

Texas border health data overview

June 7, 2023

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TEXAS
Health and Human
Services

Texas Department of State
Health Services

Office of
Border
Public Health

Border Data

By Region or County

- Demographics
- Health care access
- Communicable diseases
- Chronic diseases
- Mental health
- Maternal & child health
- Accidents & injuries
- Border crossings



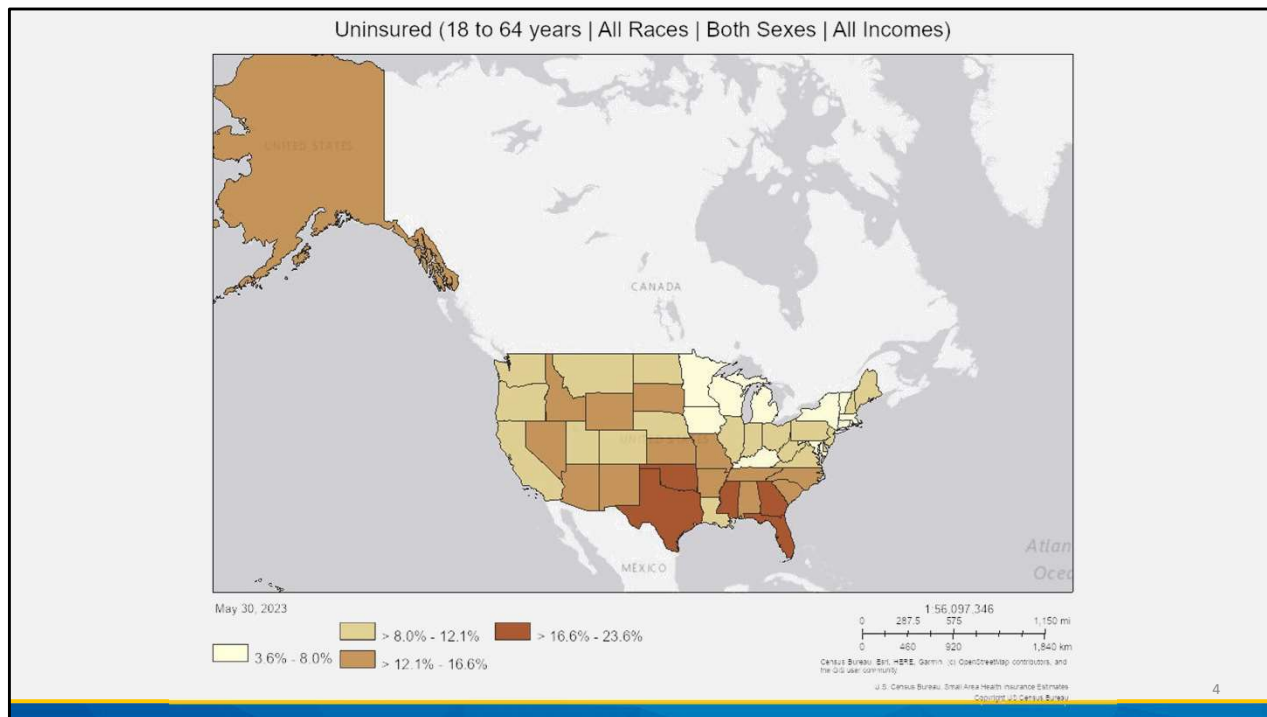
Topics in blue are those updated in the current presentation.
Topics in grey were updated in 2022.
Updates are in progress for the topics in black.

Image:

Photo taken by Allison Banicki on March 8, 2023

Health care access

- Lack of health insurance
- Shortages of health professionals



At the state level, Texas ranks poorly in terms of high rates of no health insurance 23.6% with no health insurance, ages 18-64 years

