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# Chronic Disease Prevention in Texas

Presentation to the Senate Committee on Health and Human Services

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Commissioner

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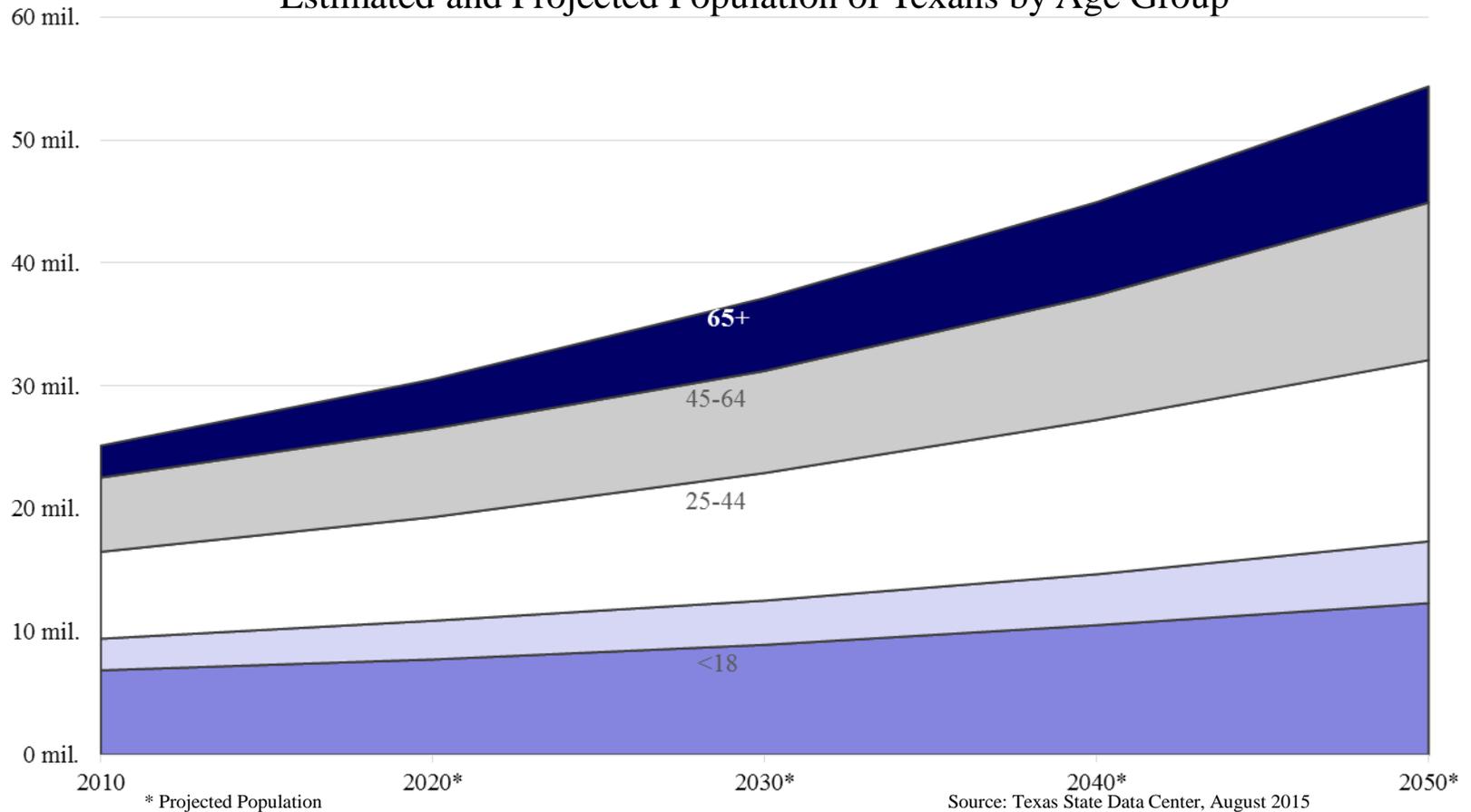
Division for Disease Control and Prevention Services

