



Your *First* **STOP** for
Rural Health
INFORMATION

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Food is Medicine Midwest Convening
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Diet-related Chronic Disease Disparities in Rural America



Your *First* **STOP** for *Rural Health* **INFORMATION**

- **Visit the website**
 - Online library
 - Funding opportunities
 - 50+ topic guides on key rural health issues
 - State guides
 - Toolkits and model programs
 - Chart gallery and data explorer with county-level data
 - Am I Rural tool
 - More...
- **Sign up for email updates and custom alerts**
- **Contact our Resource and Referral Service**
800.270.1898 or info@ruralhealthinfo.org



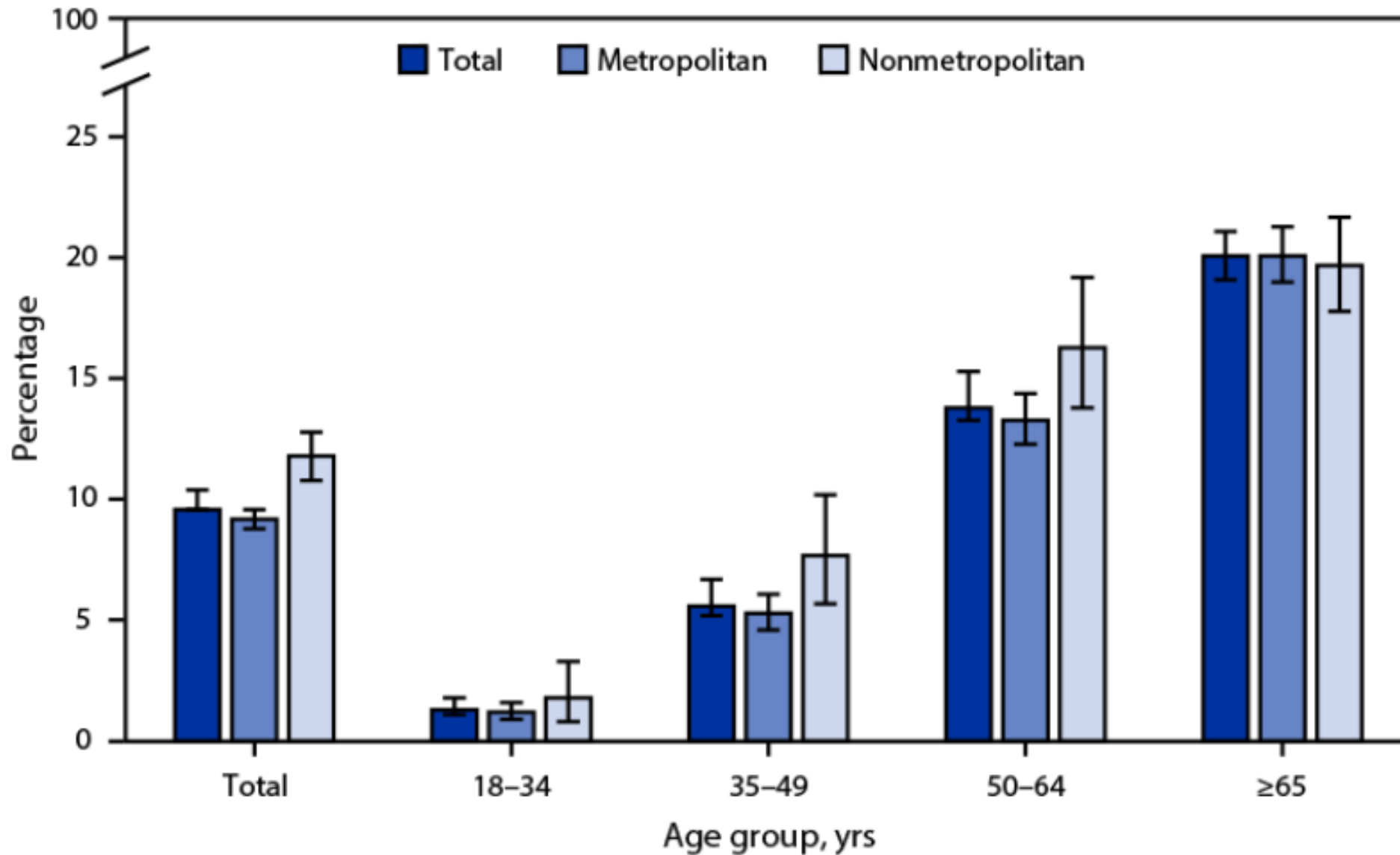
All services are free!

