

2013 RHP 17 HEALTH ASSESSMENT: KEY FINDINGS

Monica L. Wendel, Dr.P.H., M.A.

Director, Center for Community Health Development, School of Rural Public Health



Overview

Background



Assessment process

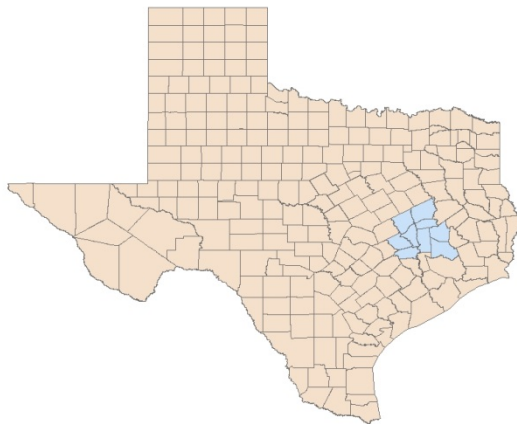
Data collected

Key findings

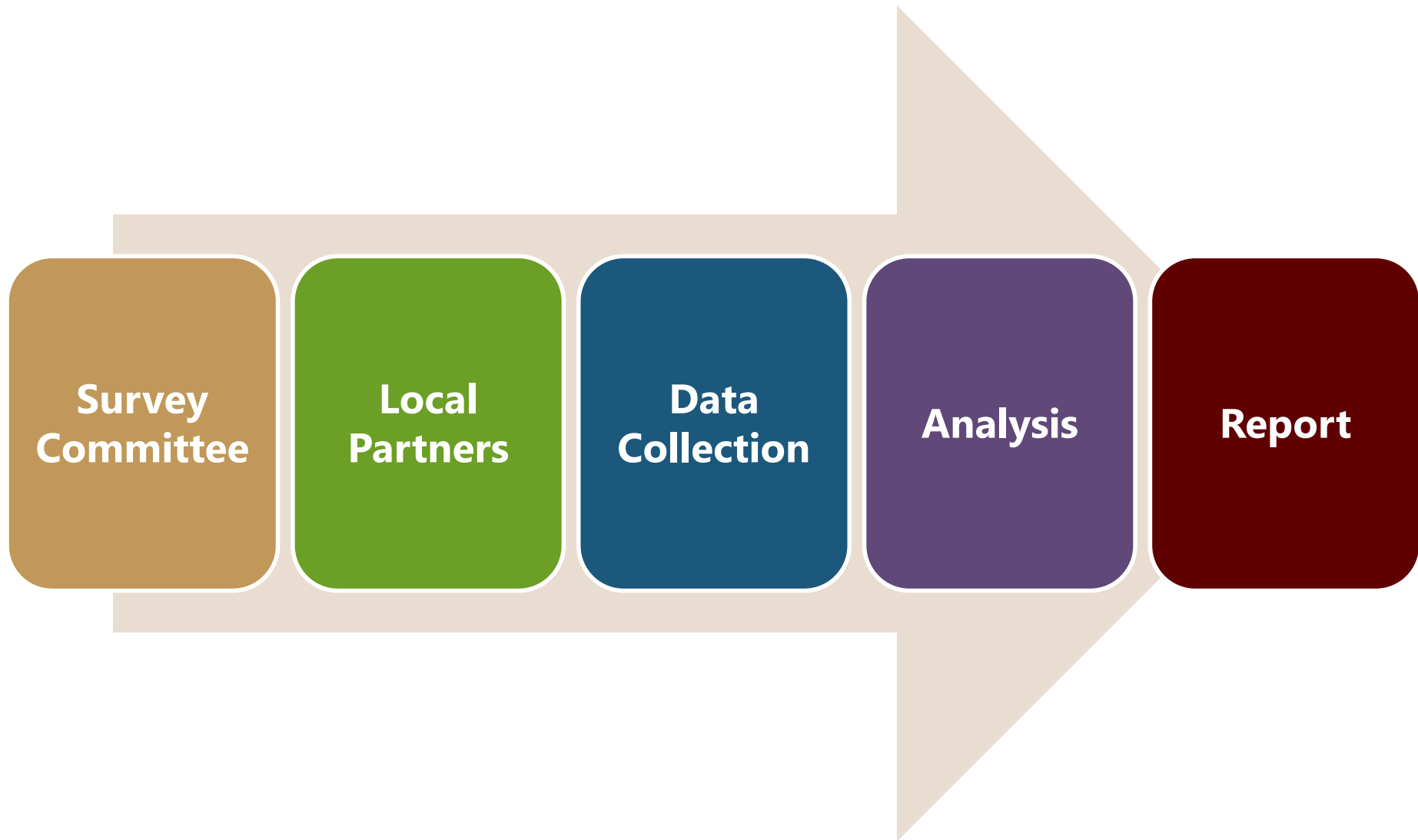
Background

- Regional health assessments conducted in 2002, 2006, & 2010 in the seven-county Brazos Valley region
- Key findings resulted in resources and activities to improve access to care:
 - Health Resource Centers: transportation, service coordination, medication assistance, information and referral services, health and human Services
 - Telehealth-Based Mental Health Services
 - Telehealth-Based Substance Abuse Services
 - Training of Community Health Workers and Outreach
 - Access to Physical Activity Initiatives
- Opportunity with 1115 Medicaid Transformation Waiver

