



Chronic Disease Prevention in Texas

Presentation to the Senate Committee on Health and Human Services

John Hellerstedt, M.D.

Commissioner

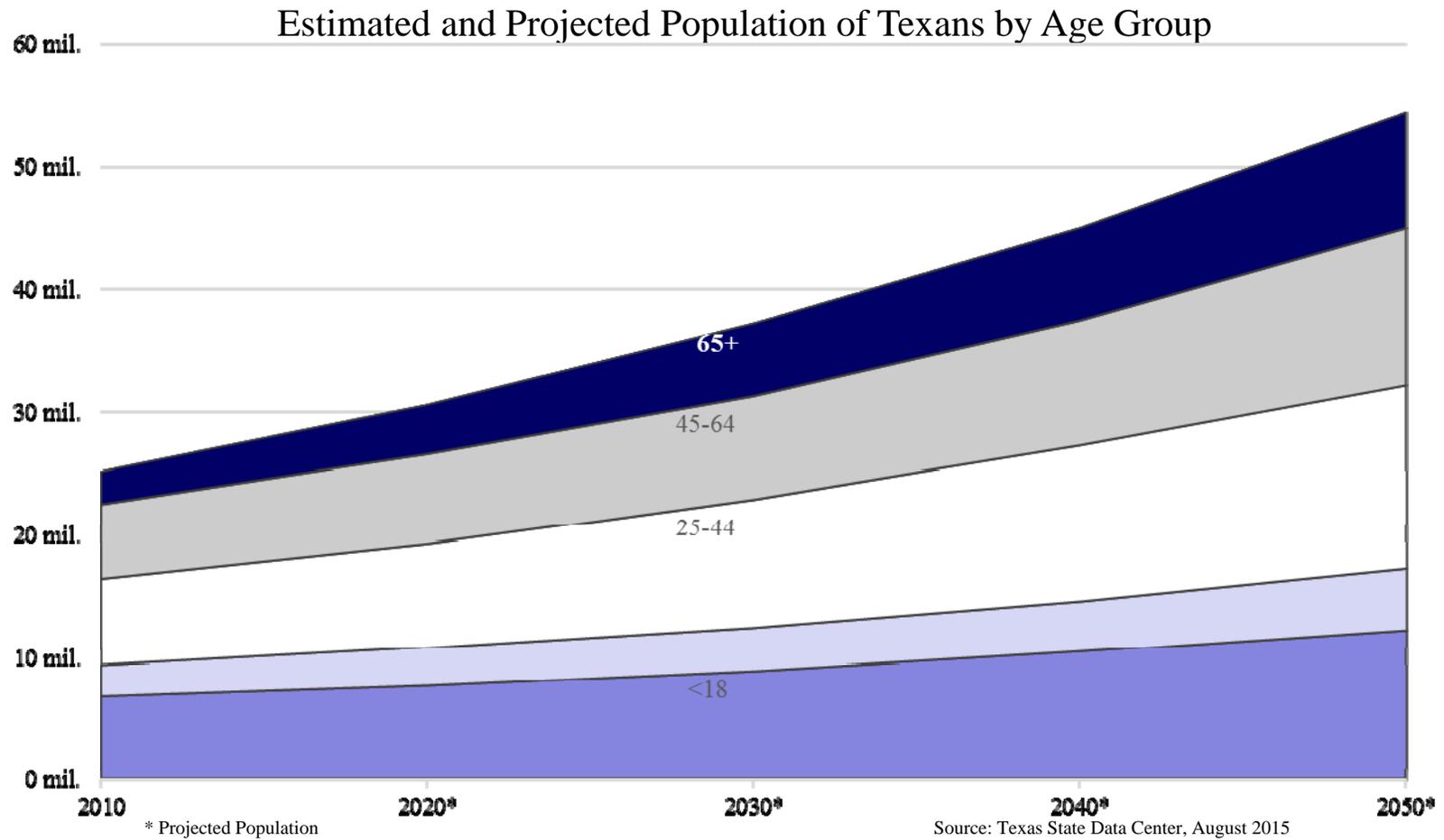
Janna Zumbrun, Assistant Commissioner

Division for Disease Control and Prevention Services

Department of State Health Services

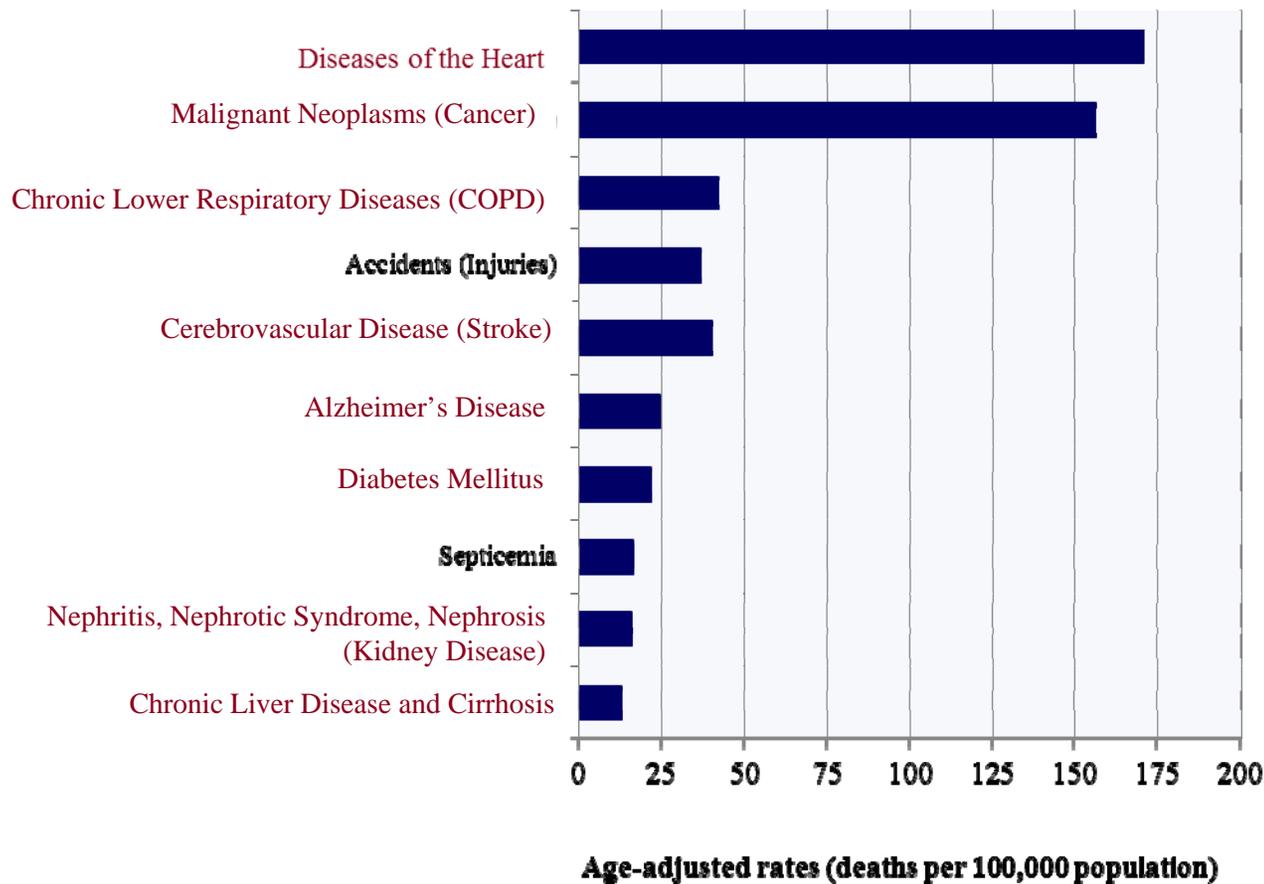
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- Chronic disease is a long-lasting condition that can be controlled but not cured.
 - The vast majority of cases of chronic disease can be prevented or managed.
- Chronic disease significantly impacts the quality and quantity of life for Texans.
 - 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.



