

Grain Valley

City Summary

Grain Valley is the fifth largest Eastern Jackson County (EJC) city, with an estimated population of 16,271 people in 2024 (+16.5% from 2019). Adults in Grain Valley are in the highest 25% of EJC cities for prevalence of binge drinking and lack of sleep, but are in the lowest 25% of arthritis, high blood pressure, and high cholesterol.

HOW TO READ THIS CITY REPORT

The figures in this report are ranked by percentile and marked as follows:

- Value in the highest 25% of EJC communities
- Value in the middle 50% of EJC communities
- Value in the lowest 25% of EJC communities

SOURCES & MORE

Find definitions and full data for each city in Eastern Jackson County at jcp.org/data

U.S. Census Bureau. American Community Survey, ACS 5-Year Estimates, 2020-2024.
<https://data.census.gov>

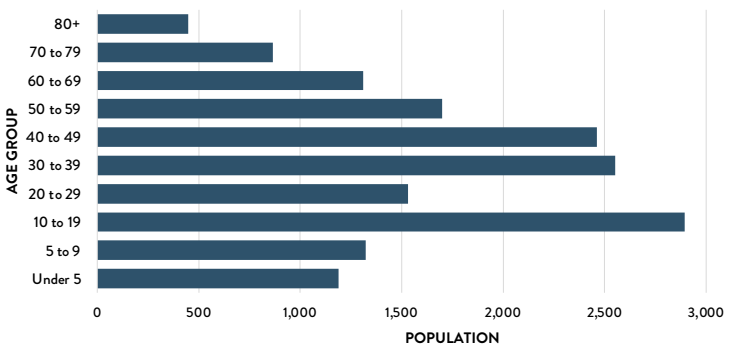
Missouri Department of Health and Senior Services. Life Expectancy. 2014-2023.
<https://health.mo.gov/data/lifeexpectancy/>

Center for Disease Control and Prevention. Places: Local Data for Better Health; 2025.
<https://www.cdc.gov/places>

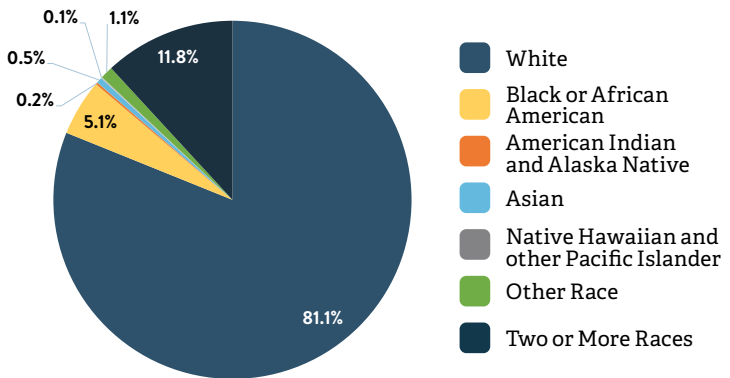
Demographics

STATISTIC	Grain Valley	EJC
Population	16,271	283,133
Median Age	35.6 yrs	n/a
Disability	10.7% 	12.2%
Veterans	7.2% 	7.5%
Speak non-English language at home	3.8% 	6.0%

