Congressional District Health
DASHBOARD

Using data to improve the health of all people.

Until now, most data on health and the drivers of health and wellbeing have not been widely available at the congressional district level, nor were they easily accessible to the public. That's where the Congressional District Health Dashboard comes in.

The Congressional District Health Dashboard compiles local data from multiple national sources for all 435 U.S. congressional districts and D.C., and enables users to:

Explore district-level data on health, education, poverty, and more.

Map and use compelling visualizations to identify local or national gaps and advocate for change.

Identify racial, ethnic, geographic, and other disparities in health across congressional districts.

Compare the health status and drivers of health in districts with state and national averages.
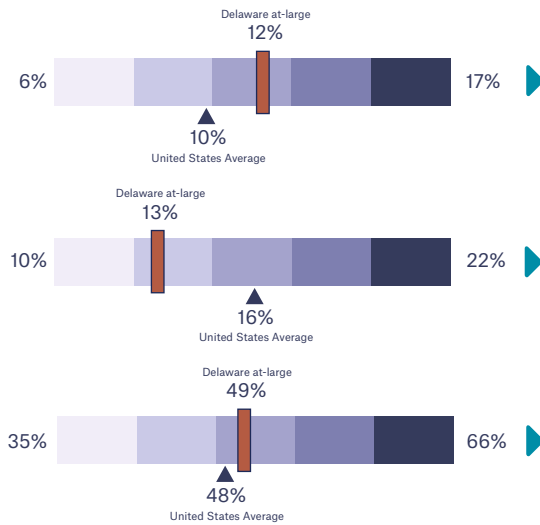
The Congressional District Health Dashboard will help policymakers understand the influence of factors that affect health and communities' ability to thrive, such as diabetes, physical inactivity, rent burden, and access to broadband connection.

Anand Parekh
Chief Medical Advisor
Bipartisan Policy Center

Using Data to Drive Change

This powerful, first-of-its-kind tool can help lawmakers, advocates, journalists, and others dig into congressional district-level data, identify priorities, and drive action. For example:

▶ **Policymakers** can advocate for federal legislation to target funding and other supports to congressional districts with the highest child poverty or uninsured rates.

▶ **Journalists** can use district-level data to answer important health-related questions about the topics or districts they cover, and enrich stories on policy news of the day.

▶ **Advocates** can show lawmakers how their district compares to others on cancer deaths or access to healthy foods.

▶ **Researchers** can leverage data on disparities to understand the impact of policies on health and health equity.

CongressionalDistrictHealthDashboard.org

Exploring Dashboard Metrics in Delaware's at-large District

Delaware at-large
12%

6% | 17%

▲
10%
United States Average

Delaware at-large
13%

10% | 22%

▲
16%
United States Average

Delaware at-large
49%

35% | 66%

▲
48%
United States Average

METRICS

Diabetes
Delaware at-large had an estimated **12%** of adults report having diabetes in **2021**, compared to the national average of **10%**.

Frequent Mental Distress
Delaware at-large had an estimated **13%** of adults report frequent mental distress in **2021**, compared to the national average of **16%**.

Rent Burden
Delaware at-large had an estimated **49%** households experiencing high rent burden in **2022**, compared to the national average of **48%**.

NOTE: All values displayed show the most recent year of data available, which may vary by metric. For more information on metric calculations and data sources, visit our website (**CongressionalDistrictHealthDashboard.org**).

What Does the Congressional District Health Dashboard Measure?

Health Outcomes

Breast Cancer Deaths ◣

Cardiovascular Disease Deaths ◣

Colorectal Cancer Deaths ◣

Diabetes

Firearm Homicides ◣

Firearm Suicides ◣

Frequent Mental Distress

Frequent Physical Distress

High Blood Pressure

Life Expectancy

Low Birthweight ◣

Obesity

Opioid Overdose Deaths ◣

Premature Deaths (All Causes) ◣

Social & Economic Factors

Broadband Connection

Children in Poverty ◣

Chronic Absenteeism ◣

High School Completion ◣

Income Inequality

Neighborhood Racial/
Ethnic Segregation

Racial/Ethnic Diversity

Rent Burden

Unemployment ◣

Health Behaviors

Binge Drinking

Physical Inactivity

Smoking

Teen Births ◣

Physical Environment

Air Pollution – Ozone

Air Pollution – Particulate Matter

Housing with Potential Lead Risk

Lead Exposure Risk Index

Clinical Care

Dental Care

Medicaid Enrollment

Prenatal Care ◣

Preventative Services, 65+ ◣

Routine Checkup, 18+

Uninsured ◣

Those shown with a "◣" have demographic breakdowns available.