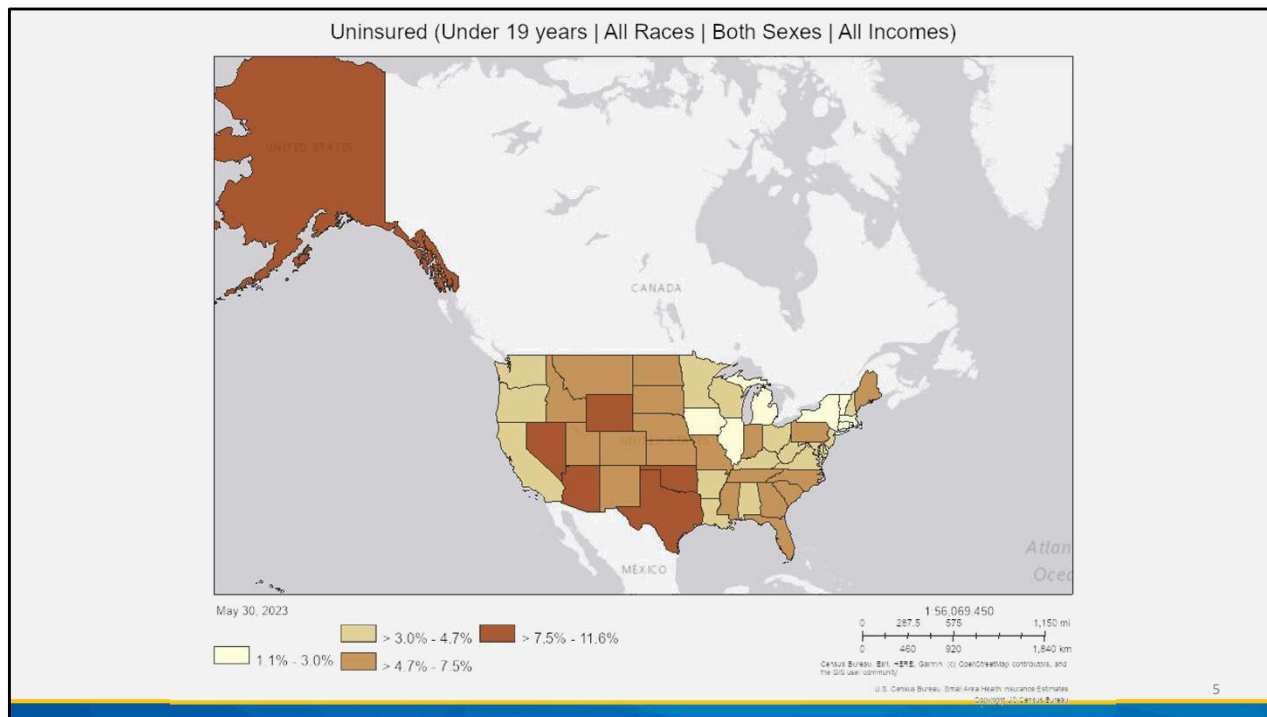
<https://www.census.gov/programs-surveys/sahie.html>

Data Tool Health Insurance Interactive Data Tool

An interactive application for exploring data from the Small Area Health Insurance Estimates (SAHIE) program.

2020 data (most recent available as of May 30, 2023)

Downloaded May 30, 2023



At the state level, Texas ranks poorly in terms of high rates of no health insurance 11.6% with no health insurance in Texas, under 19 years old