Impact of Chronic Disease In Texas

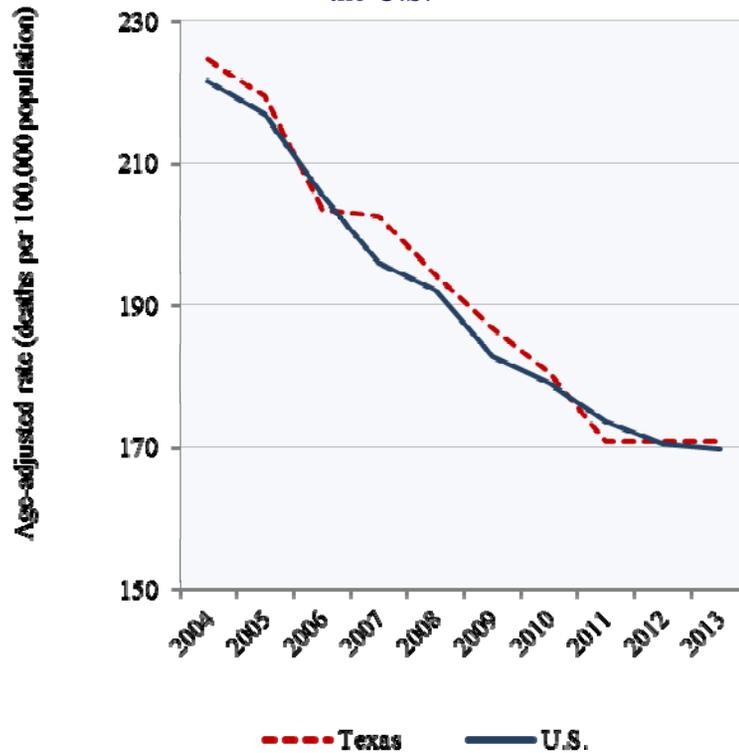
Top 10 Causes of Mortality among Residents of Texas, 2013



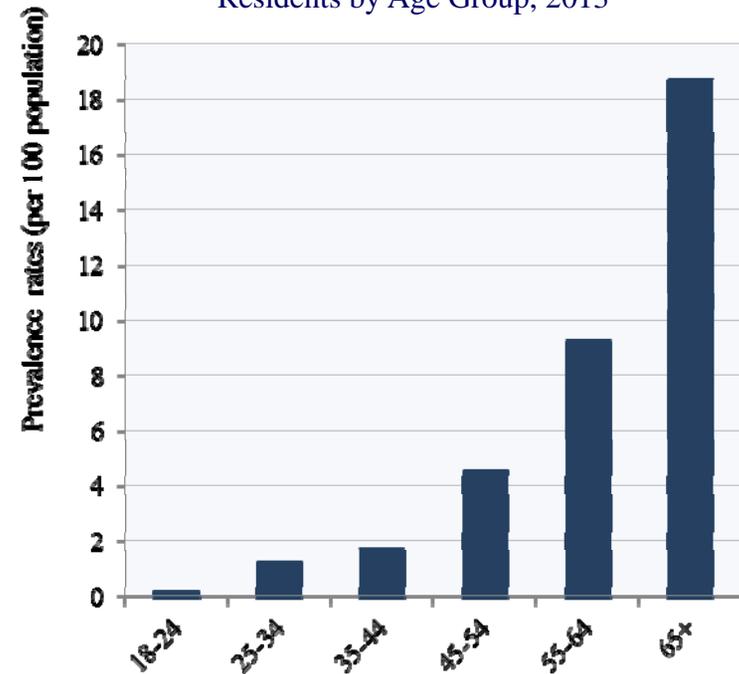
Source: Center for Health Statistics, Texas Department of State Health Services, August 2015

