Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Air and Water Quality					
Air pollution: particulate matter – Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	6.0	4.2	7.4	3.6	8.4
Drinking water violations – Indicator of the presence of health-related drinking water violations. 'Yes' indicates presence of a violation, 'No' indicates no violation	Yes	—	—	—	—
Housing and Transit					
Severe housing problems – Percentage of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	17.3	18.8	17.0	7.6	20.1
Driving alone to work – Percentage of workforce that drives alone to work	71.5	73.6	72.0	57.3	81.3
Long commute: driving alone – Percent of workforce commuting more than 30 minutes among workers who commute alone	23.7	32.1	36.0	10.7	56.7
Traffic volume – Average traffic volume per meter of major roadways in the county	199.1	180.3	108.0	3.8	199.1
Homeownership – Percentage of owner-occupied housing units	58.6	58.4	65.0	51.8	97.0
Severe housing cost burden – Percentage of households that spend 50% or more of their household income on housing	14.4	16.6	14.0	5.8	28.2
Broadband access – Percentage of households with broadband internet connection	89.4	88.7	88.0	77.6	96.0

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org

Table 7: Washoe County Demographics

Demographic Indicator	Washoe County	Nevada	United States	Nevada Minimum	Nevada Maximum
Population – Resident population in 2024	496,745	3,177,772	—	744	2,322,985
Youth population – Percentage of population below 18 years of age	20.6	21.7	21.7	12.4	26.6
Elderly population – Percentage of population aged 65 years and over	17.8	16.9	17.3	13.2	34.3
Non-Hispanic white population – Percentage of population self-identifying as non-Hispanic white	60.2	45.7	58.9	38.8	82.0
Non-Hispanic black population – Percentage of population self-identifying as non-Hispanic black	2.5	9.7	12.6	0.8	12.5
American Indian and Alaska Native population – Percentage of population self-identifying as AI/AN	2.3	1.7	1.3	1.3	17.9
Asian population – Percentage of population self-identifying as Asian	6.3	9.4	6.3	0.9	11.2
Native Hawaiian and Other Pacific Islander population – Percentage of population self-identifying as NH/PI	0.8	0.9	0.3	0.0	1.0
Hispanic population – Percentage of population self-identifying as Hispanic	26.2	30.3	19.1	9.1	32.6
Female population – Percentage of population self-identifying as Female	49.1	49.5	50.4	36.8	49.8
English proficiency – Percentage of population that is not proficient in English	3.1	5.2	4.1	36.8	49.8

Source: County Health Rankings and Roadmaps www.countyhealthrankings.org, United States Census Bureau data.census.gov



Health and Healthcare in Washoe County – 2024 Edition is a publication from the Nevada Health Workforce Research Center in the Office of Statewide Initiatives at the University of Nevada, Reno School of Medicine.

The mission of the Office of Statewide Initiatives is to improve the health of Nevadans through statewide engagement, education, and research.

The vision of programs in the Office of Statewide Initiatives is to promote health and prevent disease, as well as provide technical assistance that increases access to high-quality health care for all Nevadans.

The purpose of the Nevada Health Workforce Research Center is to improve the collection and analysis of data on health workforce supply and demand to enhance health workforce planning and development in Nevada.