Regional Healthcare Partnership 17 (RHP 17)



Assessment Process



Survey Committee

- Representatives from 39 organizations throughout Region 17

Alzheimer's Association	College Station Medical Center	Memorial Hermann The Woodlands Hospital
Brazos County Health Department	Conroe Regional Hospital	Montgomery County Hospital District
Brazos Valley Area Agency on Aging	Department of State Health Services	Montgomery County United Way
Brazos Valley Affordable Housing Corporation	Family Promise	St. Luke's The Woodlands Hospital
Brazos Valley Community Action Agency	Grimes County Health Resource Commission	St. Joseph Health System
Brazos Valley Council of Governments	Health For All	Texas A&M HSC School of Rural Public Health
Brazos Valley Council on Alcohol and Substance Abuse	Hospice Brazos Valley	Texas A&M University
Brazos Valley Food Bank	Huntsville Memorial Hospital	Tri-County Services
Brazos Valley Health Partnership	Kingwood Medical Center	Twin City Mission
Burleson County Health Resource Commission	Leon County Health Resource Commission	United Way of the Brazos Valley
Center on Disability and Development, TAMU	MHMR Authority of Brazos Valley	Workforce Solutions Brazos Valley
City of Bryan	The Prenatal Clinic	
City of College Station	Project Unity	
	Scott and White Health System	
	Madison County Health Resource Commission	

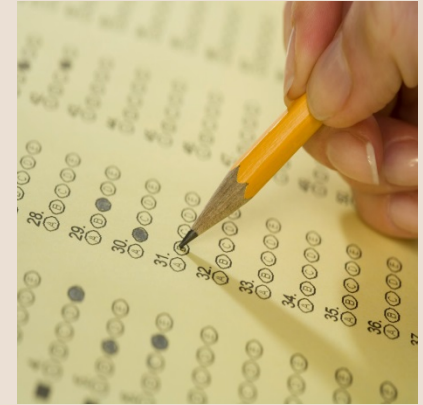
- Met from September to December 2012 to adapt and revise survey instrument
- Pilot tested survey prior to launch

Local Partners

- Helped organize community discussion groups
- Found/contributed locations to hold discussions
- Advocated for local participation in their communities



Data Collection



Secondary
Data

Community
Discussion
Groups

Key
Informant
Interviews

Household
Surveys

Community Discussion Groups & Interviews

County	# of Groups	# of Participants
Brazos	10	218
Burleson	6	84
Grimes	5	80
Leon	7	63
Madison	6	73
Montgomery	22	237
Robertson	7	82
Walker	6	69
Washington	8	107
TOTAL	77	1,013

Household Surveys

County	Completed Surveys
Brazos	1,622
Burleson	239
Grimes	252
Leon	241
Madison	161
Montgomery	1,522
Robertson	231
Walker	396
Washington	566
TOTAL	5,230

Process for Analysis

Thematic analysis of Community Discussion Group (CDG) and interview responses

- Consolidation of responses
- Repeated themes

Descriptive analysis of survey data

- Mean/median, frequencies (% who answered a certain way)
- Compared to benchmarks (state, U.S., etc. from secondary data)

Cross-tabulation of variables by characteristics of interest

Key Findings for Region 17

Transportation

Population Growth

Financial Stability

**Obesity & Related
Chronic Disease**

**Mental Health &
Substance Abuse**

**Youth Risk
Behavior**

**Resources for Older
Adults &
Caregivers**

**Disparities Facing
Rural, Low-Income,
and Minority
Residents**

Transportation

- Lack of reliable, affordable public transportation as a significant issue in **EVERY** county
 - Barrier to financial stability.
 - Barrier to accessing needed resources and services.
- Many residents travel long distances to get health care.
 - Shortest average is 10.5 miles in Brazos County.
 - Longest average is 42.0 miles in Leon County.