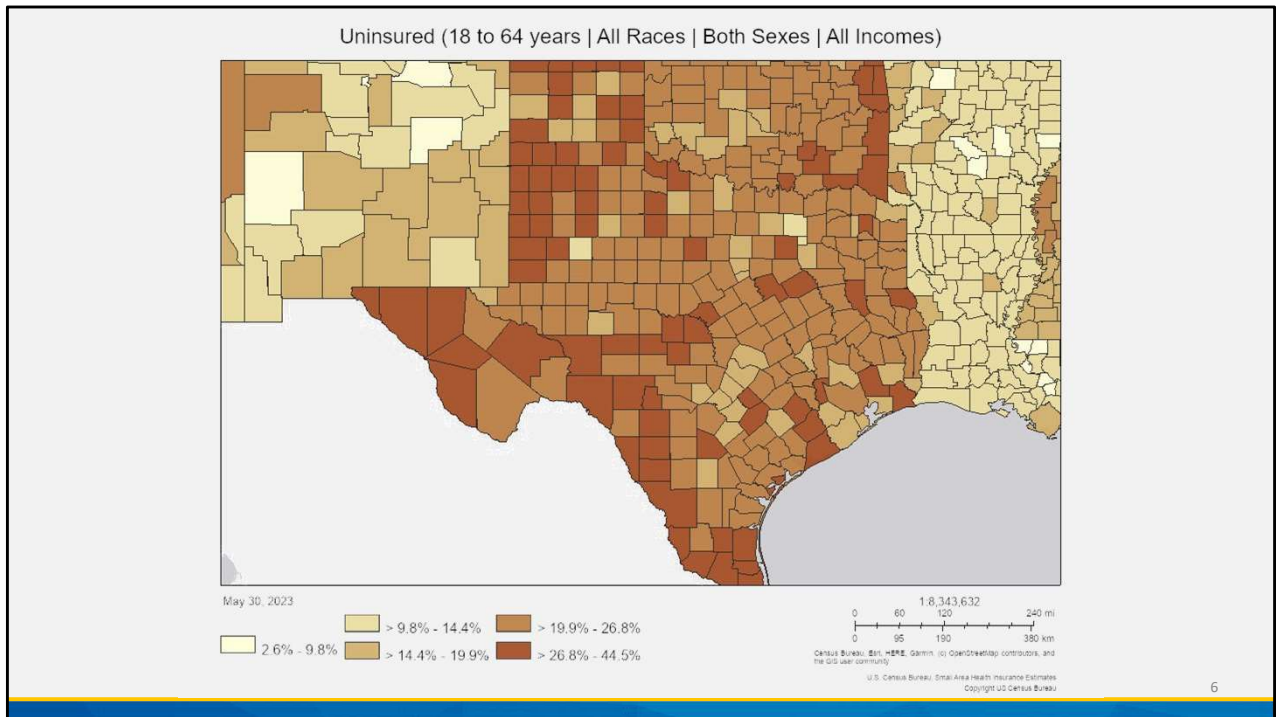
<https://www.census.gov/programs-surveys/sahie.html>

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2020 data (most recent available as of May 30, 2023)

Downloaded May 30, 2023



See the high rates of no insurance along most of the border
 (The southernmost county of Cameron and the row of northernmost counties are partially cut off in the image, but you can see that all these counties fall into the highest band.)

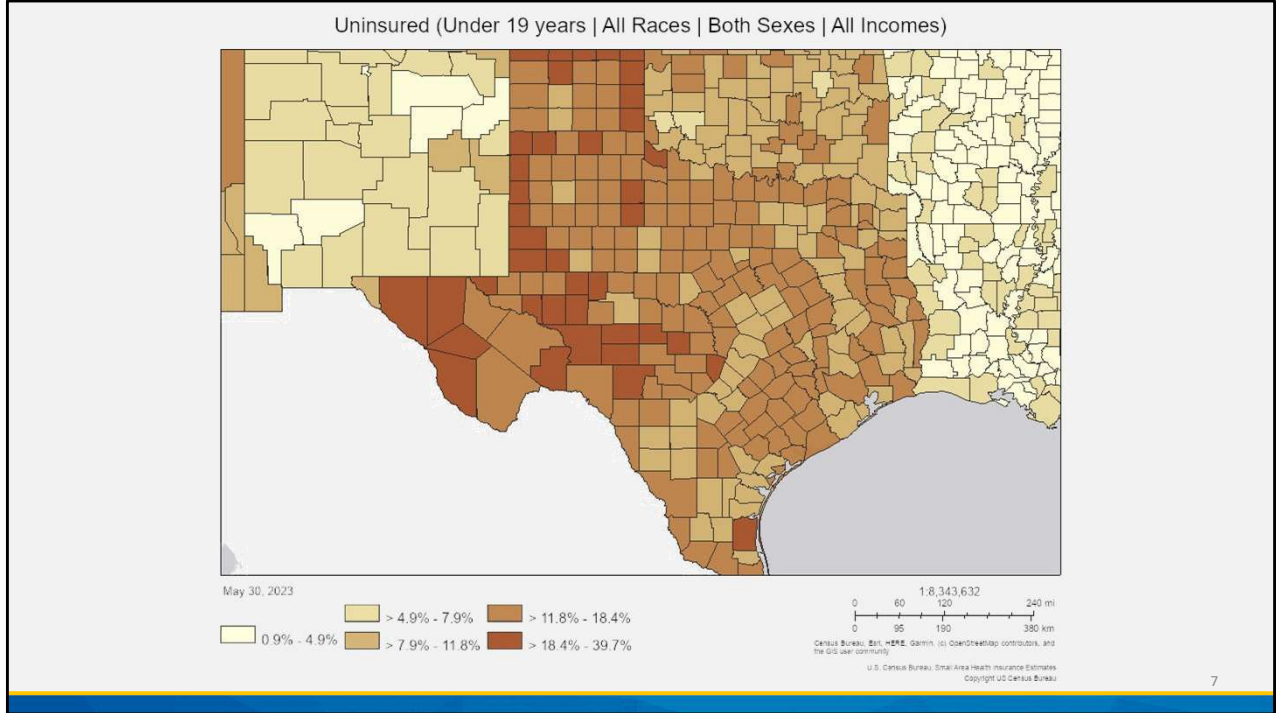
<https://www.census.gov/programs-surveys/sahie.html>

