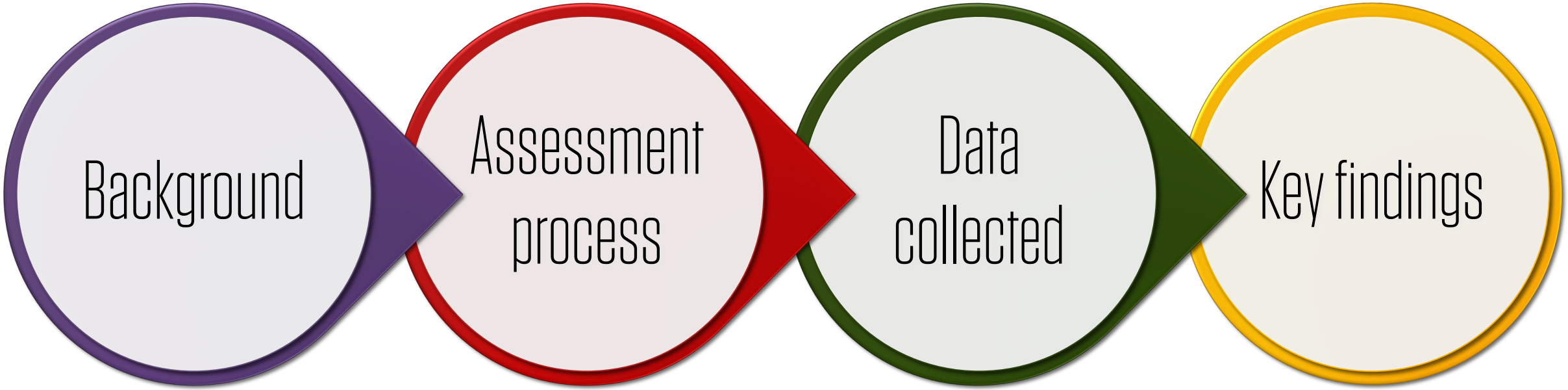
2019 BRAZOS VALLEY HEALTH SUMMIT

2019 Brazos Valley Health Assessment Results

Presented to the Brazos Valley Health Coalition
June 12, 2019

OVERVIEW


Background
Assessment process
Data collected
Key findings

HISTORICAL BACKGROUND

Previous Regional Health Assessments

2002	2006	2010	2013	2016	2019
Secondary Data	Secondary Data	Secondary Data	Secondary Data	Secondary Data	Secondary Data
Community Discussion Groups	Community Discussion Groups	Community Discussion Groups	Community Discussion Groups	Community Discussion Groups	Community Discussion Groups
Household Survey	Household Survey	Household Survey	Household Survey		Household Survey
					Waiting Room Survey

RESOURCE DEVELOPMENT

- Health Resource Centers
- Telehealth-Based Mental Health & Substance Abuse Services
- Community Health Worker Trainings
- Physical Activity Access Initiatives
- 1115 Medicaid Transformation Waiver Projects

ASSESSMENT DESIGN

2019 Brazos Valley Health Status Assessment included 8 counties:

Austin

Brazos

Burleson

Grimes

Leon

Madison

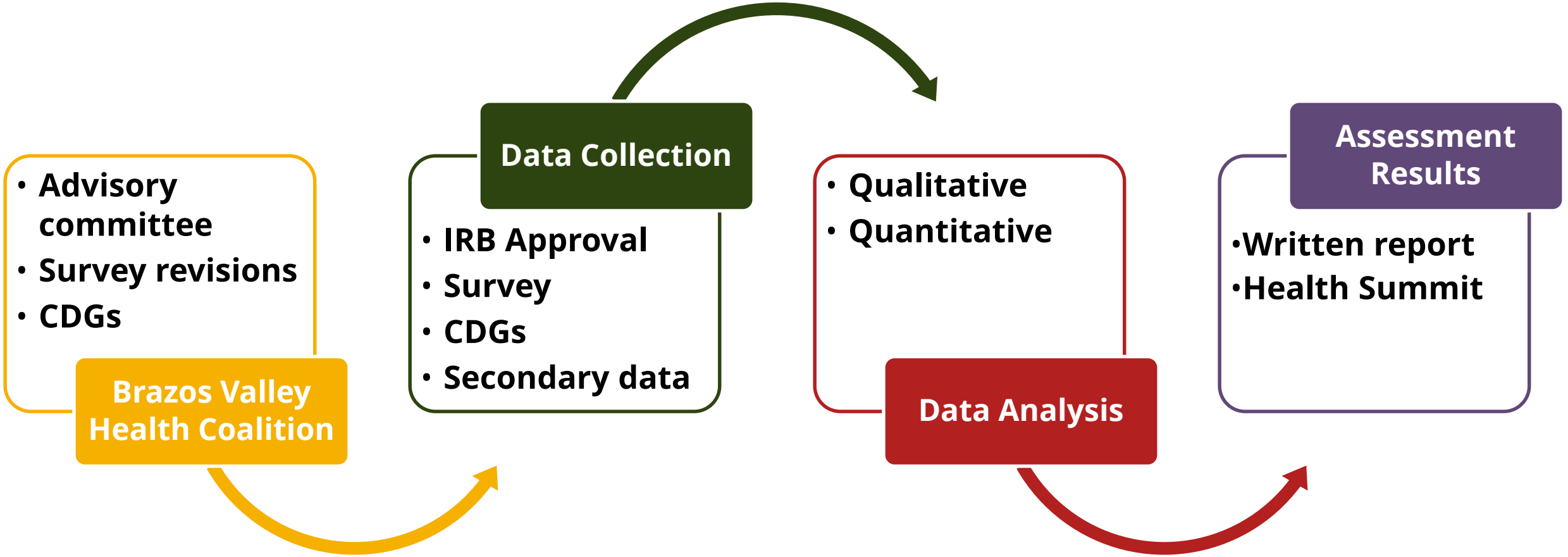
Robertson

Washington

ASSESSMENT SPONSORS

CHI St. Joseph Health
Texas A&M Center for Community Health Development
Texas A&M Center for Population Health & Aging
Texas A&M Southwest Rural Health Research Center
Texas A&M Office of Cultural Competency, Diversity, & Inclusion
Brazos County Health District
Brazos Valley Council of Governments
Brazos Valley Community Action Agency

ASSESSMENT PROCESS



ASSESSMENT CONCEPTUAL MODEL

Source: Social Determinants of Health. (n.d.). Retrieved from https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health.