Population Growth

- The region saw a population **increase** of approximately 36,278 from 2010-2012.
 - Total population growth in all but two counties (Leon and Robertson)
 - 3.0% growth in Brazos County
 - 6.4% growth in Montgomery County
- Population growth exceeds capacity of existing (sometimes aging) infrastructure.
- Economic growth isn't necessarily keeping up.
 - This contributes to increased disparities for those without reliable transportation.

Financial Stability

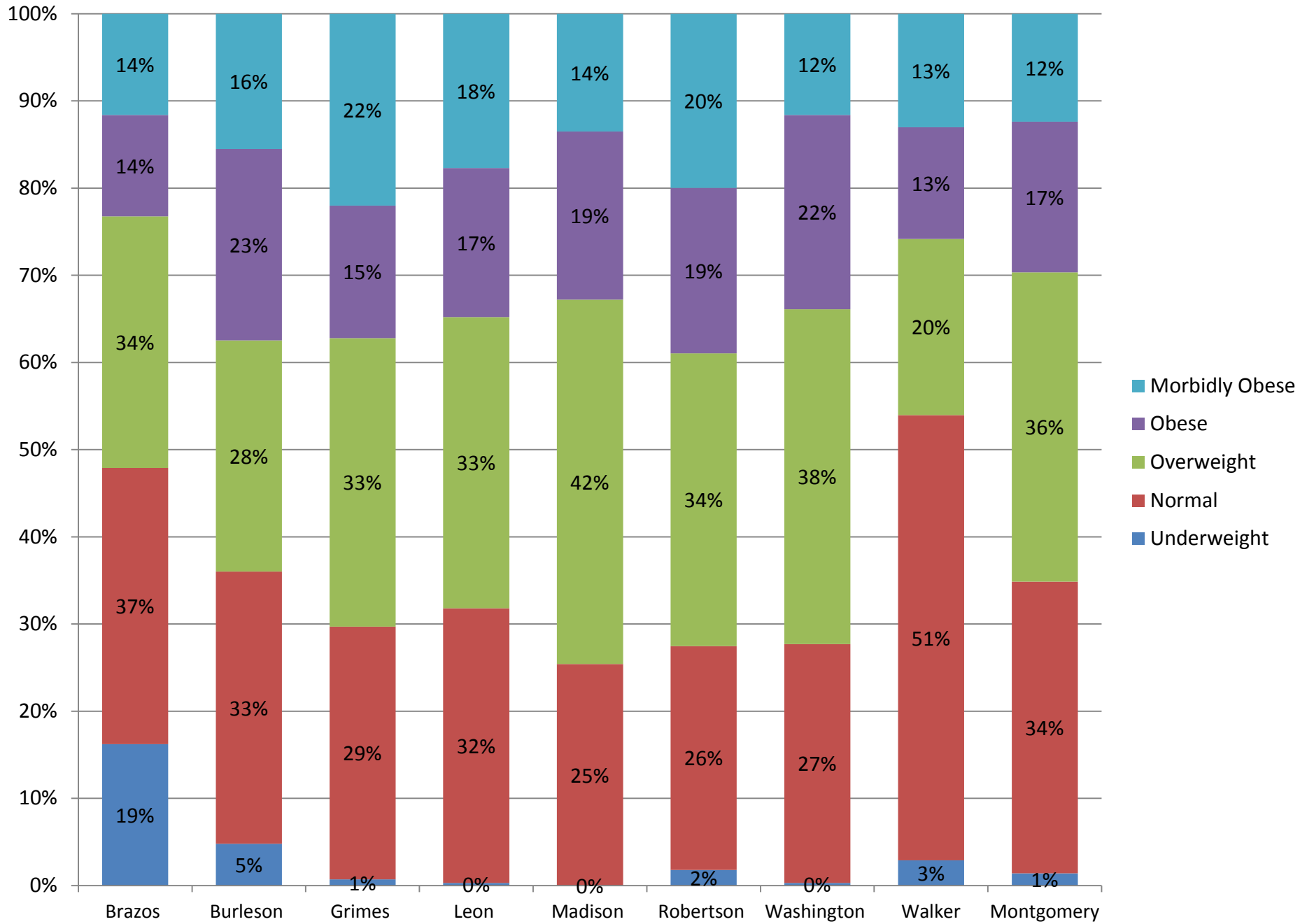
- Across the region, 16.9% of residents live in poverty:
 - *Lowest*: 13.7% in Montgomery County
 - *Highest*: 29.0% in Brazos County
 - Regardless of county, at least 1 in 5 children lives in poverty.
- Families are choosing among meeting basic needs.

Financial Stability

- Economic growth is not necessarily keeping up with population growth.
- Unemployment is comparatively low in the region, but underemployment is a persistent issue.
- Lack of jobs for unskilled workers in the top 5 community issues across the region.
- The need for local vocational training was emphasized in discussion groups across the region.