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2020 data (most recent available as of May 30, 2023)

Downloaded May 30, 2023



This pattern (of higher lack of insurance along border) is not so pronounced for children

(The southernmost county of Cameron and the row of northernmost counties are partially cut off in the image, but you can see that Cameron falls into the second-highest category and all the northernmost counties fall into the highest band.)

<https://www.census.gov/programs-surveys/sahie.html>

Data Tool Health Insurance Interactive Data Tool

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2020 data (most recent available as of May 30, 2023)

Downloaded May 30, 2023

Percentage of adults ages 18-64 years with no health coverage

Behavioral Risk Factor Surveillance System, 2021

	No health care coverage % (95% CI)
Border	42.0 (37.2 - 47.0)
Non-border	21.4 (19.5 - 23.4)

Lack of health insurance significantly higher on border than non-border.

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded May 30, 2023

Percentage of adults ages 18 and older who have not had a routine checkup in the past year Behavioral Risk Factor Surveillance System, 2021

	No checkup in past year % (95% CI)
Border	35.6 (31.6 - 39.9)
Non-border	29.5 (27.8 - 31.3)

Prevalence of no checkup significantly higher on border than non-border.

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded May 30, 2023

Percentage of adults ages 18 and older who needed to see a doctor but could not because of the cost

Behavioral Risk Factor Surveillance System, 2021

	Could not see doctor due to cost % (95% CI)
Border	23.3 (20.0 - 27.0)
Non-border	15.2 (13.9 - 16.7)

Prevalence of not seeing doctor because of cost significantly higher on border than non-border.

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded May 30, 2023

Health Profession Supply in Texas

Professionals per 100,000 population, 2022

	General dentists	Primary care physicians	Physician assistants	Community health workers
Border	23.4	55.9	28.8	33.7
Non-border	41.9	78.5	35.1	15.0

General dentists and primary care physicians show considerably lower supply in border compared to non-border of Texas. The supply of physician assistants is about the same in the Texas border and non-border. The supply of community health workers is about twice as high in border counties compared to non-border counties.

There are additional categories of health professionals not shown here. A representative set was chosen for this slide.

Data compiled from
<https://healthdata.dshs.texas.gov/dashboard/health-care-workforce/hprc/health-profession-supply>
Health Profession Supply
Downloaded May 30, 2023

32 border counties

Chronic diseases

- Diabetes
- Obesity
- Lack of physical activity

Percentage of adults ages 18 and older who have been told by a doctor, nurse, or other health professional they had diabetes. Does not include gestational diabetes.

Behavioral Risk Factor Surveillance System, 2021

	Diabetes prevalence % (95% CI)
Border	15.5 (13.1 - 18.2)
Non-border	10.8 (9.8 - 11.9)

The prevalence of diabetes is significantly higher in border counties than in non-border counties of Texas.