Department of State Health Services

February 18, 2016

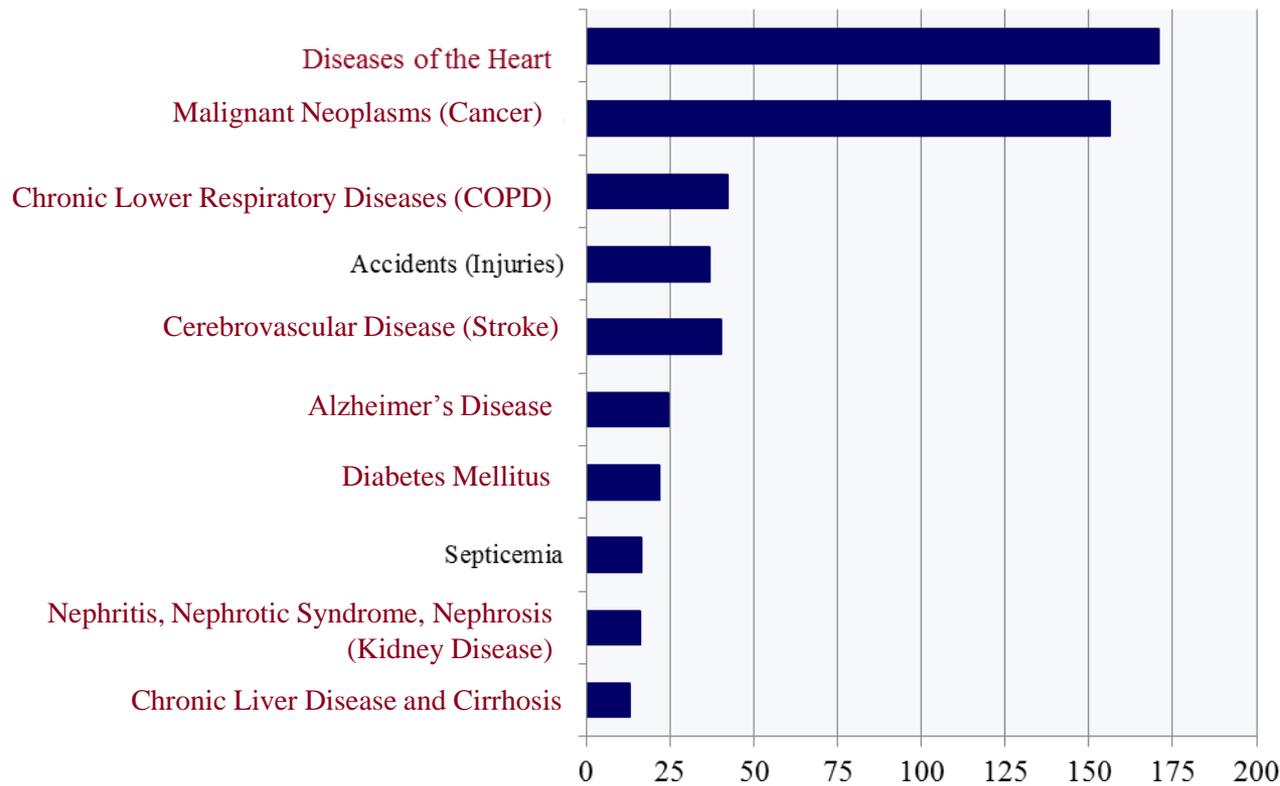
- Chronic disease is a long-lasting condition that can be controlled but not cured.
  - The vast majority of cases of chronic disease can be prevented or managed.
- Chronic disease significantly impacts the quality and quantity of life for Texans.
  - Chronic disease accounts for 75 percent of Texas health care expenditures.
- The incidence of chronic disease is greater for older Texans.
- The DSHS role is related to data collection and to prevention and control of certain chronic diseases.