ruralhealthinfo.org



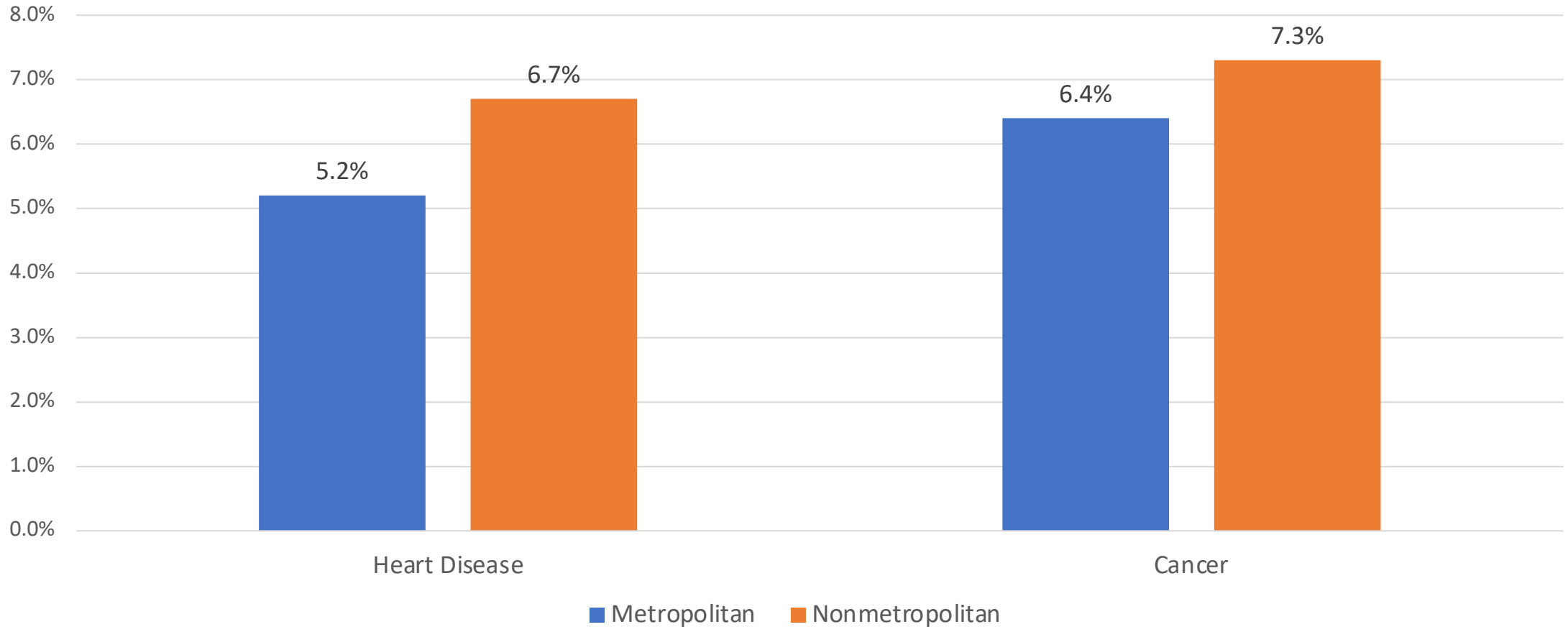
What is Diet-Related Chronic Disease?

Diabetes Prevalence, 2022



Source: [MMWR Morb Mortal Wkly Rep 2024;73:49](#).