DATA COLLECTION




Secondary Data

Community Discussion Groups

Household & Client Surveys

COMMUNITY DISCUSSION GROUP DEVELOPMENT

COMMUNITY DISCUSSION GROUP HOSTS

thank you

- Brazos County Health District
- Brazos Valley Council of Governments
- Burleson Health Resource Center
- CHI St. Joseph Health, Austin County
- Catholic Charities of Texas
- City of Bryan
- Elizabeth Lutheran Church
- Faith Mission, Inc.
- First Baptist Church of Hearne
- Grimes County Commissioners
- Grimes Health Resource Center
- Leon County
- Madison County
- Madison Health Resource Center
- Robertson County
- Somerville Senior Center
- SonShine Center

COMMUNITY DISCUSSION GROUP FORMAT

- 21 Discussion Groups across the eight-county region
- Special population CDGs included Spanish speaking, low income, and senior citizens
- More than 300 participants

EACH DISCUSSION GROUP WAS GUIDED BY THE FOLLOWING QUESTIONS:

- Describe your community.
- What are the most important issues or challenges your community is facing?
- What are the key resources in your community?
- How has your community come together in the past to address important issues?
- If a group were to try to address the issues you have identified, what advice would you have to help them be successful?

HOUSEHOLD SURVEY DEVELOPMENT

Survey Development Advisory Committee

Brazos County Health District
Brazos County Health Resource Center
Brazos Valley Care Coordination
Brazos Valley Council of Governments
Brazos Valley Council on Alcohol & Substance Abuse
Brazos Valley Food Bank
Burleson Health Resource Center
Brazos Valley Center for Independent Living
CHI St. Joseph Healthy Communities
CHI St. Joseph Senior Renewal Program
City of College Station – Community Development
College Station Medical Center
Health For All
HealthPoint
MHMR Authority of Brazos Valley
Scotty's House
Telehealth Counseling Clinic
Texas A&M AgriLife Extension – Strengthening Families
Texas A&M School of Public Health
Texas A&M University Public Policy Research Institute
Texas Department of State Health Services Specialized Health & Social Services
United Healthcare
United Way of the Brazos Valley

HOUSEHOLD & CLINIC SURVEY DATA COLLECTION

Initial Sample (13,862)

- Remove ineligible phone numbers
- **Final sample of 2,467**

Completed online or phone surveys

- **640 completed surveys**

Completed waiting room surveys

- **123 completed surveys**

Total surveys collected (763)

- Removed invalid surveys (63)

TOTAL VALID SURVEYS n=700

SURVEY DATA ANALYSIS PROCESS

Descriptive analysis of secondary data

- Mean/median, frequencies
- Compared to benchmarks (State, National, US Top Performing Counties, *Healthy People 2020)*

Analysis of survey data

- Mean/median, frequencies
- Compared to benchmarks

Thematic analysis of Community Discussion Groups (CDG)

- Consolidation of responses
- Repeated themes

Reconciliations between CDGs, secondary, and survey data

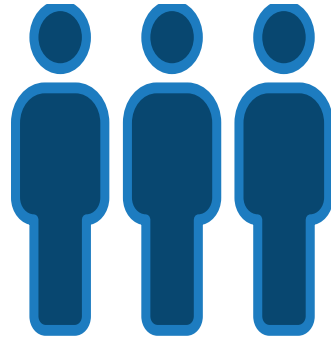
ASSESSMENT & REPORT ORGANIZATION

- **Contextual Findings** (population)
- **Health Findings** (health, risks, disease, and resources)
- **Community Findings** (perceptions and experience)

BRAZOS VALLEY REGIONAL HEALTH ASSESSMENT RESULTS

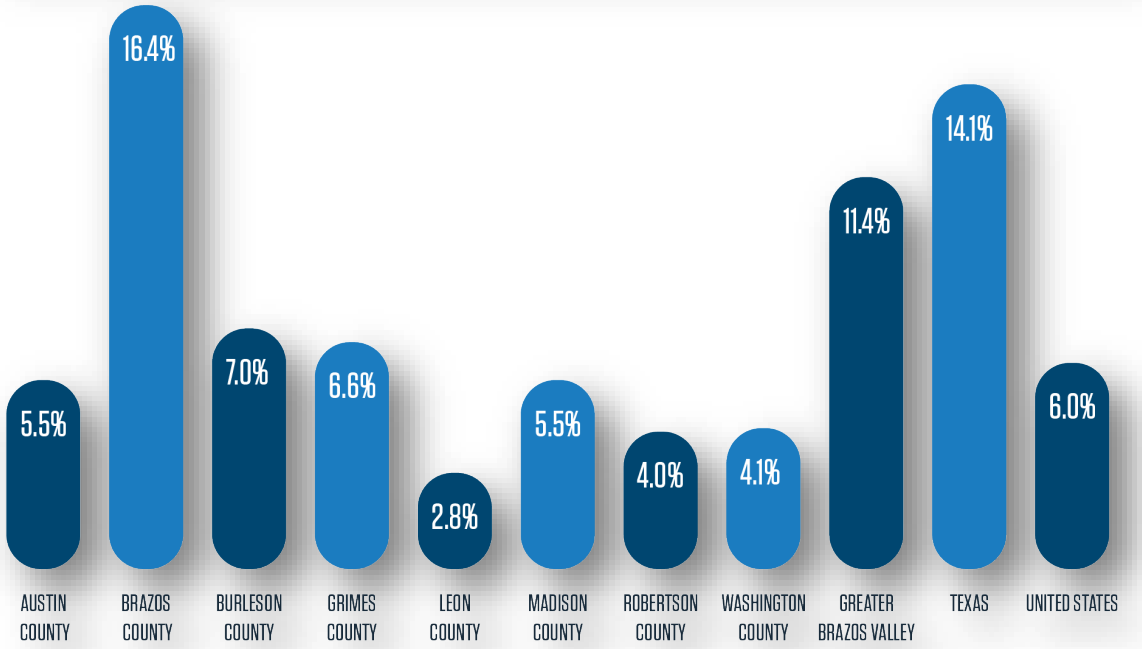
CONTEXTUAL FINDINGS

- **Population Characteristics**
  - 2025 Population Growth Projections
  - Age and Gender
  - Race and Ethnicity
  - Household Composition
  - Education
  - Employment/Home Ownership
  - Household Income
- **Social Associations**
- **Neighborhood Characteristics**
- **Violent Crime**
- **Housing Issues**