Estimated and Projected Population of Texans by Age Group



# Impact of Chronic Disease In Texas

## Top 10 Causes of Mortality among Residents of Texas, 2013

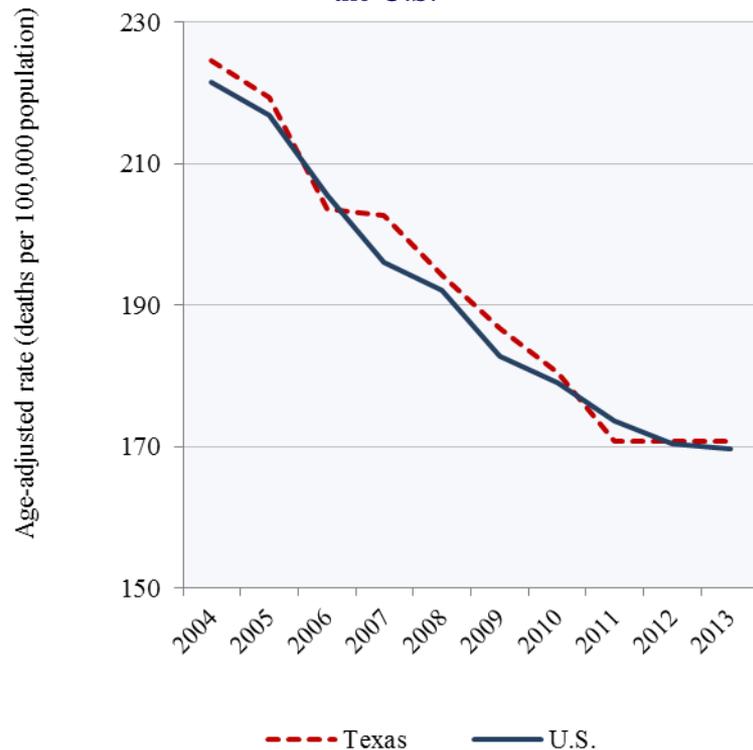


**Age-adjusted rates (deaths per 100,000 population)**

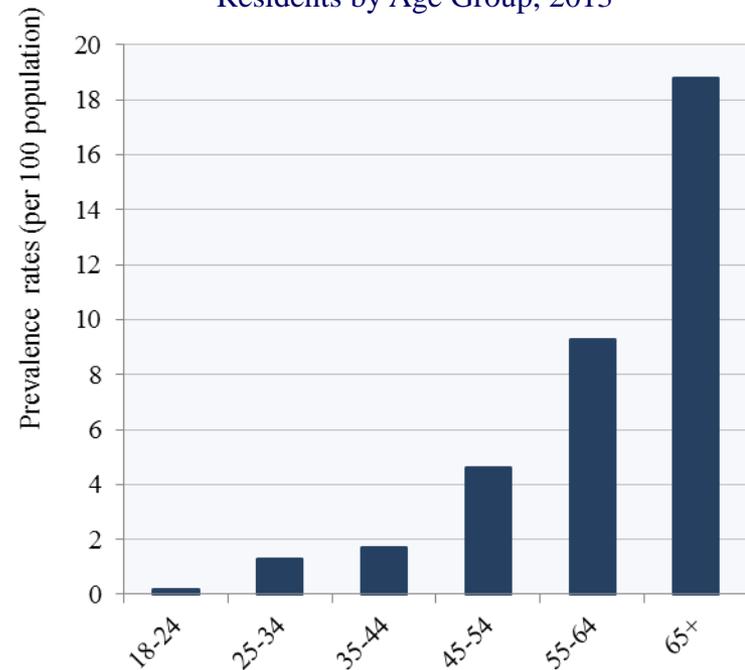
Source: Center for Health Statistics, Texas Department of State Health Services, August 2015

# Heart Disease in Texas

Heart Disease Death Rates among Residents of Texas and the U.S.