QUESTION ASKED:

"Calculated: Percentage of adults 18 years and older who have been told by a doctor, nurse, or other health professional they had diabetes. Does not include gestational diabetes."

Data Source

Texas Behavioral Risk Factor Surveillance System

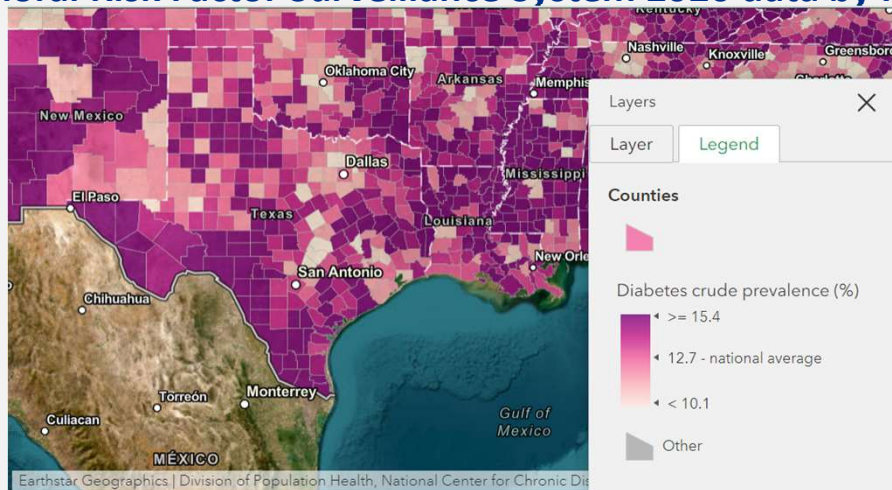
2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded May 31, 2023

Percentage of adults ages 18 and above with diagnosed diabetes in a given county

Age-adjusted estimates based on statistical modeling of Behavioral Risk Factor Surveillance System 2020 data by PLACES



Note the high diabetes prevalence in many border counties

estimates are age-adjusted

Data Source

Data downloaded May 31, 2023

<https://www.cdc.gov/places>

PLACES: Local Data for Better Health

PLACES is a collaboration between CDC, the Robert Wood Johnson Foundation, and the CDC Foundation. PLACES provides health data for small areas across the country. This allows local health departments and jurisdictions, regardless of population size and rurality, to better understand the burden and geographic distribution of health measures in their areas and assist them in planning public health interventions.

Data sources: The model-based estimates were generated using BRFSS 2020, Census 2010 population counts or census county population estimates of 2020 or 2019, and ACS 2015-2019.

Note: Estimates are not available for areas shaded in gray. For more information visit

<https://www.cdc.gov/places>.

Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA

Mortality due to diabetes mellitus, 2016-20

Diabetes as underlying cause of death

	Age-adjusted death rate (95% Confidence Interval) Deaths per 100,000
Border Texas	34.1 (33.1 - 35.1)
Non-border Texas	21.4 (21.2 - 21.7)
Texas (state)	22.7 (22.4 - 22.9)
United States	22.1 (22.0 - 22.1)

Mortality rate due to diabetes significantly higher in the border of Texas than in the non-border of Texas or the US as a whole.

Suggested Citation:

Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality with U.S. - Mexico Border Regions 1999-2020 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 1999-2020, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics

Cooperative Program. U.S. - Mexico border counties has been demarcated as the 44 counties that are located within 100 kilometers (62 miles) defined under the 1983 La Paz Agreement. Accessed at <http://wonder.cdc.gov/ucd-border.html> on May 31, 2023 9:06:02 PM

Query Criteria:

States:

Texas (48)

UCD - ICD-10 Codes:

E10-E14 (Diabetes mellitus)

Year/Month:

2016; 2017; 2018; 2019; 2020

Group By:

Border Region

Show Totals:

True

Show Zero Values:

False

Show Suppressed:

False

Standard Population:

2000 U.S. Std. Population

Calculate Rates Per:

100,000

Rate Options:

Default intercensal populations for years
2001-2009 (except Infant Age Groups)

Percentage of adults ages 18 and older who are obese, with BMI value greater than 30.0 BMI calculated by self reported height and weight Behavioral Risk Factor Surveillance System, 2021

	Prevalence of obesity % (95% CI)
Border	44.1 (39.9 - 48.5)
Non-border	35.7 (33.9 - 37.6)

The prevalence of obesity is significantly higher in Texas border counties than in non-border counties.

