



Swimming Upstream with Data – Rural Communities

This handout provides the data sources and additional information to accompany the video tutorial “Swimming Upstream with Data, Prevention Data Sources for [Rural Communities](#).”

Data Source	Link and Instructions for Downloading Files
<p>U.S. Department of Agriculture – Poverty Area Measures. This data product provides poverty area measures for counties and census tracts across 50 States and Washington DC. The measures include indicators of high poverty areas, extreme poverty areas, persistent poverty areas, and enduring poverty areas for Decennial Census years 1960–2000 and for American Community Survey (ACS) 5-year periods spanning both 2007–11 and 2015–19.</p>	<p>https://www.ers.usda.gov/data-products/</p> <ol style="list-style-type: none">1. Scroll down and see the alphabetical list of data products.2. Scroll to Poverty Area Measures file (Excel). Select file.3. Scroll to bottom of the page and select Poverty Area Measures file (Excel). Note codebook and review variable definitions.4. Copy and paste state on another tab and analyze variables.
<p>Census Bureau - Data Equity Tools. Community resilience is the capacity of individuals and households within a community to absorb the external stresses of a disaster. To measure this, the Census Bureau produced the 2019 Community Resilience Estimates (CRE). To provide context to the estimates and add to the discussion of equity, the CRE program has created the Community Resilience Estimates Equity Supplement or CRE for Equity.</p>	<p>https://www.census.gov/en.html</p> <ol style="list-style-type: none">1. Select Data & Maps.2. Select Data Equity Tools.3. Select Community Resilience Estimates Equity Supplement4. Select Excel file County.5. Select 2019 Community Resilience Estimates Equity Supplement File Layout.

<p>County Health Rankings. County Health Rankings & Roadmaps (CHR&R) bring actionable data, evidence, guidance and stories to support community-led efforts to grow community power and improve health equity. The University of Wisconsin Population Health Institute (UWPHI) created CHR&R for communities across the nation, with funding from the Robert Wood Johnson Foundation.</p>	<p>https://www.countyhealthrankings.org/</p> <ol style="list-style-type: none"> 1. Select Explore Health Rankings. 2. Select Find Data. 3. Scroll down to Find Data Sets and Documentation: Download state and national datasets. Select Downloads. Open downloaded Excel file. 4. Review different tabs showing data variables. 5. Select variables tab of interest, for example, Poor Mental Health Days.
<p>Opportunity Atlas. The objective of the Opportunity Atlas is to measure the average outcomes (e.g., earnings) of children who grow up in each neighborhood in America, by demographic subgroup (race, gender, and parental income). We focus on the neighborhoods where people grew up rather than where they live as adults because recent studies have established that the neighborhood in which a child grows up has substantial causal effects on his or her prospects of upward mobility, whereas where one lives as an adult has smaller effects.</p>	<p>https://www.opportunityatlas.org/</p> <ol style="list-style-type: none"> 1. Select the drop-down arrow far right and select desired variables. 2. Select Download data from the atlas (left column).