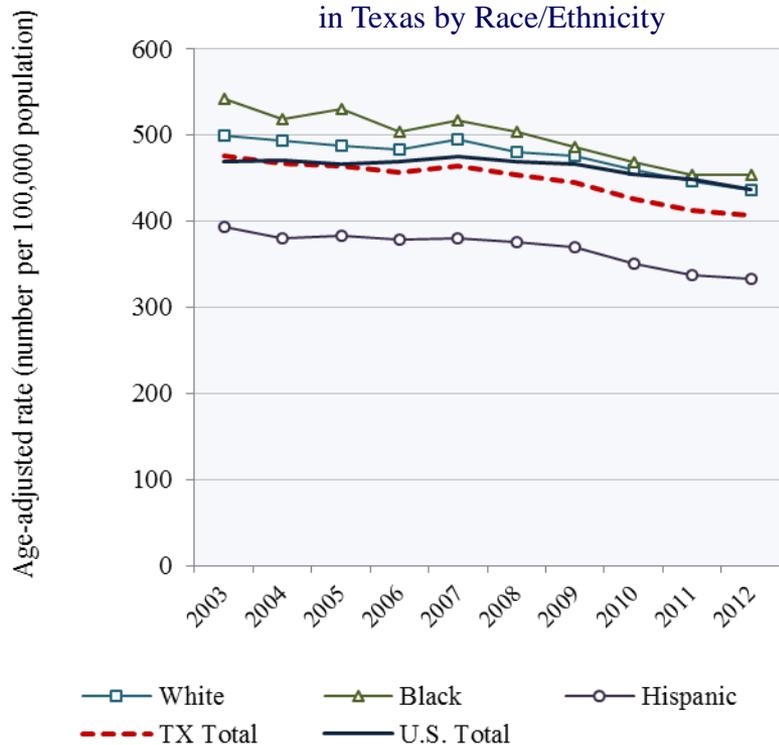


Adult Heart Disease Prevalence among Texas Residents by Age Group, 2013



# Cancer in Texas

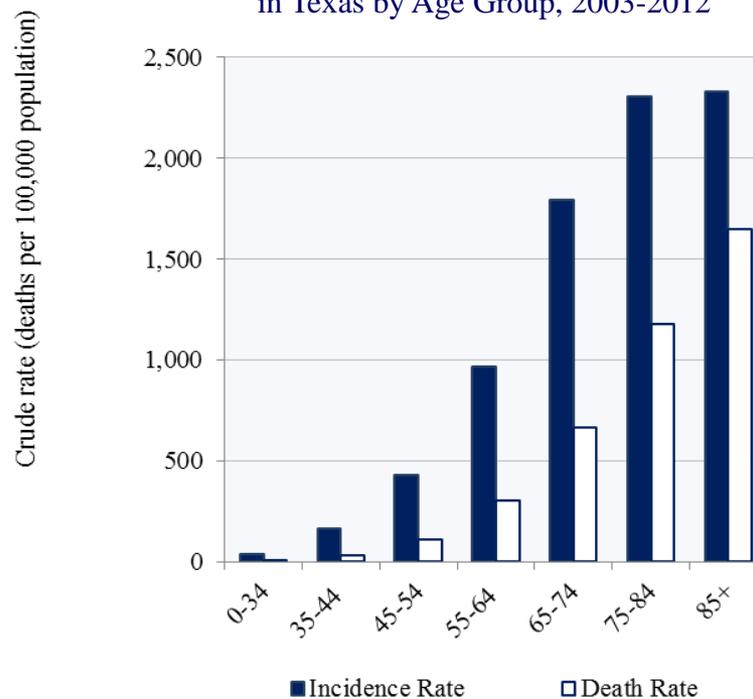
Cancer Incidence Rates for All Cancer Types in Texas by Race/Ethnicity



U.S. Total is based on the SEER population.

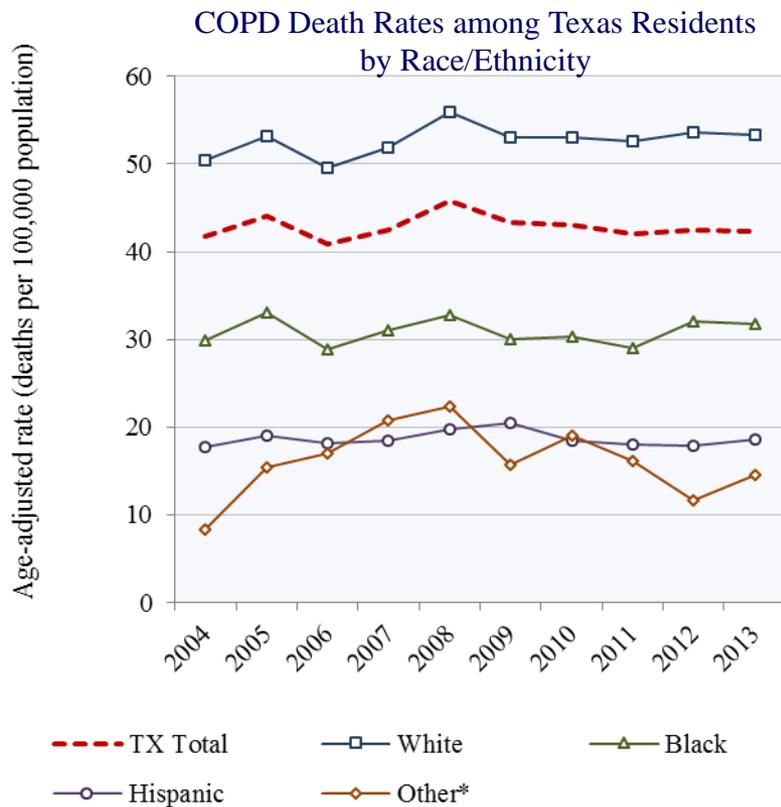
Source: DSHS, Cancer Epidemiology and Surveillance Branch, Texas Cancer Registry

Overall Cancer Incidence and Death Rates in Texas by Age Group, 2003-2012



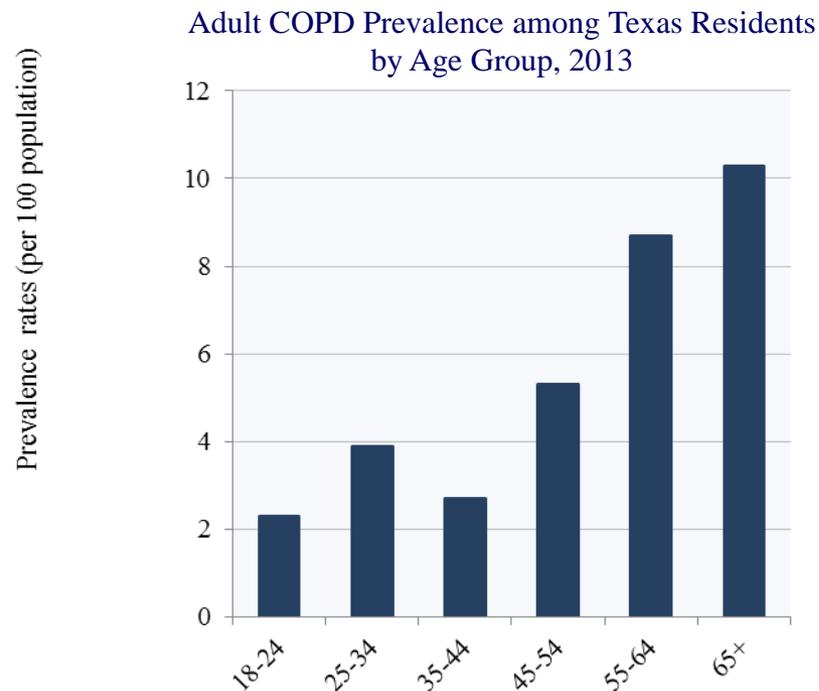
Source: DSHS, Cancer Epidemiology and Surveillance Branch, Texas Cancer Registry