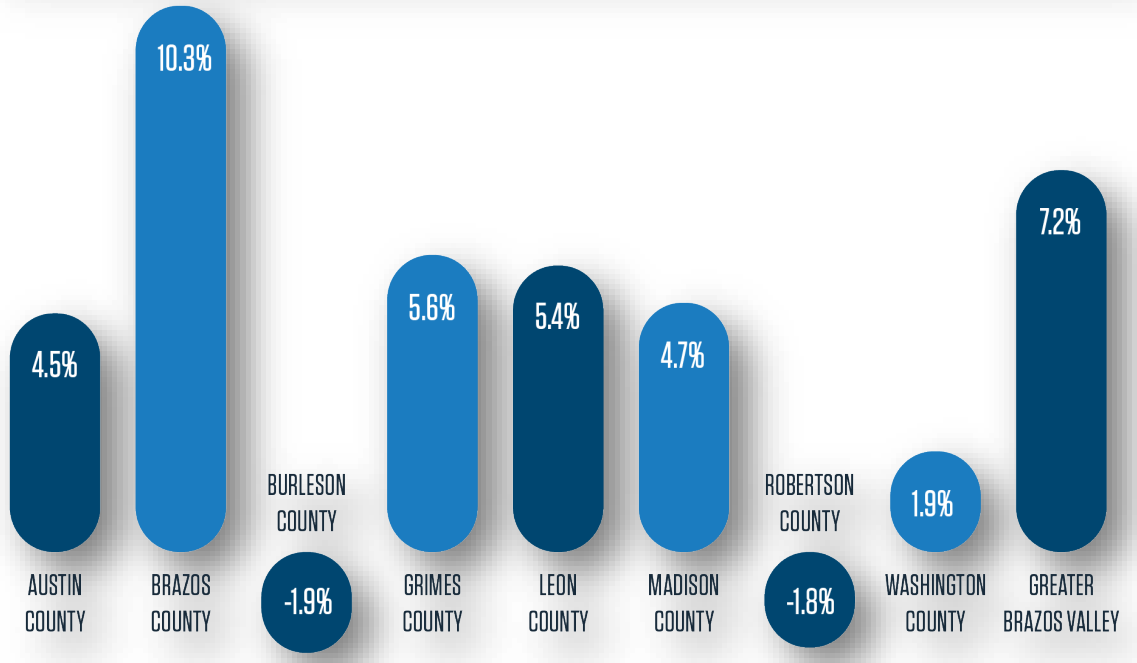


CONTEXTUAL FINDINGS: Population Growth

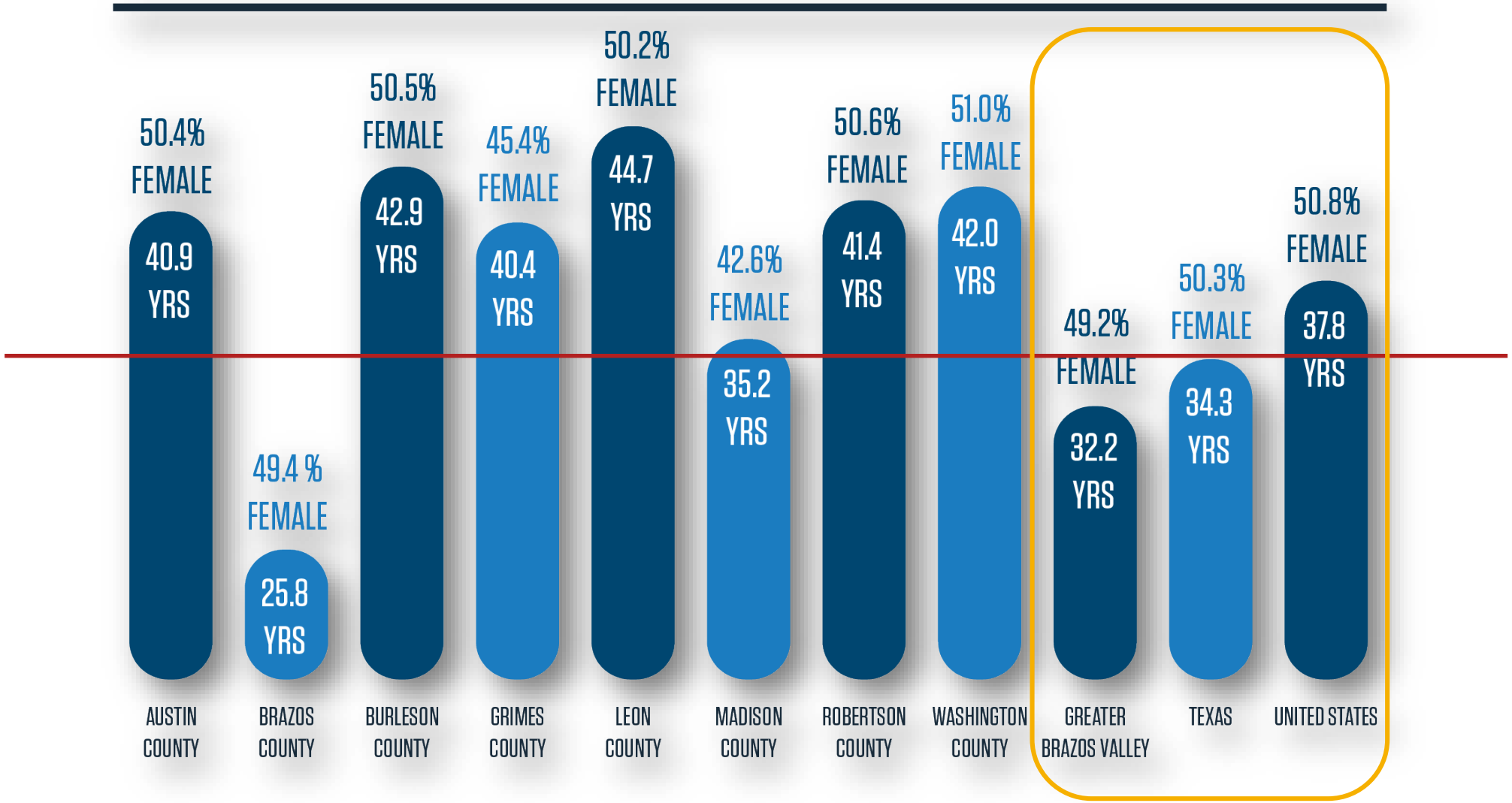
2010-2018