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

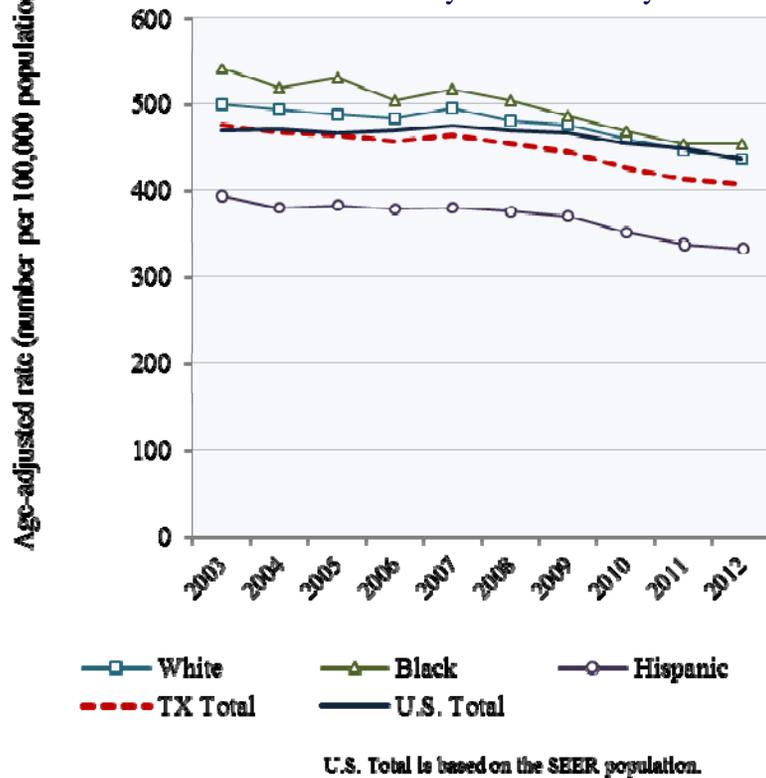


Source: TX Data – Center for Health Statistics, DSHS, August 2015; U.S. Data – National Vital Statistics

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013 Survey, weighted to the Texas adult population

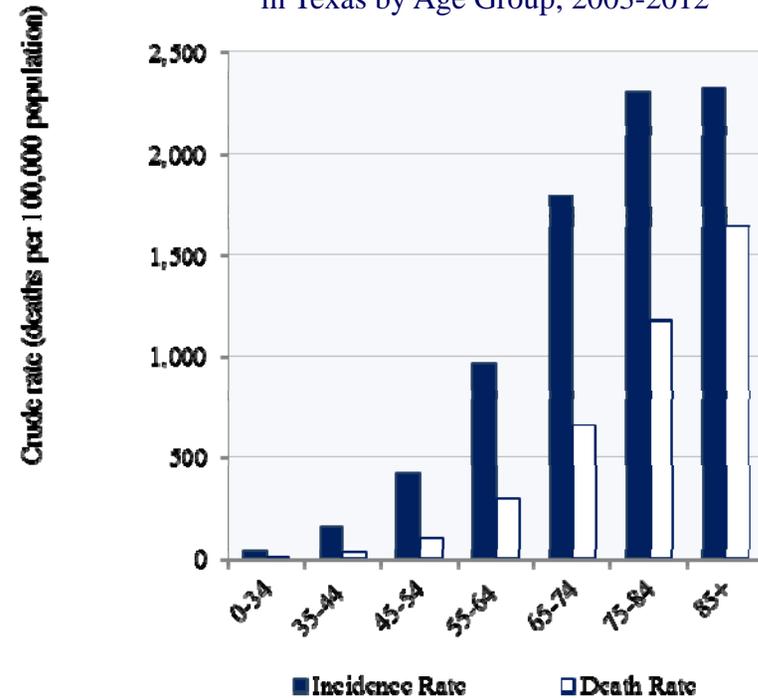
Cancer in Texas

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



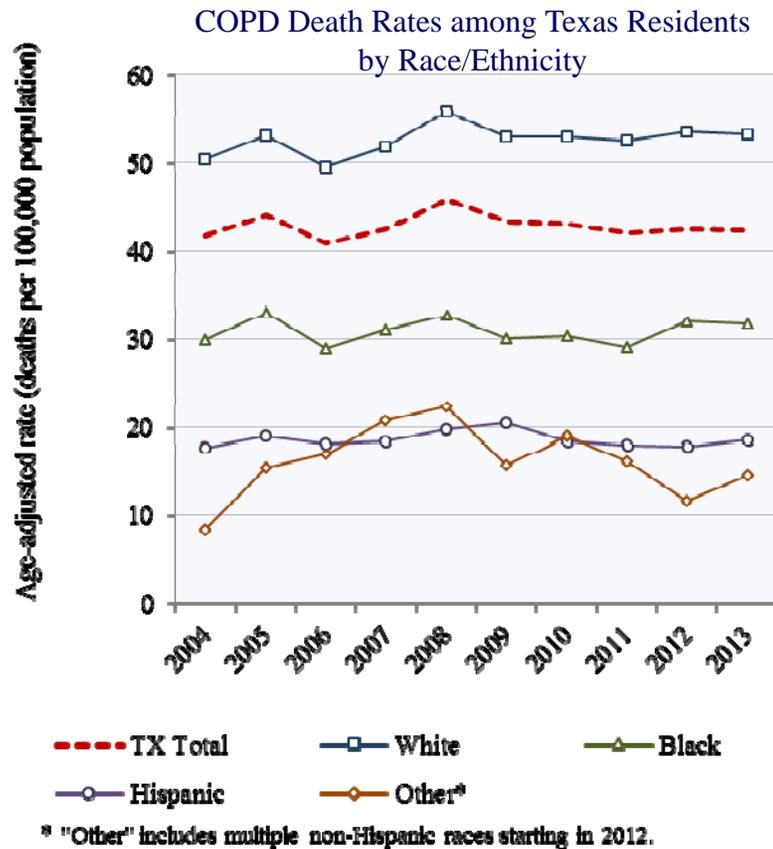
Source: DSHS, Cancer Epidemiology and Surveillance Branch, Texas Cancer Registry