# Chronic Obstructive Pulmonary Disease (COPD) in Texas



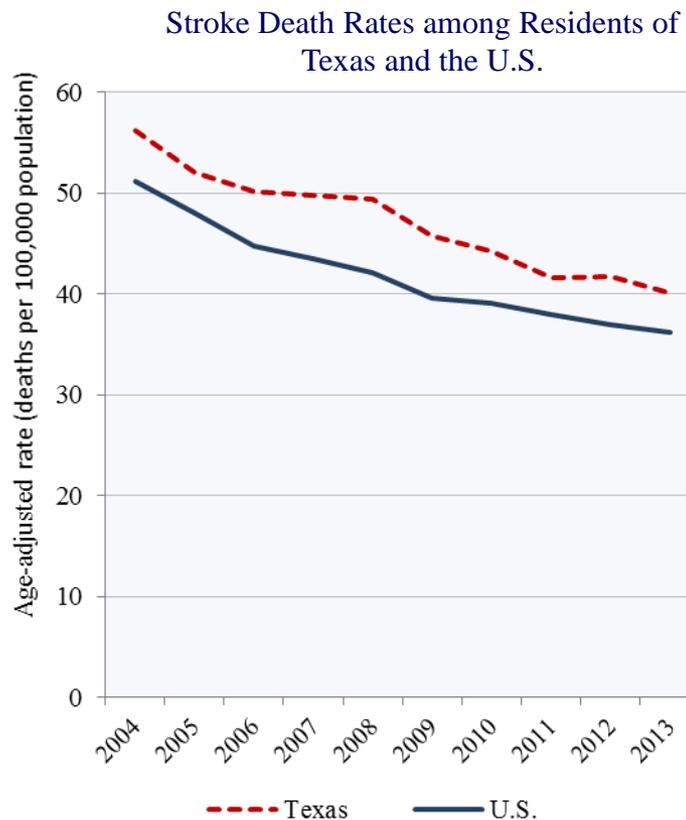
\* "Other" includes multiple non-Hispanic races starting in 2012.