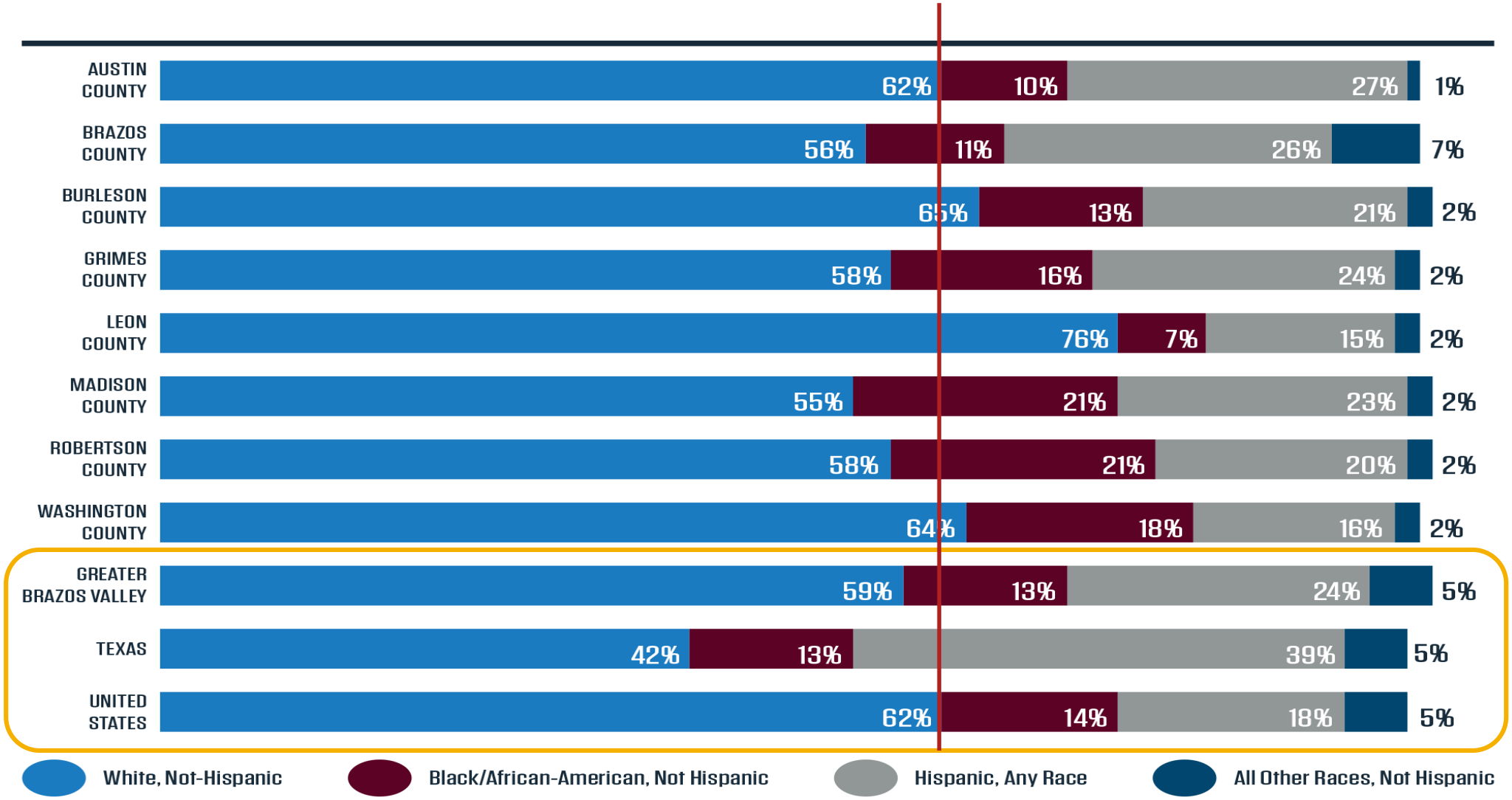
2018-2025



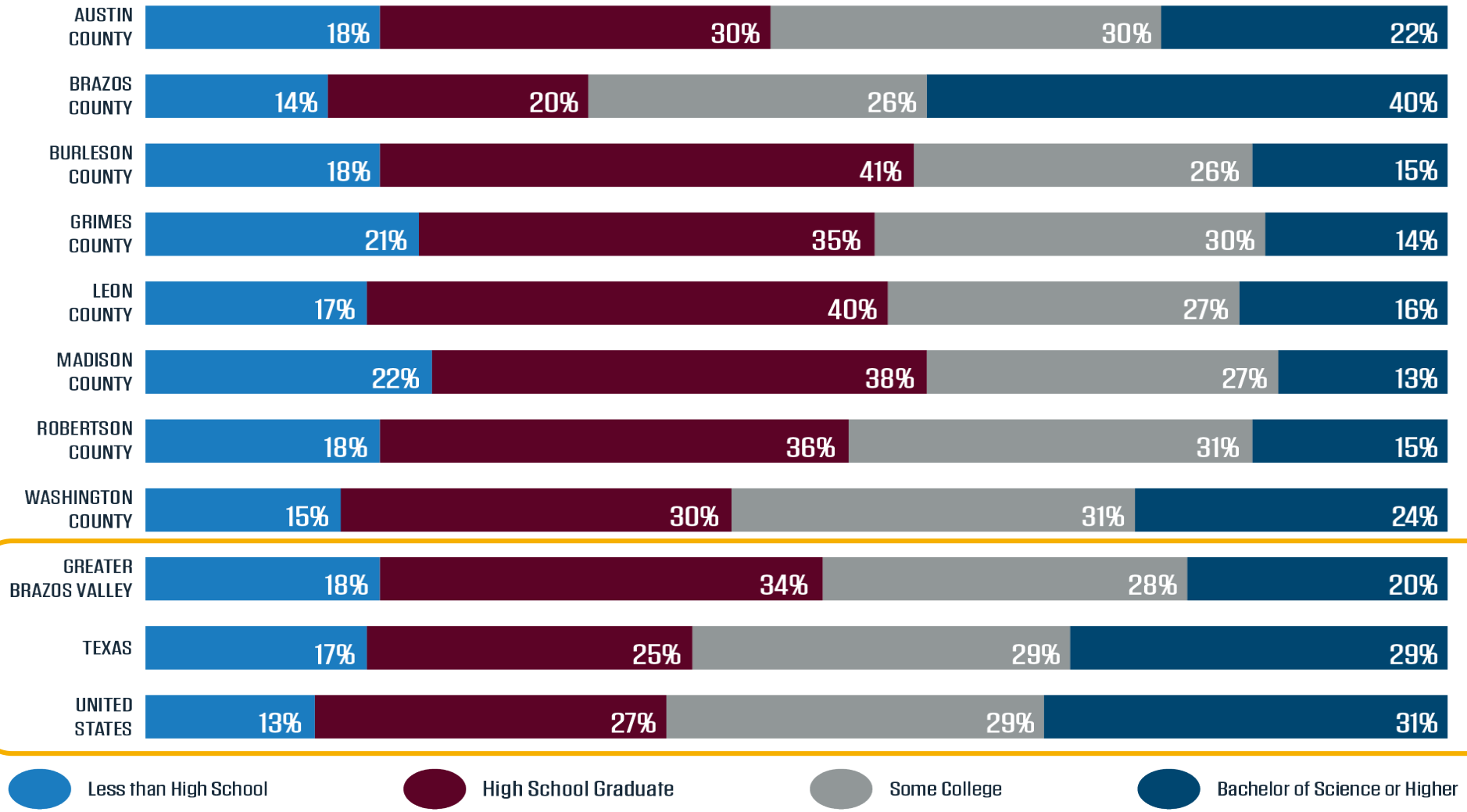
CONTEXTUAL FINDINGS: Median Age and Gender