Prevalence of Heart Disease & Cancer, 2019



Source: [Health, United States 2020-2021](#)

Obesity Rates Among Adults, 2016

Adults (2016 Data)

- Metropolitan Rate: 28.7%
- Nonmetropolitan Rate: 34.2%

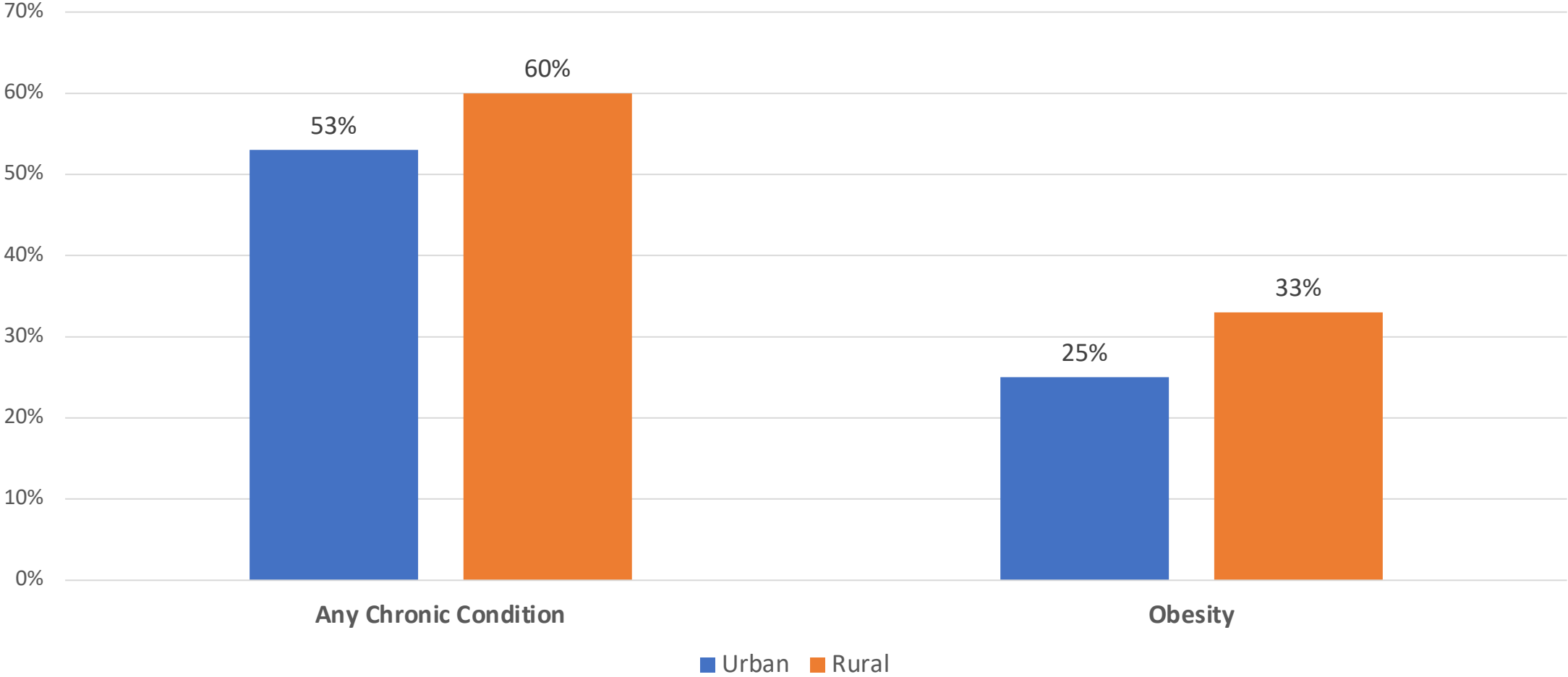
Children (2019-2020 Data)

- Metropolitan Rate: 32.1%
- Nonmetropolitan Rate: 37.6%

Sources: [Lundeen EA, Park S, Pan L, O'Toole T, Matthews K, Blanck HM. Obesity Prevalence Among Adults Living in Metropolitan and Nonmetropolitan Counties — United States, 2016. MMWR Morb Mortal Wkly Rep 2018;67:653–658](#)

[Crouch E, Abshire DA, Wirth MD, Hung P, Benavidez GA. Rural–Urban Differences in Overweight and Obesity, Physical Activity, and Food Security Among Children and Adolescents. Prev Chronic Dis 2023;20:230136.](#)