Source: Center for Health Statistics, DSHS, August 2015

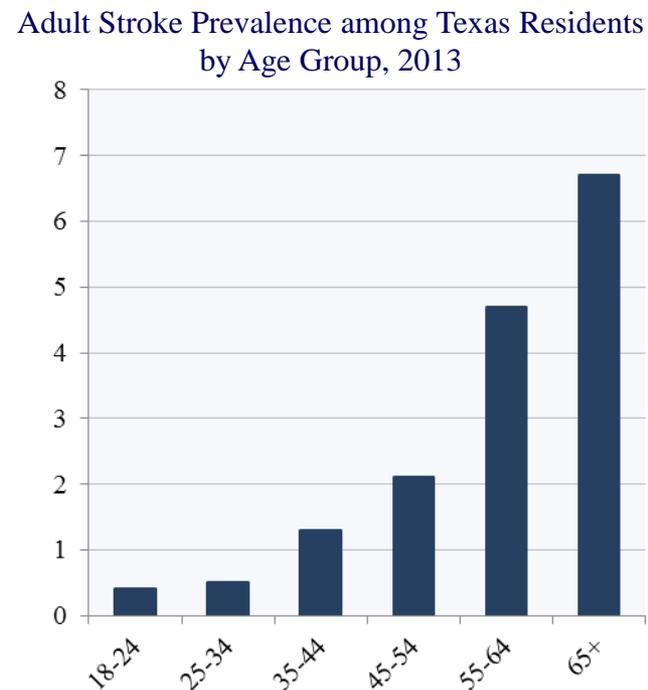


Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013

# Stroke in Texas



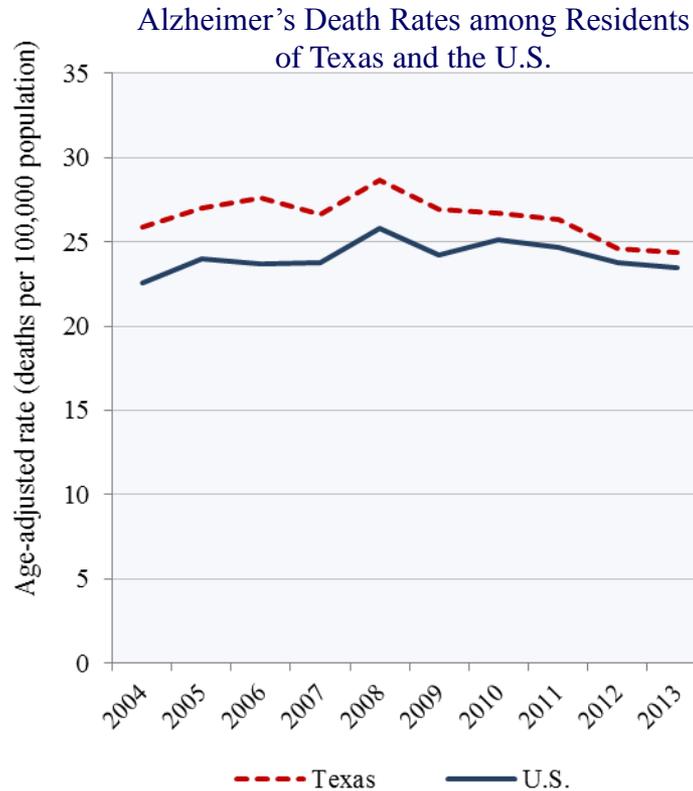
Prevalence rates (per 100 population)



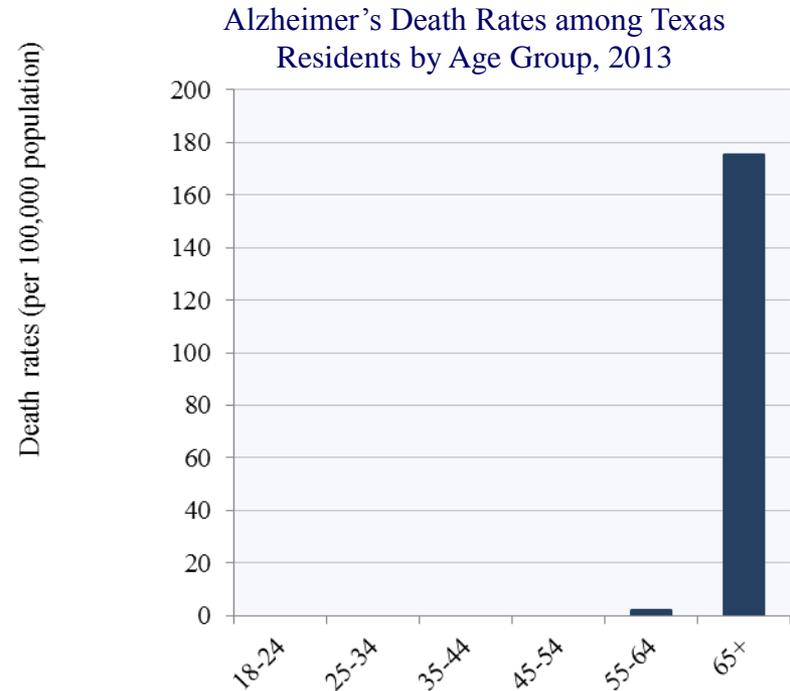
Source: TX Data – Center for Health Statistics, DSHS , August 2015; U.S. Data – National Vital Statistics System, CDD

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013

# Alzheimer's in Texas



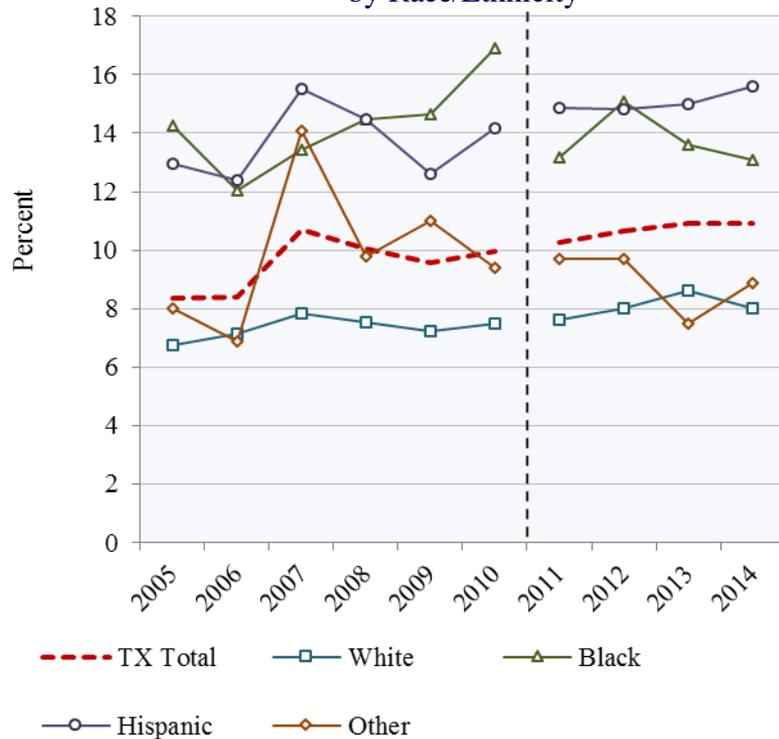
Source: TX Data – Center for Health Statistics, DSHS, August 2015; U.S. Data – National Vital Statistics System, CDC