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

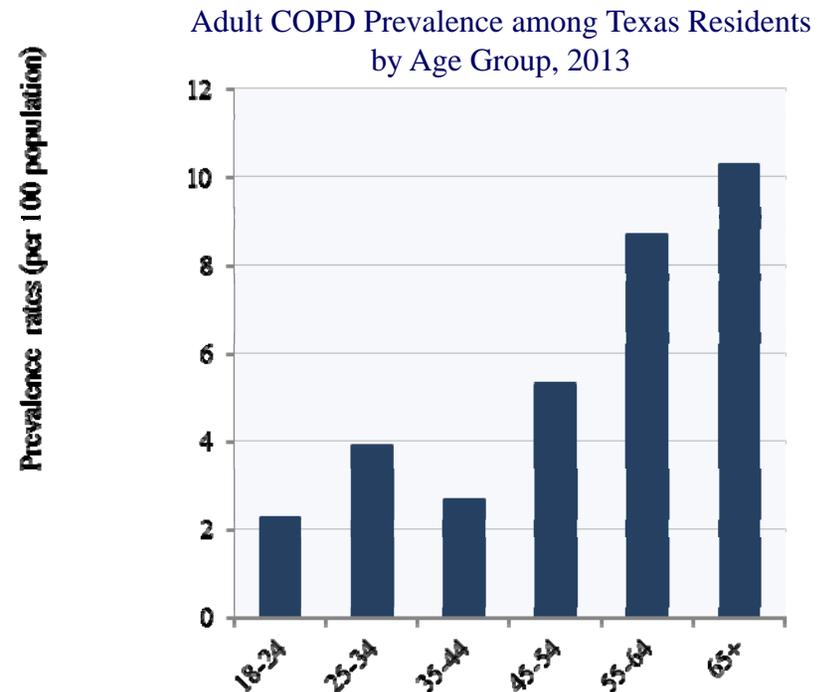


Source: DSHS, Cancer Epidemiology and Surveillance Branch, Texas Cancer Registry

Chronic Obstructive Pulmonary Disease (COPD) in Texas



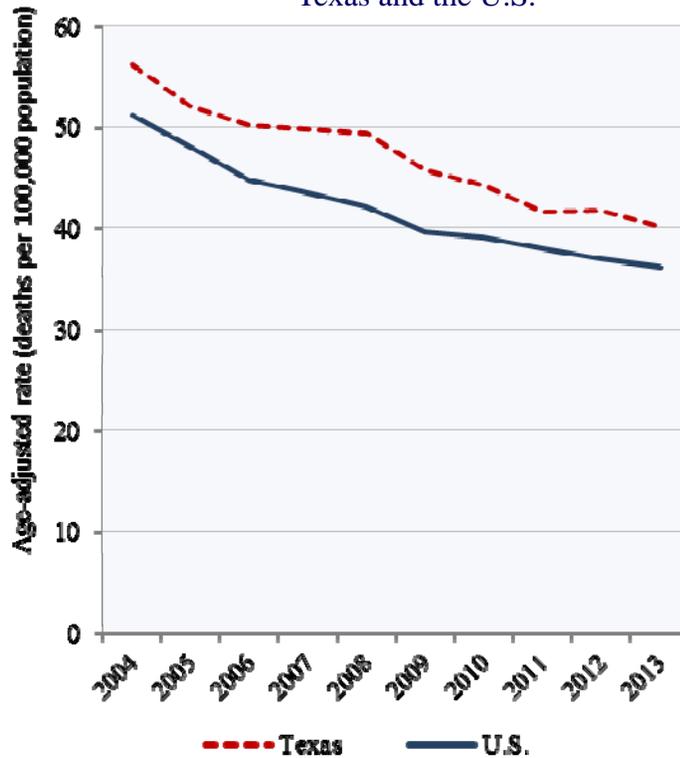
Source: Center for Health Statistics, DSHS, August 2015