QUESTION ASKED:

"Calculated: Percentage of adults 18 years and older who are obese, BMI value greater than 30.0 BMI calculated by self reported height and weight."

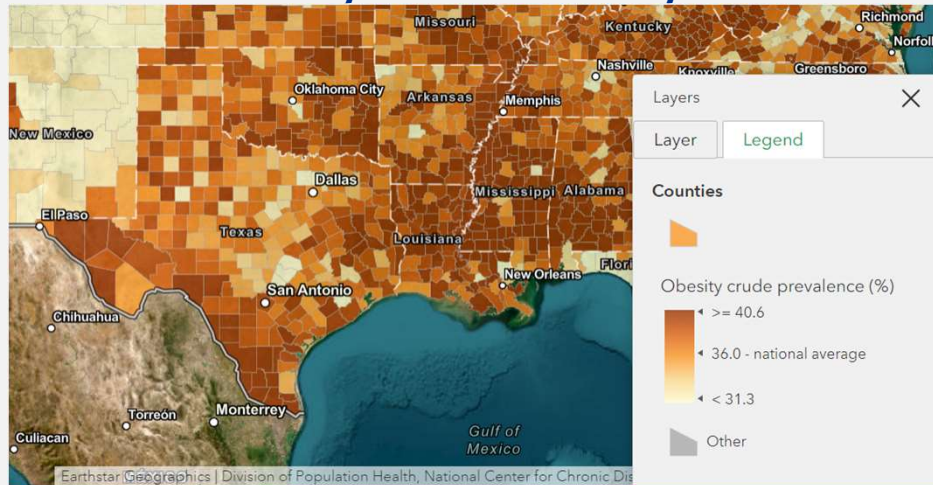
Data Source

Texas Behavioral Risk Factor Surveillance System
2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded May 31, 2023

Percentage of adults ages 18 and above who report a body mass index (BMI) greater than or equal to 30 kg/m² (obese) Age-adjusted estimates based on statistical modeling of Behavioral Risk Factor Surveillance System 2020 data by PLACES



See the relatively high obesity prevalence in many of the border counties of Texas
estimates are age-adjusted

Data Source

Data downloaded May 31, 2023

<https://www.cdc.gov/places>

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Data sources: The model-based estimates were generated using BRFSS 2020, Census 2010 population counts or census county population estimates of 2020 or 2019, and ACS 2015-2019.

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<https://www.cdc.gov/places>.

Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA

Percentage of adults ages 18 and older who did not participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise during the past month
Behavioral Risk Factor Surveillance System, 2021

	Prevalence of no leisure time physical activity during the past month % (95% CI)
Border	28.6 (24.9 - 32.5)
Non-border	24.2 (22.6 - 25.7)

The prevalence of no physical activity in past month is not significantly different in border counties compared to non-border counties of Texas.

QUESTION ASKED:

"During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

Data Source

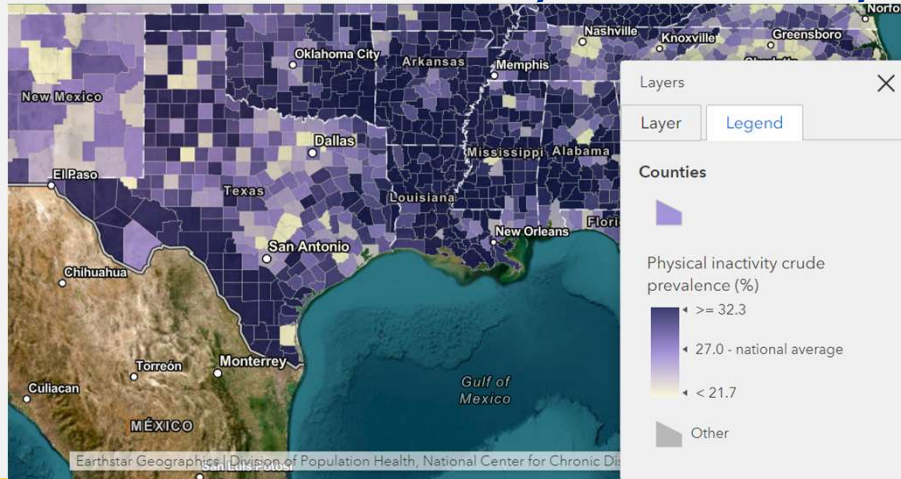
Texas Behavioral Risk Factor Surveillance System
 2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded May 31, 2023