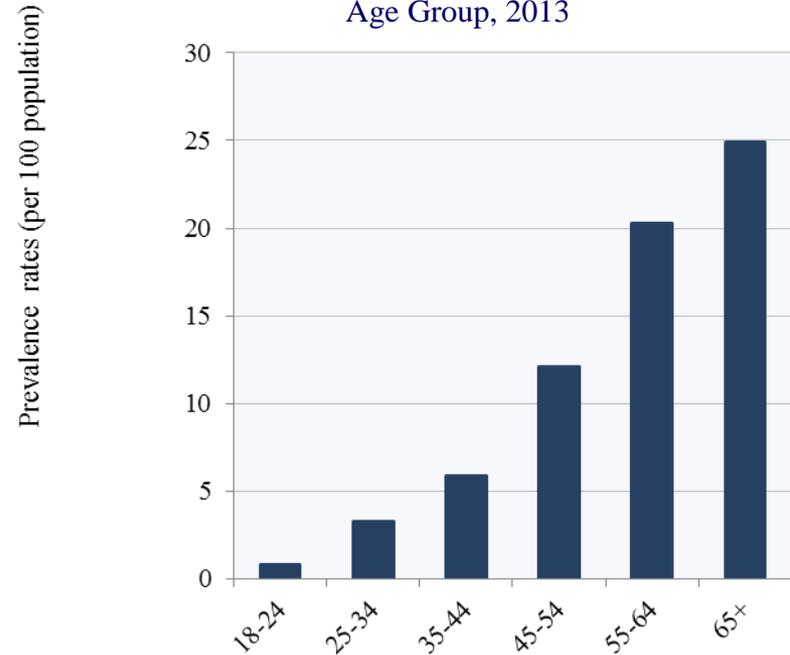
Source: Texas Death Certificate, 2013 Finalized Statistical File, Limited to Texas