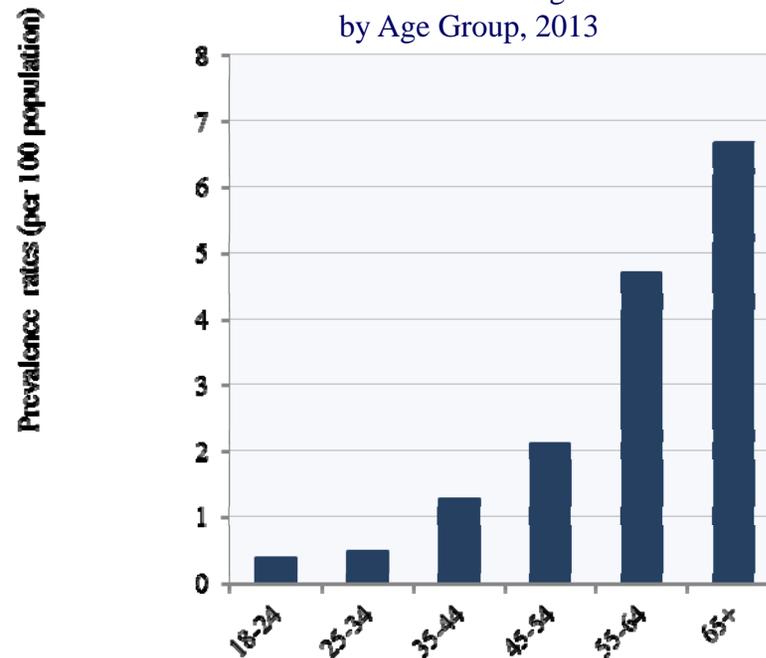
Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013

Stroke in Texas

Stroke Death Rates among Residents of Texas and the U.S.



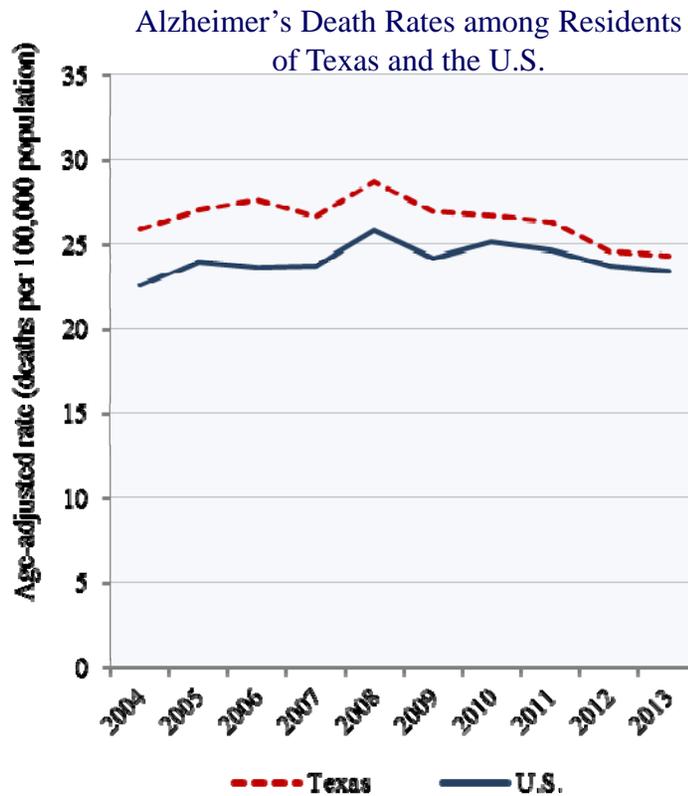
Adult Stroke Prevalence among Texas Residents by Age Group, 2013