Chronic Conditions, Adults Aged 18-34, 2019



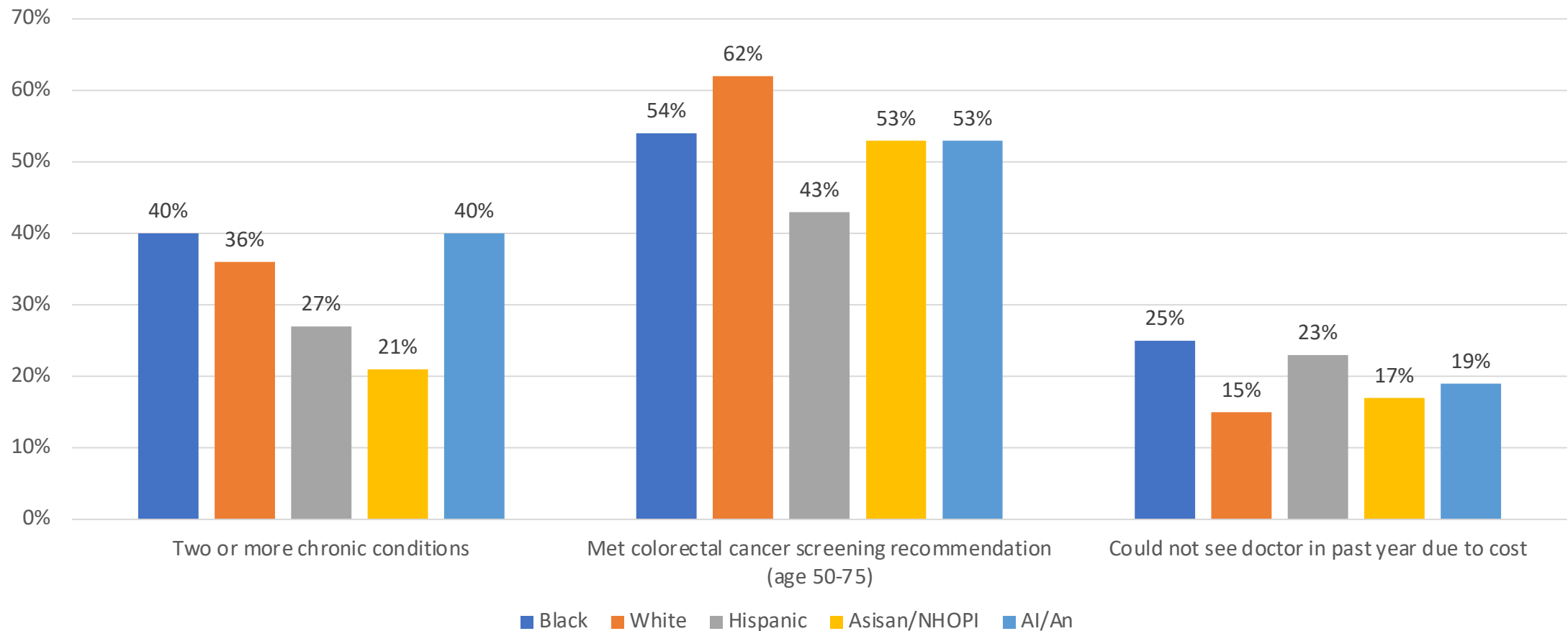
Source: [Watson KB, Carlson SA, Loustalot F, et al. Chronic Conditions Among Adults Aged 18–34 Years — United States, 2019. MMWR Morb Mortal Wkly Rep 2022;71:964–970.](#)

Multiple Chronic Disease Prevalence in Adults, 2018

“Examination by urbanicity indicated that those living in rural areas (34.8%) had a higher prevalence of multiple chronic conditions compared with those living in urban areas (26.1%).”