# Diabetes in Texas

Age-Adjusted Prevalence of Diabetes in Texas  
by Race/Ethnicity



Adult Diabetes Prevalence among Texas Residents by  
Age Group, 2013

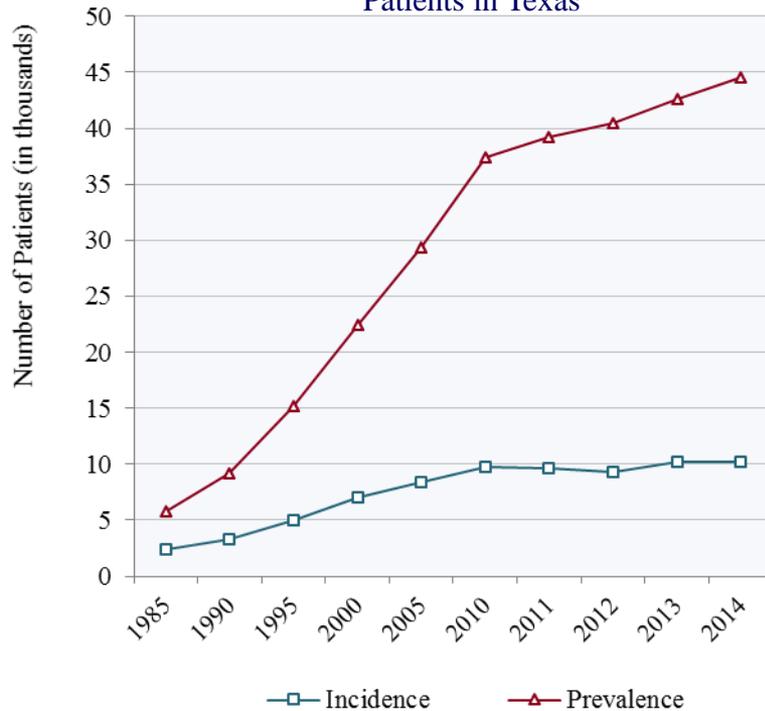


Source: Texas Behavioral Risk Factor Surveillance System, August 2015

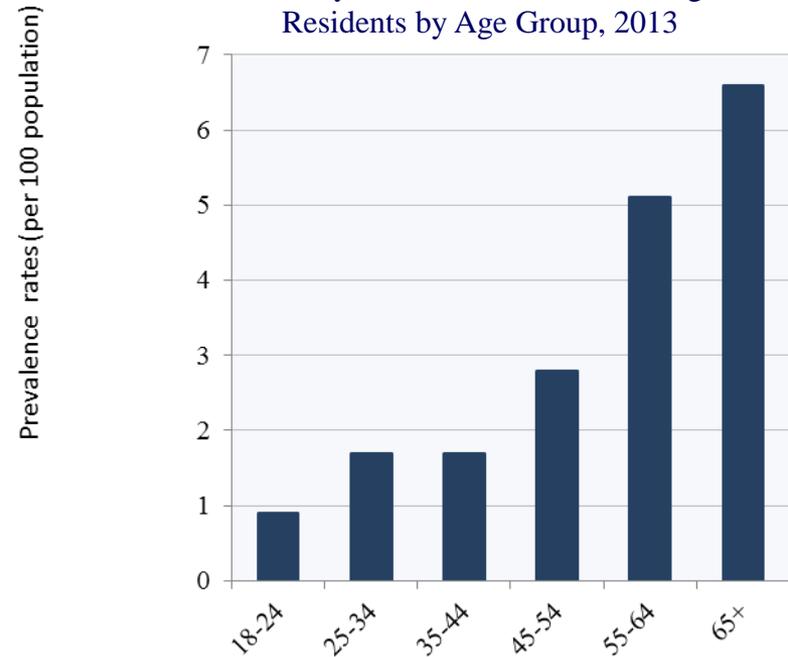
Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013

# Kidney Disease in Texas

Number of Living End State Renal Disease Patients in Texas



Adult Kidney Disease Prevalence among Texas Residents by Age Group, 2013



Source: End State Renal Disease (ESRD) Network of Texas 2014 Annual Report <http://esrdnetwork.org/wp-content/uploads/Network-14-2014-Annual-Report-Final.pdf>

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013

# Chronic Disease Prevention and Control: Challenges

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- Numerous risk factors impact the incidence of chronic disease.
  - 1 in 6 Texans use tobacco.
  - 1 in 3 Texans are obese, and 2 in 3 are overweight.
  - 2.5 million Texas adults have diabetes.
  - 7.1 million Texas adults are prediabetic.
  - Hypertension impacts over 25 percent of Texans.
- Comorbidities with behavioral health conditions and other chronic diseases are numerous.
- Measurement of intervention outcomes is complex because of numerous factors contributing to chronic disease.

# Chronic Disease Prevention and Control: Challenges

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- Effective prevention support must start early.
- Significant improvement requires lifestyle changes at the individual level.
- Widespread health disparities evident in chronic disease incidence and mortality.
- Social determinants impact chronic disease incidence.
  - Education, transportation, social supports, and poverty

# Chronic Disease Prevention and Control: Approaches

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- Begin supports as early as possible to discourage the start of unhealthy behaviors.
- Engage social support systems such as families and communities.
- Implement comprehensive approaches that involve healthcare and community partners.
- Adapt strategies to local community needs.

## Select DSHS Projects: Potentially Preventable Hospitalizations

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- Potentially Preventable Hospitalizations(\$1 million in fiscal year 2016)
  - Focus on three of the highest-cost conditions in Texas:
    - Congestive Heart Failure
    - Chronic Obstructive Pulmonary Disease
    - Diabetes complications
  - Locally-driven and coordinated evidence-based interventions, including at a minimum: case management, community engagement, healthcare provider training, and patient education
  - Adults in 13 low to moderately-populated counties most severely impacted by PPHs

## Select DSHS Projects: Diabetes Prevention and Control

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- Diabetes Prevention and Control (\$941,750 in fiscal year 2016)
  - Education of individuals with or at risk for diabetes and of the health professionals who treat them
  - Diabetes data surveillance and analysis
  - Contracts with four community-based diabetes projects for self-management education and support to persons with diabetes
    - El Paso
    - Houston
    - Northeast Texas
    - Wichita Falls
  - Development of professional education materials and programs

# Select DSHS Projects: Tobacco Prevention and Control

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- Tobacco Prevention and Control (\$14.7 million in fiscal year 2016)
  - Local coalition-led comprehensive tobacco prevention and cessation efforts in 12 counties:
    - Angelina
    - Brazos
    - Ellis
    - Galveston
    - Hidalgo
    - Lamar
    - Nacogdoches
    - Nueces
    - Red River
    - Rusk
    - Waller
    - Wichita
  - Collaboration with other state agencies and community organizations on tobacco prevention awareness and education
  - Statewide outreach activities for youth and young adults
  - Statewide tobacco cessation resources through the Texas Quitline