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 US 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.

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.

▶ **Advocates** can show lawmakers how their district compares to others on cancer deaths or supermarket proximity.

▶ **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.

▶ **Researchers** can leverage data on disparities to understand the impact of policies on health and health equity.
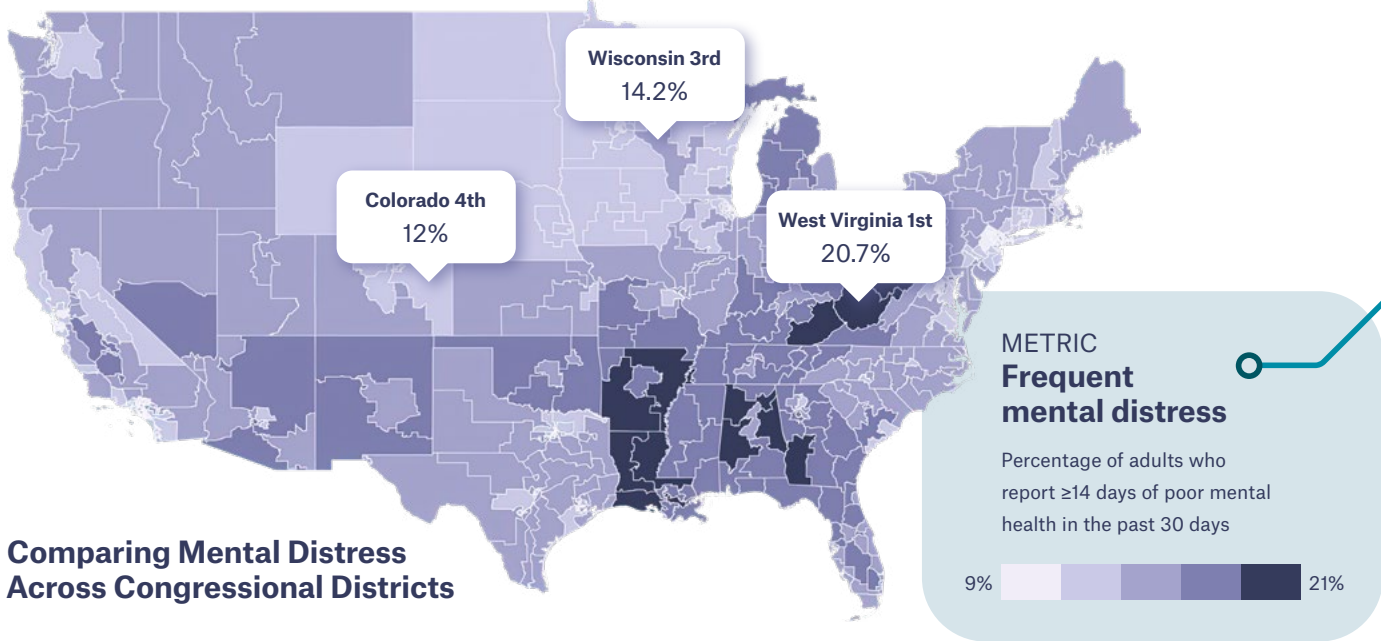
The Congressional District Health Dashboard will help policymakers understand the influence of factors that affect health and communities' ability to thrive, such as diabetes, physical inactivity, rent burden and supermarket proximity.

Anand Parekh
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Wisconsin 3rd
14.2%

Colorado 4th
12%

West Virginia 1st
20.7%

METRIC
**Frequent
mental distress**

Percentage of adults who
report ≥14 days of poor mental
health in the past 30 days

9% _____ 21%

**Comparing Mental Distress
Across Congressional Districts**

What Does the Congressional District Health Dashboard Measure?

Health Outcomes

Breast cancer deaths ⬩

Cardiovascular disease deaths ⬩

Colorectal cancer deaths ⬩

COVID Local Risk Index

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 ⬩

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 – particulate matter

Housing with potential lead risk

Lead exposure risk index

Limited supermarket proximity ⬩

Clinical Care

Dental care

Prenatal care ⬩

Preventative services, 65+ ⬩

Routine checkups, 18+

Uninsured ⬩

Those shown with a "⬩" have demographic
breakdowns available (pending large enough
racial/ethnic groups within the district).