- [Boersma P, Black LI, Ward BW. Prevalence of Multiple Chronic Conditions Among US Adults, 2018. Prev Chronic Dis 2020;17:200130.](#)

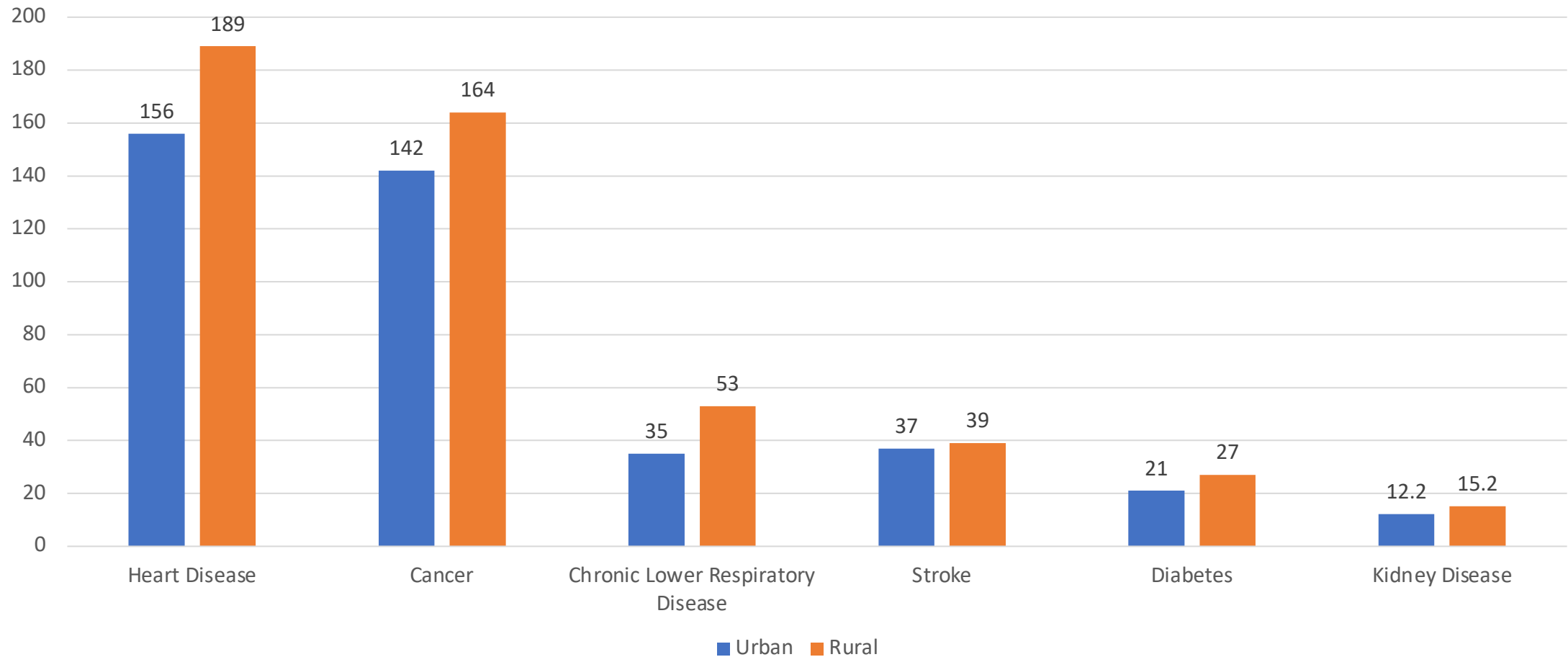
Racial/Ethnic Disparities Among Rural Adults, 2012-2014



Source: [James CV, Moonesinghe R, Wilson-Frederick SM, Hall JE, Penman-Aguilar A, Bouye K. Racial/Ethnic Health Disparities Among Rural Adults — United States, 2012–2015. MMWR Surveill Summ 2017;66\(No. SS-23\):1–9.](#)

Age-Adjusted Death Rates for Selected Diseases, 1999-2019

(Rates per 100,000)