CONTEXTUAL FINDINGS: Racial and Ethnic Composition



CONTEXTUAL FINDINGS: Educational Attainment



CONTEXTUAL FINDINGS: Socioeconomic Factors

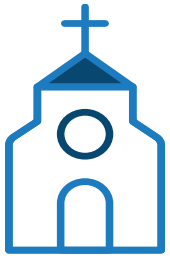
	Unemployment Rate	Home Ownership Rate	Per Capita Income	Median Household Income	Persons Below 100% Federal Poverty Level	200% of FPL
Austin County	3.6%	74.2%	$30,101	$62,614	10.7%	28.0%
Brazos County	2.8%	45.5%	$25,337	$43,907	23.9%	40.0%
Burleson County	3.6%	78.1%	$27,112	$52,510	16.6%	33.0%
Grimes County	4.1%	77.8%	$23,585	$49,745	18.0%	35.0%
Leon County	5.0%	78.4%	$27,096	$44,875	16.1%	38.0%
Madison County	4.4%	73.5%	$17,436	$44,004	18.3%	26.0%
Robertson County	4.1%	74.5%	$23,337	$52,189	17.4%	34.0%
Washington County	3.7%	77.0%	$28,517	$55,793	12.9%	33.0%
Greater Brazos Valley	3.6%	58.3%	$24,996	$46,694	20.3%	36.9%
Texas	3.7%	62.0%	$28,985	$57,051	13.0%	68.0%
United States	3.9%	63.8%	$31,177	$57,652	11.0%	72.0%

HOUSING COST BURDEN

32.1% of urban households pay **more than 30%** of their income on housing

Nearly every community referenced economic issues such as a **lack of jobs that payed livable wages** and a **lack of affordable and healthy groceries** in the rural counties.

CONTEXTUAL FINDINGS:
Social & Neighborhood Characteristics



Social Associations

U.S. Top Performing Communities report 21.9 per 10,000

Brazos Valley Region reported a high of 18.5 and a low of 7.6

NEIGHBORHOOD CHARACTERISTICS In my neighborhood:	Strongly Agree or Agree
I see many people being physically active	66.2%
If I were to fall or get hurt on my walk someone would help	72.0%
There are problems that make it hard to walk and go outside	31.5%*
I am concerned if I walked/biked I might be the victim of a crime	15.3%*
People are willing to help their neighbors	85.6%
It is a close-knit community	71.5%
People can be trusted	79.6%
People do not share the same values	36.4%*

HEALTH FINDINGS

- **Mortality**
- **Morbidity**
- **Health Status**
- **Risk Factors**
  - Smoking
  - Obesity and Food Environment
  - Physical Inactivity and Access to Exercise Opportunities
  - Alcohol Consumption, Alcohol-Related Motor Vehicle Deaths, All Motor Vehicle Crash Deaths
- **Health Care Resources**
  - Health Insurance
  - Health Resources/Medical Home
- **Preventive Health Screenings**
  - Preventable Hospital Stays
  - Diabetic Monitoring
- **Human Sexuality**
- **Opioids**

HEALTH FINDINGS: Leading Causes of Death

	Heart Disease per 100,000	Cancer per 100,000	Respiratory Diseases per 100,000	Accidents per 100,000	Stroke per 100,000	Alzheimer's Disease per 100,000	Diabetes per 100,000
Austin	197.9	149.1	39.0	38.9	33.5	25.0	21.3
Brazos	158.3	145.2	39.2	28.5	39.8	33.1	17.0
Burleson	282.5	166.8	61.3	66.4	32.3	25.6	No Data
Grimes	225.4	158.9	55.0	49.4	49.6	23.8	27.5
Leon	179.0	186.3	53.3	98.4	44.9	32.3	No Data
Madison	222.7	170.8	46.7	56.0	54.3	55.5	No Data
Robertson	225.4	184.2	57.9	46.1	37.2	No Data	No Data
Washington	143.7	149.1	30.9	47.7	25.5	21.8	13.3
Regional	177.01	152.44	42.38	39.36	39.02	31.10	17.93
Texas	169.7	150.1	40.4	37.8	42.1	35.4	20.9
U.S.	165	152.5	40.9	No data	37.6	31.0	21.5

HEALTH FINDINGS: Mortality and Race

Greater Brazos Valley Population Groups and State Rates	Life Expectancy (Years)	Age-Adjusted Mortality (deaths per 100,000
All	79.7	330.3
Black or African American	71.5	565.3
Hispanic (all races)	79.6	244.0
White (not-Hispanic)	79.9	315.7
State Rate for All Populations	79.0	341.0

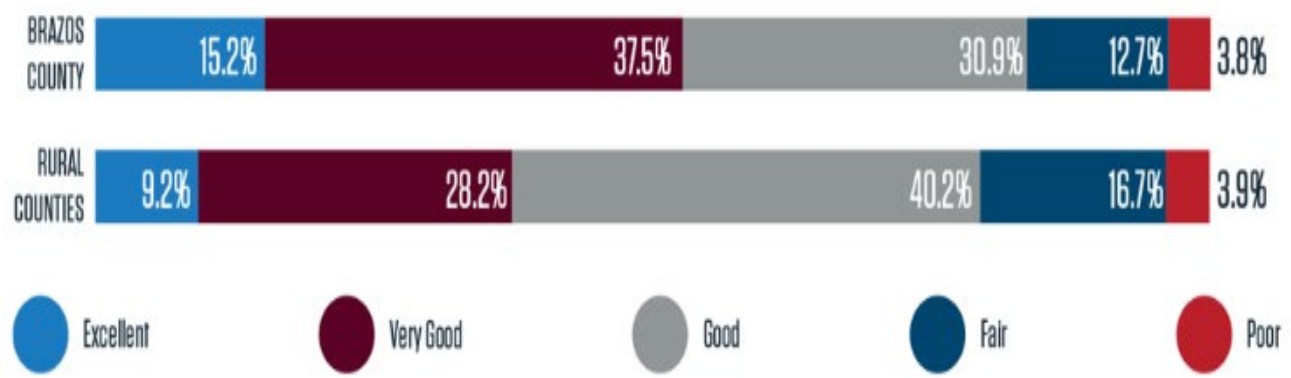
HEALTH FINDINGS: Morbidity

HEALTH FINDINGS: Health Related Quality of Life

Perceived Health Status

When asked to rate their overall general health, 69% of survey respondents reported *good* or *very good*.