Grain Valley Population by Age, 2024

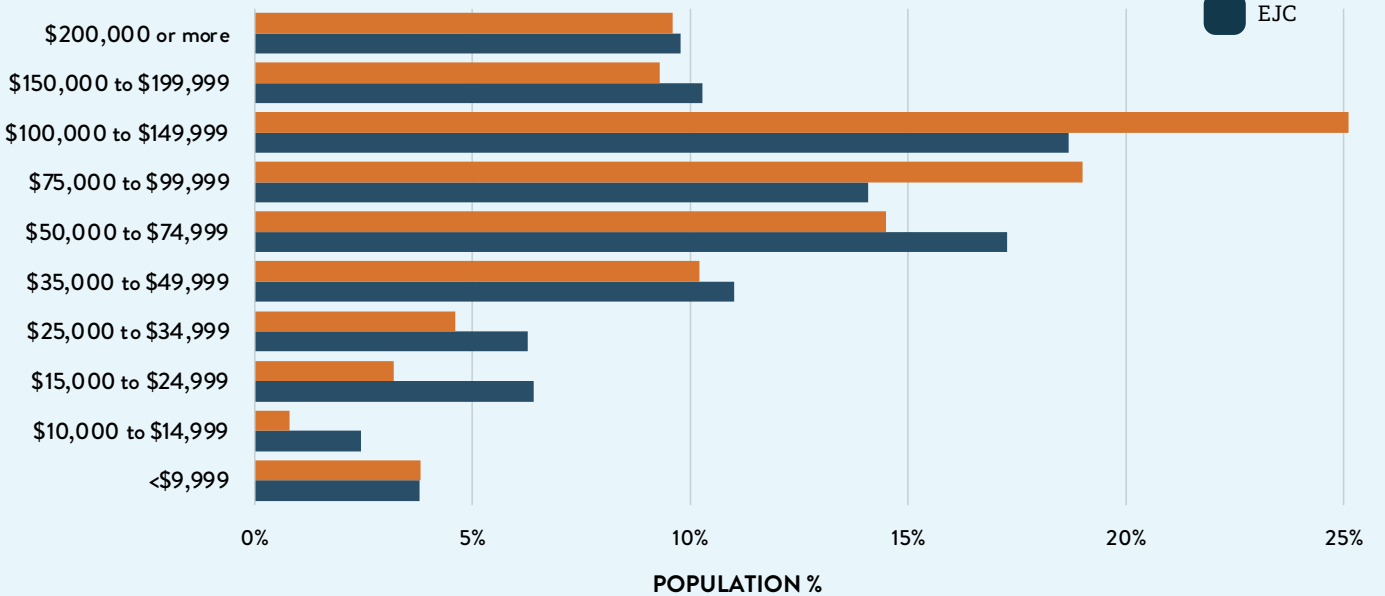


Grain Valley Population by Race, 2024



Socioeconomics

INCOME BRACKETS, GRAIN VALLEY VS. EJC



INCOME	Grain Valley		EJC
Median	\$89,649		\$81,469
Mean	\$104,331		\$95,852

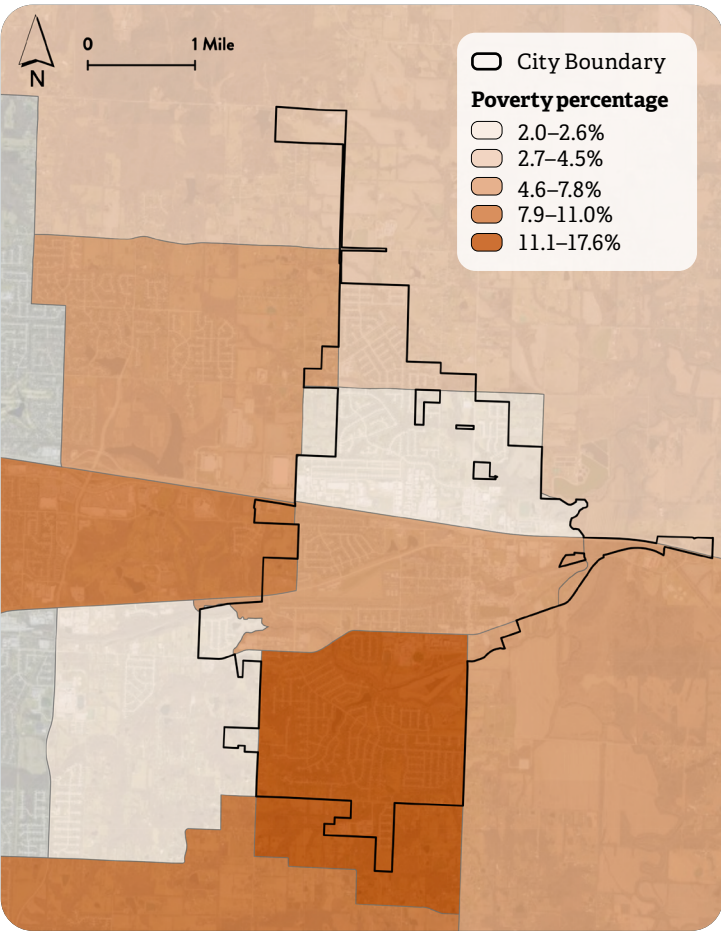
CATEGORY	Grain Valley		EJC
Poverty	9.7%		8.4%
Unemployment	1.8%		3.8%
Uninsured (Health)	4.6%		7.4%

Cost Burdened

A household is considered cost-burdened when it spends more than 30% of its gross income on housing costs

Renters	35.4%		38.5%
Owners	16.3%		18.3%

POVERTY BY CENSUS TRACT



Health

HEALTH RISK BEHAVIORS

Grain Valley

EJC

Binge Drinking	20.6%	↑	17.9%
Current Smoking	16.1%	●	14.2%
Physical Inactivity	26.7%	●	26.9%
Sleep Less Than 7 Hours Nightly	34.0%	↑	32.9%

HEALTH OUTCOMES

Grain Valley

EJC

Arthritis	23.7%	↓	26.5%
Asthma	10.4%	●	10.2%
High Blood Pressure	29.5%	↓	33.3%
Cancer	7.0%	↓	8.2%
High Cholesterol	36.3%	↓	38.7%
COPD	6.3%	●	6.7%
Coronary Heart Disease	4.8%	↓	5.8%
Diabetes	8.7%	↓	10.5%
Depression	28.0%	↑	25.5%
Obesity	34.4%	●	34.2%
Stroke	2.7%	↓	3.2%
All Teeth Loss	13.1%	●	11.1%

HEALTH STATUS

General Health

Prevalence of fair or poor health among adults 18 and older

Grain Valley	17.8%	●
EJC	18.3%	

Mental Health

Prevalence of not good mental health days for greater than or equal to 14 days within the past 30 days among adults 18 and older

Grain Valley	19.9%	●
EJC	17.9%	

Physical Health

Prevalence of not good physical health days for greater than or equal to 14 days with the past 30 days among adults 18 and older

Grain Valley	12.8%	●
EJC	12.9%	

Social Needs

Grain Valley

EJC

Social Isolation	<i>Feeling socially isolated among adults</i>	 32.9%	31.4%
Food Stamps	<i>Received food stamps in the past 12 months among adults</i>	 8.4%	8.9%
Food Insecurity	<i>Food insecurity in the past 12 months among adults</i>	 12.2%	12.4%
Housing Insecurity	<i>Housing insecurity in the past 12 months among adults</i>	 12.3%	12.1%
Utility Services Threat	<i>Utility services threat in the past 12 months among adults</i>	 8.5%	8.6%
Transport Barriers	<i>Lack of reliable transportation in the past 12 months among adults</i>	 7.7%	7.7%
Lack of Social / Emotional Support	<i>Lack of social/emotional support in the past 12 months among adults</i>	 21.9%	21.1%

Life Expectancy

JACKSON COUNTY LIFE EXPECTANCY OVERVIEW

GRAIN VALLEY LE at Birth

64029	79.2 years	
EJC Average	78.0 years	
White only	78.4 years	
Black only	73.8 years	
USA Average	78.4 years	

-  Higher than EJC Average
-  EJC Average
-  Lower than EJC Average