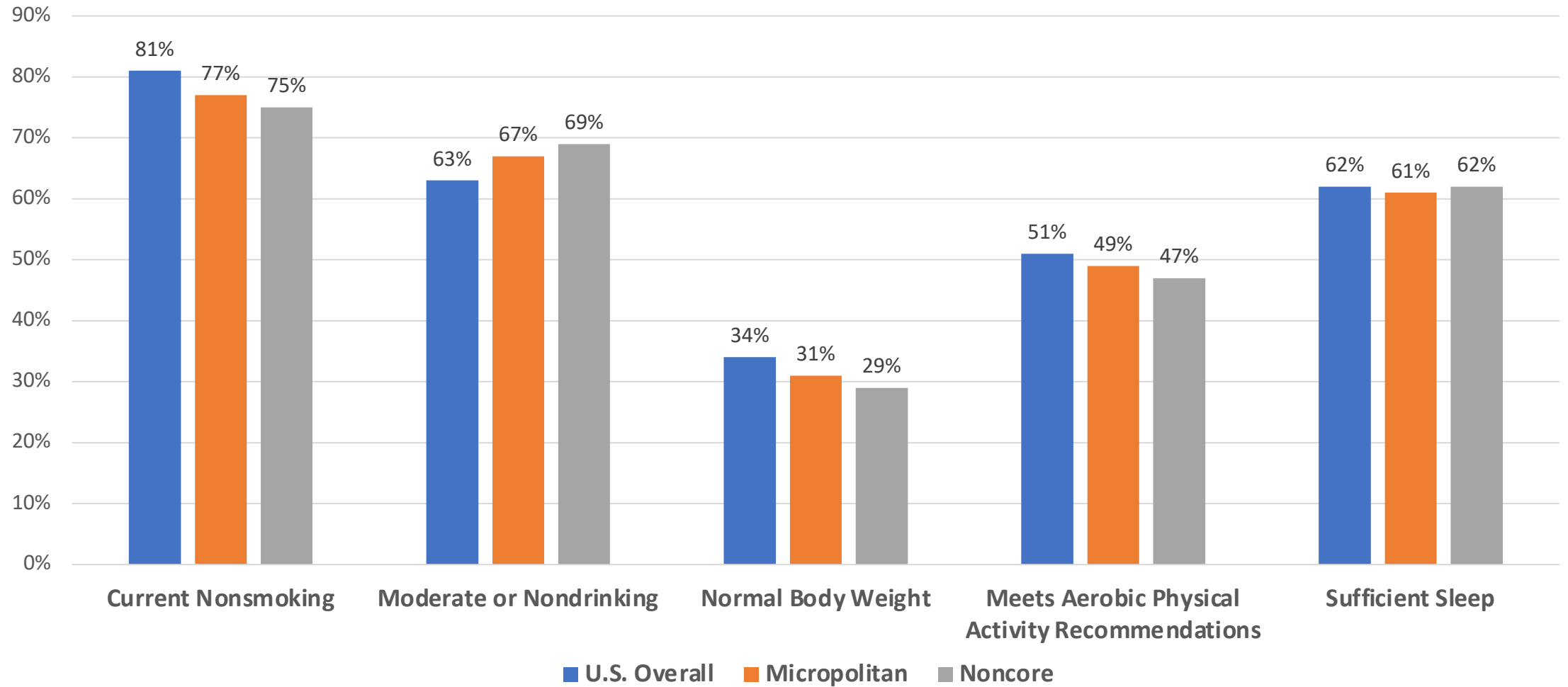


Source: [Curtin SC, Spencer MR. Trends in death rates in urban and rural areas: United States, 1999–2019. NCHS Data Brief, no 417.](#) Hyattsville, MD: National Center for Health Statistics. 2021.

Factors Impacting Rural Chronic Disease Prevalence and Management

- Health Care Access
- Healthy Food Access
- Social Drivers of Health
- Health Behaviors

Health Behaviors, 2013



Source: [Matthews KA, Croft JB, Liu Y, et al. Health-Related Behaviors by Urban-Rural County Classification — United States, 2013. MMWR Surveill Summ 2017;66\(No. SS-5\):1–8](#)

Rural Chronic Disease Management Advances

- Growth in care coordination activities and tools
- Telehealth and remote monitoring
- Community Health Workers and Community Paramedics
- Culturally appropriate care and programming
- Education efforts to improve health literacy and self-management

Contact, Connect, & Stay Informed

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