Brazos versus Rural Counties



HEALTH FINDINGS: Health Related Quality of Life

of poor
physical health

2.9
MORE
poor
mental health
days
in
2019

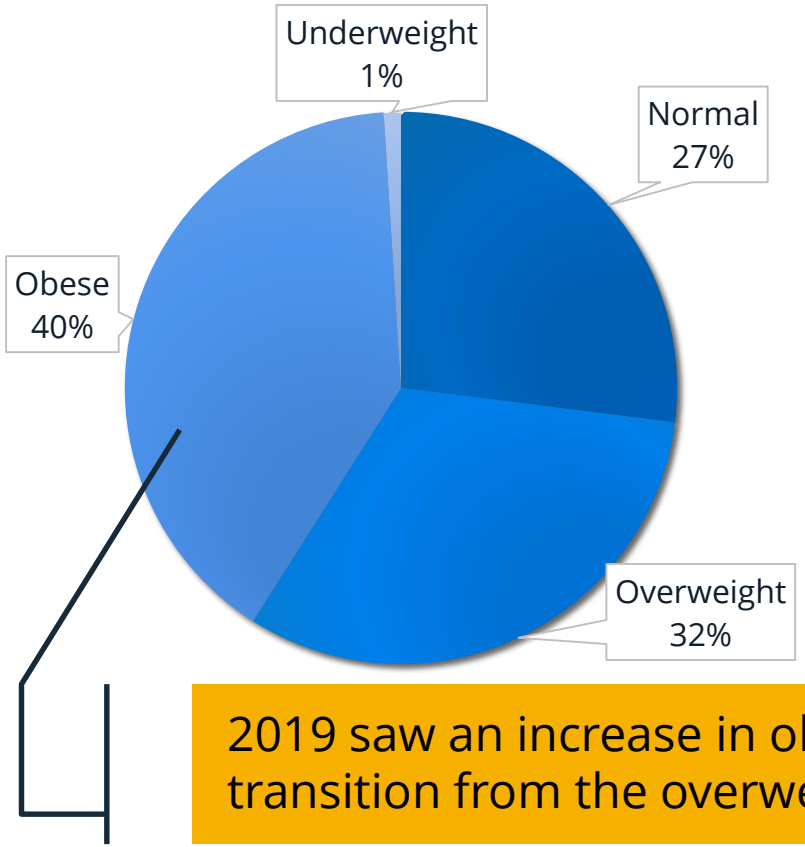
DAYS
of poor
mental health

HEALTH FINDINGS: Risk Factors

	Smoking	Adult Obesity	Food Environment Index	Physical Inactivity	Access to Exercise Opportunities
Austin County	14.5%	29.9%	7.6	26.0%	61.6%
Brazos County	15.2%	29.0%	5.7	19.5%	89.4%
Burleson County	14.3%	30.6%	7.4	27.6%	41.3%
Grimes County	17.1%	30.8%	5.8	29.5%	39.7%
Leon County	15.6%	30.1%	7.0	28.4%	19.3%
Madison County	16.5%	29.2%	6.0	23.8%	0.0%
Robertson County	15.7%	31.9%	6.4	30.2%	48.3%
Washington County	14.4%	29.0%	7.1	26.2%	63.3%
Greater Brazos Valley	15.2%	29.5%	6.2	22.8%	70.7%
Texas	14.3%	29.0%	6.0	22.8%	80.3%
U.S. Top Performers	14.0%	26.0%	8.7	19.0%	91.0%
Healthy People 2020 Target	12.0%[6]	30.5%[6]	-	20.1%[6]	-