Percentage of adults ages 18 and older reporting no leisure-time physical activity in the past month

Age-adjusted estimates based on statistical modeling of Behavioral Risk Factor Surveillance System 2020 data by PLACES



See that many border counties do have a relatively high prevalence of lack of physical activity, but there also other parts of Texas with high lack of physical activity.

estimates are age-adjusted

Data Source

Data downloaded May 31, 2023

<https://www.cdc.gov/places>

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Credit: Centers for Disease Control and Prevention, National Center for Chronic Disease and Health Promotion, Division of Population Health, Atlanta, GA

Mental health

- Survey data
- Mortality data (suicides)
- Mental health professionals supply

**Percentage of adults 18 years and older with poor mental health which includes stress, depression, and problems with emotions by number of days in the past 30 days
Behavioral Risk Factor Surveillance System, 2021**

	5 or more days of poor mental health % (95% CI)
Border	27.4 (23.9 - 31.1)
Non-border	26.5 (24.9 - 28.2)

No significant difference between border and non-border

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded April 13, 2023

Percentage of adults 18 years and older with poor mental health which includes stress, depression, and problems with emotions by number of days in the past 30 days
Behavioral Risk Factor Surveillance System, 2021

	14 or more days of poor mental health % (95% CI)
Border	14.7 (12.4 - 17.4)
Non-border	14.1 (12.9 - 15.4)

No significant difference between border and non-border

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded April 13, 2023

Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?

Behavioral Risk Factor Surveillance System, 2021

	Yes % (95% CI)
Border	17.6 (15.0 - 20.4)
Non-border	18.9 (17.5 - 20.3)

No significant difference between border and non-border

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded April 13, 2023

During the past 12 months, have you ever seriously considered attempting suicide?
Behavioral Risk Factor Surveillance System, 2021

	Yes % (95% CI)
Border	3.3 (2.1 - 5.3)
Non-border	3.0 (2.4 - 3.8)

No significant difference between border and non-border

Data Source

Texas Behavioral Risk Factor Surveillance System

2021

<https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Data downloaded April 13, 2023

Mortality data, 2016-20, Texas suicides

Age-adjusted rates given as deaths per 100,000 population
Ages 15 and older

Condition	Border rate (95% CI)	Non-border rate (95% CI)
Suicide deaths	11.2 (10.6 - 11.9)	17.3 (17.0 - 17.5)

Suicide death rate higher in non-border of Texas than in border counties of Texas.

Suicide Death Rate: Number of resident deaths resulting from the intentional use of force against oneself per 100,000 population (ICD-10 codes X60-X84, Y87.0, *U03).

UCD - ICD-10 Codes:

U03.0 (Terrorism involving explosions and fragments); U03.9 (Terrorism by other and

unspecified means); X60-X84 (Intentional self-harm); Y87.0 (Sequelae of intentional self-harm)

Ages 15 and older included; age adjusted rates reported

Suggested Citation:

Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality with U.S. - Mexico Border Regions 1999-2020 on CDC WONDER Online Database, released in 2021. Data are from the Multiple Cause of Death Files, 1999-2020, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. U.S. - Mexico border counties has been demarcated as the 44 counties that are located within 100 kilometers (62 miles) defined under the 1983 La Paz Agreement. Accessed at <http://wonder.cdc.gov/ucd-border.html> on Apr 17, 2023 9:44:40 PM

Mental Health Profession Supply in Texas

Professionals per 100,000 population, 2022

	Licensed Chemical Dependency Counselors	Licensed Professional Counselors	Licensed Psychologists	Psychiatrists
Border	17.2	50.9	4.6	3.5
Non-border	19.6	80.8	17.6	8.6