Obesity & Chronic Disease

- First assessment since 2002 we have seen obesity rates level off.
- Two-thirds of the population is still overweight/obese, but only half of those have ever been told by a health care provider that they had a problem with weight.
- One in eight adult residents is *morbidly* obese.



Obesity & Chronic Disease

Nutrition

- Rural residents report traveling greater distances to purchase groceries, averaging almost 30 miles for Leon County residents.
- Nearly 1 in 10 residents said that sometimes the food they bought didn't last and they didn't have money to buy more.
- A greater proportion of rural residents report using a food bank (3.6% for the region; more than double that in Grimes, Leon, and Madison Counties).

Obesity & Chronic Disease

Physical Activity

- Across the region, not even one-third of respondents meet the national guidelines for physical activity (29.7%)
- 16.1% report rarely doing any physical activity
- Survey respondents report sitting an average of 6.2 hours a day during the week and 5.3 hours on weekends.

Obesity & Chronic Disease

Disease/Condition	RHP 17	Brazos County	Montgomery County	Rural Counties	U.S.
Anxiety	20.4%	24.7%	18.9%	19.1%	17%
Arthritis/Rheumatism	20.5%	14.6%	20.3%	27.0%	22%
Asthma	13.1%	19.6%	10.4%	12.2%	13%
Congestive Heart Failure	2.4%	1.9%	1.9%	4.1%	2%
Depression	21.1%	27.3%	19.6%	17.9%	12%
Diabetes (type 2)	9.1%	5.4%	9.5%	12.0%	9%
Emphysema/COPD	4.7%	4.2%	3.9%	6.8%	2%
High Cholesterol	33.2%	26.3%	36.2%	33.5%	13%
Hypertension	32.8%	29.5%	32.6%	36.6%	24%

Mental Health & Substance Abuse

- Texas ranks 49th in the U.S. for per capita expenditures on mental health.
- Across the region, residents report an average of 3.4 poor mental health days in the past month.
 - 21.1% have been diagnosed with depression
 - 20.4% have been diagnosed with anxiety
 - One in 10 residents reported more than 10 days of poor mental health in the past month

Mental Health & Substance Abuse

- Across the region, the smoking rate of adult residents is half the national rate.
- Brazos County survey respondents reported the highest frequency of driving after drinking at least three drinks (3.4%).
- In the past year, 5.1% of the region's respondents reported using prescription medications for nonmedical reasons.
- Illegal drug use and alcohol abuse are in the top 5 community issues across the region.

Youth Risk Behaviors

- Residents are concerned about the risky behaviors of young people in their communities.
- Youth risk behavior ranked in the top five issues across the region.
- Alcohol abuse, drug use, and teen pregnancy also ranked in the top issues in most counties in the region.
- Residents attribute some of this behavior to lack of recreational activities for youth in their communities.

Resources for Older Adults & Caregivers

- In community discussion group in **EVERY** county, residents, community leaders, and service providers expressed concern for the unmet needs of older adults:
 - Gaps in coverage/services
 - Transportation services
 - Cost of available services
 - Lack of adult day care and respite care for caretakers
 - Inadequate financial resources forcing a choice among basic needs

Resources for Older Adults & Caregivers

- One in eight adults have served as caregivers of someone with a long-term health issue or disability in the past month.
 - More than half are caring for adults 65 and older (57.9%).
 - Most are assisting with activities of daily living, mobility, or memory problems.
 - Caregivers report that providing care is challenging because of increased stress, financial burden, and leaving not enough time to take care of themselves.
- Although better than the 2010 assessment, 41.7% of residents who needed respite care did not receive it.

Disparities in Access and Health

- With resources concentrated in more urban areas like Brazos and Montgomery Counties, rural residents report poorer access to care.
- With a growing population of older adults/retirees in rural communities, this issue will also grow.



Disparities in the Brazos Valley

	RHP17	Rural Counties	Minority	Uninsured	<Poverty
<i>Fair</i> or <i>Poor</i> health status	10.8%	15.1%	14.4%	22.2%	28.5%
No regular health provider	22.2%	15.1%	36.9%	62.4%	36.0%
Delayed medical care because of cost	13.6%	14.6%	17.0%	49.3%	32.9%
<i>Fair/Poor/Very Poor</i> access to medical care	11.1%	14.6%	23.9%	52.3%	34.6%

Disparities in Access and Health

- Residents in every community expressed concern with **communication** and its impact on access to services.
 - Outreach to growing Hispanic community
 - Among service providers
 - Between residents and decision-makers
 - Information to residents about available resources and how to obtain them



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FULL REPORTS ARE ON THE FLASH
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Also available at: <http://www.cchd.us/>