HEALTH FINDINGS: BMI and Chronic Disease

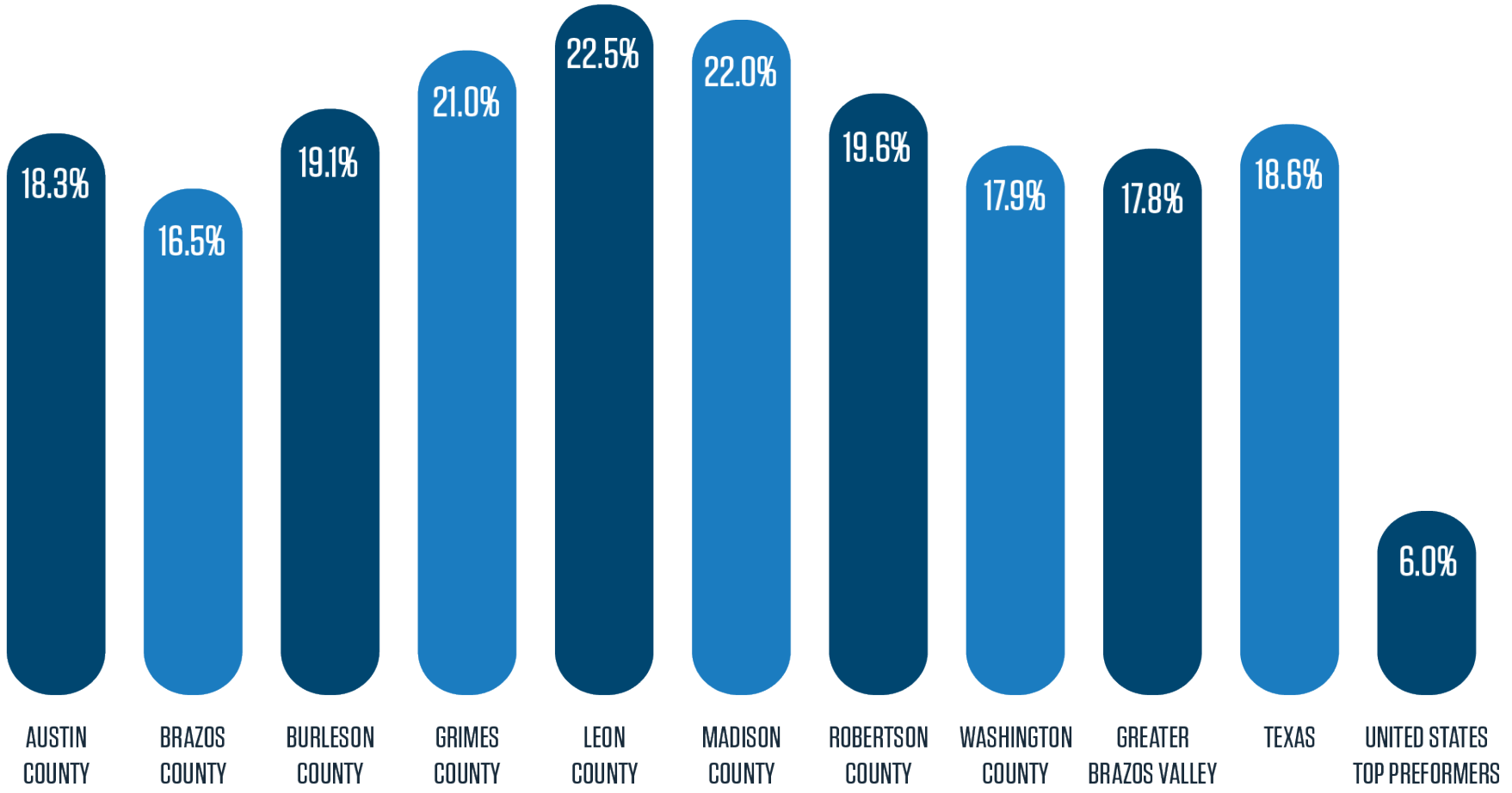
Brazos Valley Region BMI



Disease/Condition	Healthy Weight	Obese/Morbidly Obese
Diabetes	10.8%	54.1%
Arthritis or rheumatism	19.4%	43.7%
Emphysema, chronic bronchitis or COPD	17.8%	42.2%
Heart disease	18.6%	41.9%
High blood pressure	18.5%	41.9%

2019 saw an increase in obese due to a transition from the overweight category

HEALTH FINDINGS: Health Insurance



HEALTH FINDINGS: Health Professional Shortage Areas

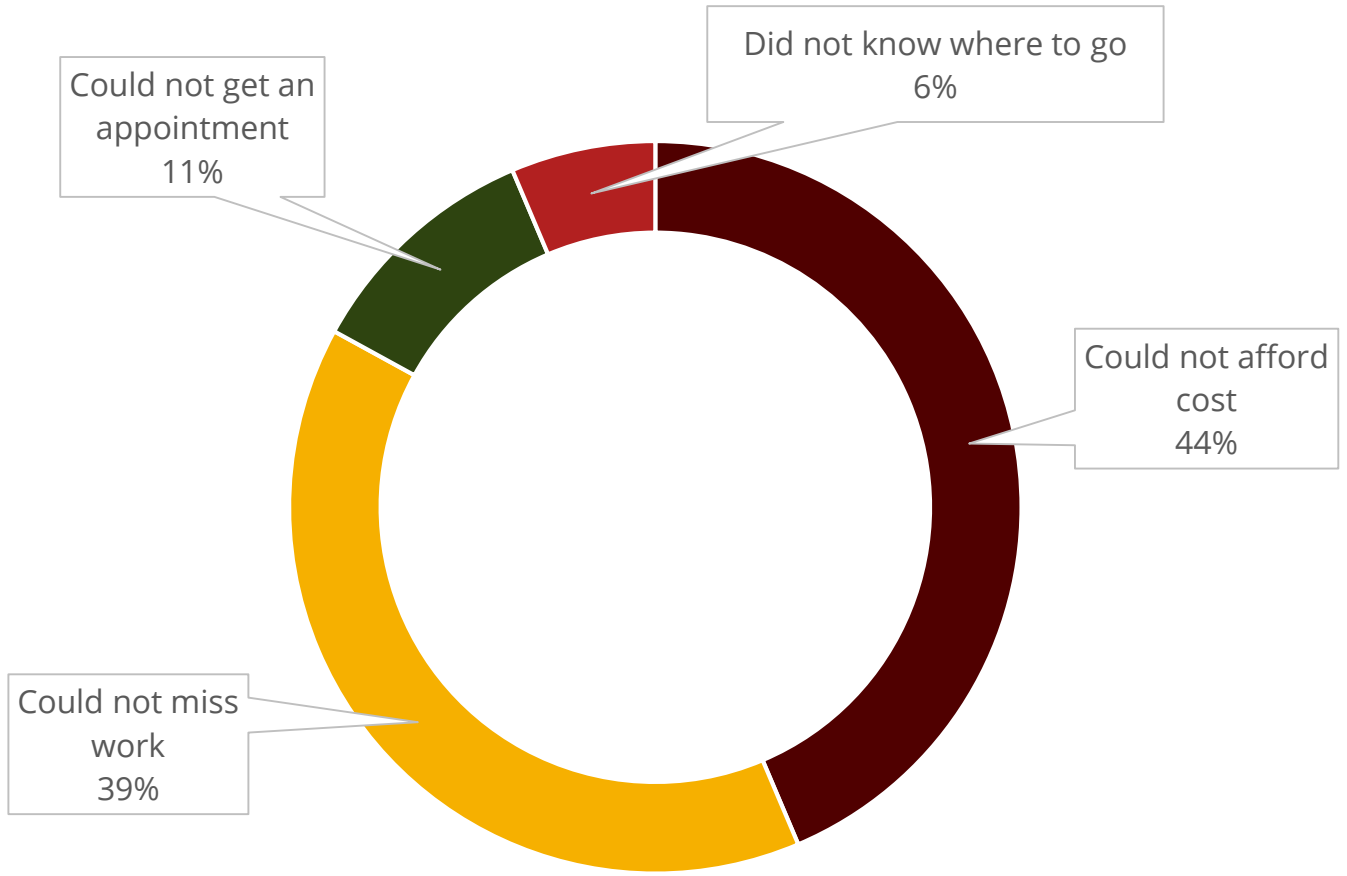
Primary Care Physician Shortage Areas	Dental Health Professional Shortage Areas	Mental Health Specialist Shortage Areas
• Austin County	• **Burleson County**	• Austin County
• **Burleson County**	• **Robertson County**	• **Burleson County**
• Grimes County		• Leon County
• Leon County		• Madison County
• Madison County		• **Robertson County**
• **Robertson County**		• Washington County
• Washington County		

Brazos County is a PARTIAL shortage area for all three.