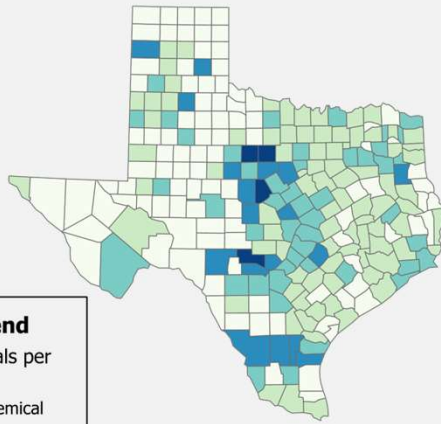
Several categories of mental health professionals show considerably lower supply in border compared to non-border of Texas (Licensed Professional Counselors, Licensed Psychologists, Psychiatrists). Border and non-border about the same per-capita supply for Licensed Chemical Dependency Counselors.

There are additional categories of mental health professionals not shown here. A representative set was chosen for this slide.

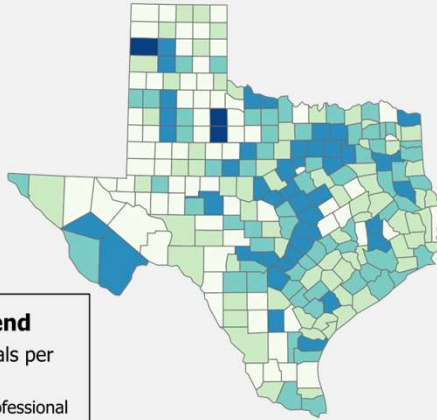
Data compiled from
<https://healthdata.dshs.texas.gov/dashboard/health-care-workforce/hprc/health-profession-supply>
 Health Profession Supply
 Downloaded April 13-17, 2023

32 border counties

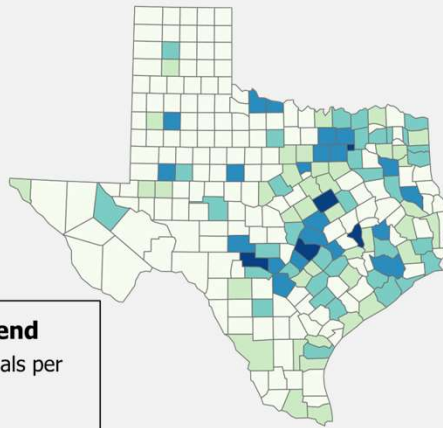
Supply of Licensed Chemical Dependency Counselors



Supply of Licensed Professional Counselors

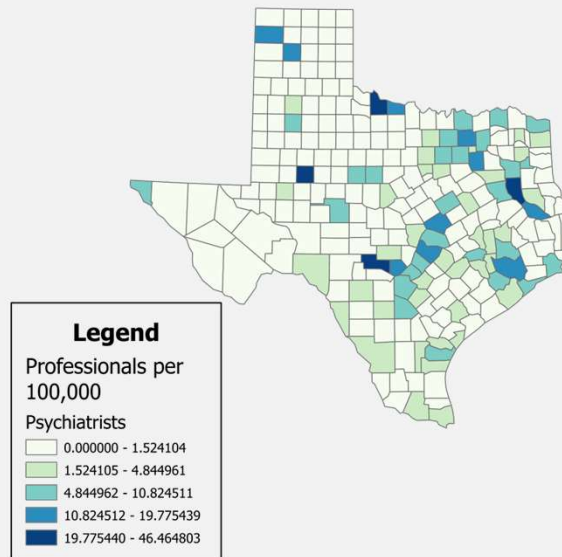


Supply of Licensed Psychologists



See how the border counties have a relatively low number of licensed psychologists per 100,000 residents.

Supply of Psychiatrists



See how the border counties have a relatively low number of psychiatrists per 100,000 residents.



Background image: international bridge in Eagle Pass, Texas
Photo taken by Allison Banicki on October 13, 2022
Standing on Texas side and viewing mural on structure on Mexico side