HEALTH FINDINGS: More Access Factors

2/3 of survey respondents put off obtaining needed care

Reasons for Delaying Care



COMMUNITY FINDINGS

COMMUNITY FINDINGS:
Top 5 Perceived Community Issues

2013 BRAZOS VALLEY HEALTH SURVEY		2019 BRAZOS VALLEY HEALTH SURVEY	
Poor or Inconvenient Public Transportation	41.8%	Poor or Inconvenient Public Transportation	46.0%
Illegal Drug Use	29.6%	Illegal Drug Use	39.4%
Risky Youth Behaviors	27.6%	↑ Lack of Jobs for Unskilled Workers	37.7%
Alcohol Abuse	25.4%	NEW Poverty	36.4%
Lack of Jobs for Unskilled Workers	25.2%	NEW Lack of Affordable Housing	35.5%

COMMUNITY FINDINGS: Most Common Services Needed and Used

2013 BRAZOS VALLEY HEALTH SURVEY		2019 BRAZOS VALLEY HEALTH SURVEY	
Medical Specialist	39.9%	Medical Specialist	23.5%
Financial Assistance/Welfare	10.2%	Financial Assistance/Welfare	8.8%
Home Health/Hospice	6.8%	↑ Work-related/ Employment	8.7%
Mental Health Services	6.6%	Mental Health Services	8.1%
Work-related/ Employment	6.4%	↓ Home Health/Hospice	6.4%

COMMUNITY FINDINGS: Discussion Group Concerns

- Lack of Public Transportation
- Health Disparities Rural vs. Urban
- Risk Factors
- Financial Stability
- Access to Health Professionals
- Lack of Recreational Activities
- Access to Healthy Foods
- Increased Crime Rate
- Mental Health Services
- Alcohol and Substance Abuse

COMMUNITY FINDINGS: Lack of Transportation

- Lack of reliable, affordable public transportation as a significant issue in **EVERY** county.
  - HRC's and Senior Centers providing some relief but still a **major** barrier to accessing needed resources and services (medical care, groceries, jobs).
- Many residents travel long distances to get health care and for other services.

COMMUNITY FINDINGS: Lack of Recreational Activities

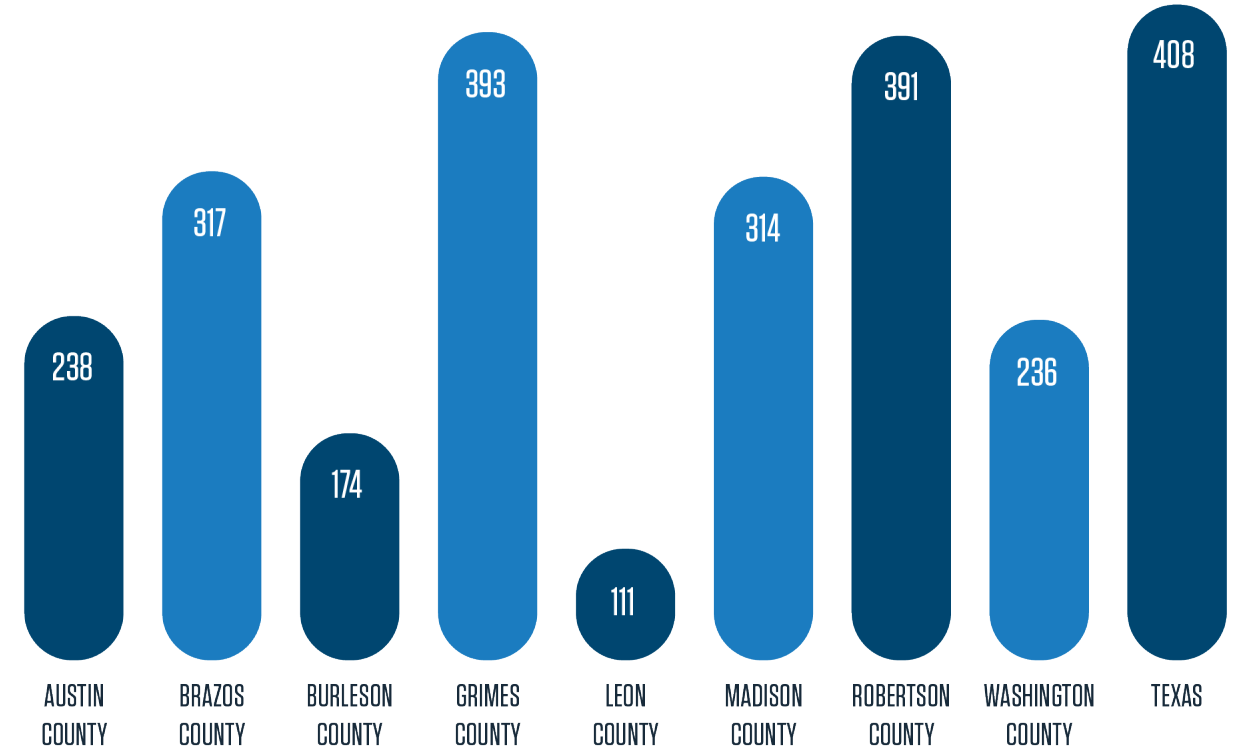
All rural counties have a **HIGHER** percentage of people **physically inactive** compared to *HP2020*

Children
Youth
Adults
Older Adults

5 out of 8 counties have **less than 50%** of their residents live reasonably close to a location for physical activity

COMMUNITY FINDINGS: Increased Crime Rate

Violent Crime Rates or the Greater Brazos Valley Region



Community Discussion Group Participants reflected on crime concerns such as:

- Rise in drug and alcohol use and the potential impact on domestic violence, family issues, and subsequent criminal records
- Domestic violence
- Increase in elderly abuse

COMMUNITY FINDINGS: Alcohol and Substance Abuse

CDG Participants expressed concern on:

- Perception of rising substance use, especially methamphetamines
- Many also linked substance abuse and mental health problems
- CDGs confirmed the misuse of prescription drugs, but secondary to other drugs
- Lack of resources available for treatment of mental health and/or substance abuse problems

OTHER COMMUNITY CONCERNS: Inadequate Local Infrastructure

- Numerous CDG participants referenced local problems with what can best be called “infrastructure”
  - poor road conditions,
  - abandoned and dilapidated housing,
  - needed programs and services for various populations, and
  - the quality and availability of public facilities
  - This is a new category worth exploration by local governments and community leaders.
- Closely related are the issues of availability of recreational and leisure activity facilities, particularly for adults and the aging population.

OTHER COMMUNITY CONCERNS: Communication and Coordination

- Residents in every community expressed concern with ***communication*** and its impact on access to services.
- Specifics concerns are:
  - Getting available resource information out to community members
  - Outreach to growing Hispanic community
  - Among/between service providers

This Powerpoint and the assessment report will be available on our website in the next few days

http://www.cchd.us/

TEXAS A&M UNIVERSITY
Center for Community
Health Development