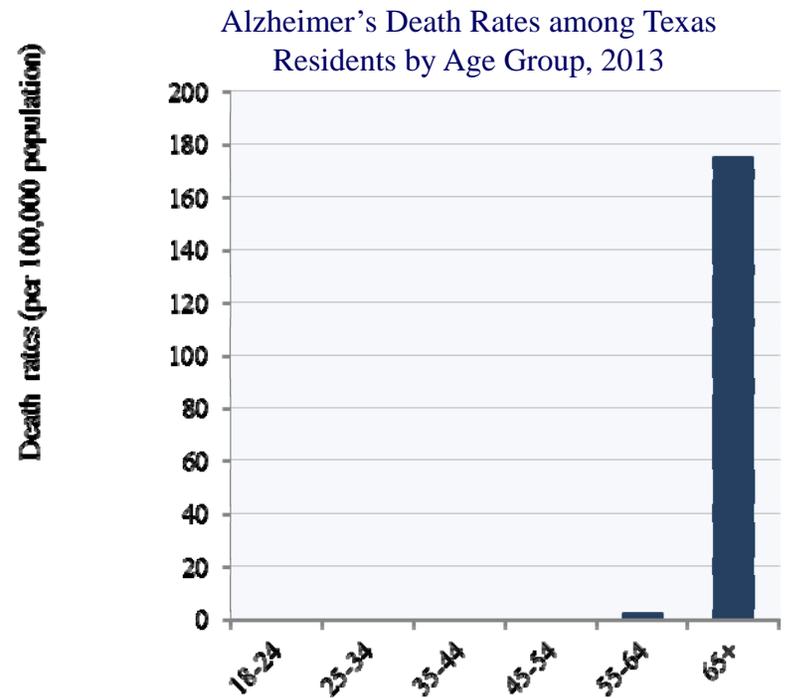
Source: TX Data – Center for Health Statistics, DSHS , August 2015; U.S. Data – National Vital Statistics System, CDD

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

Alzheimer's in Texas



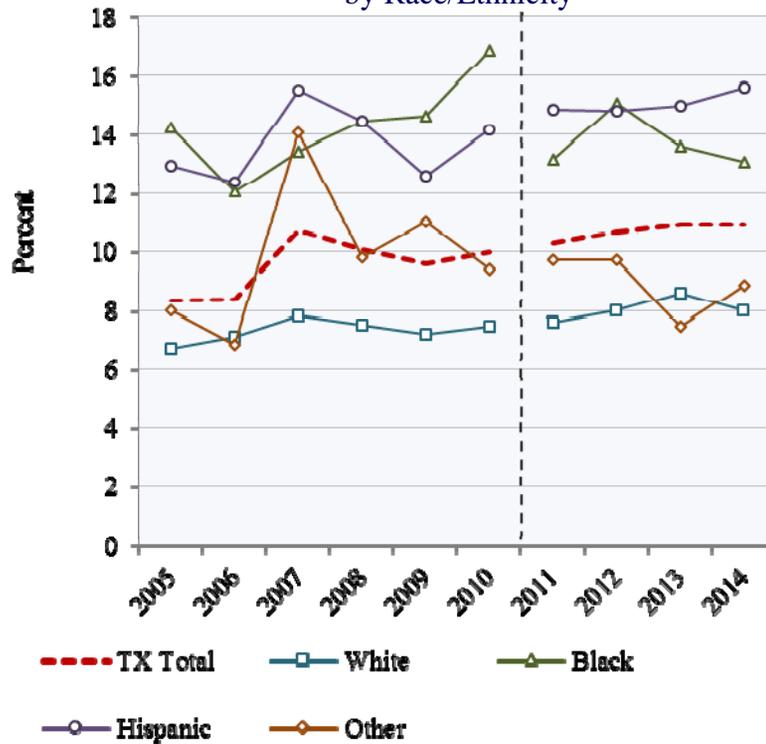
Source: TX Data – Center for Health Statistics, DSHS, August 2015; U.S. Data – National Vital Statistics System, CDC



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

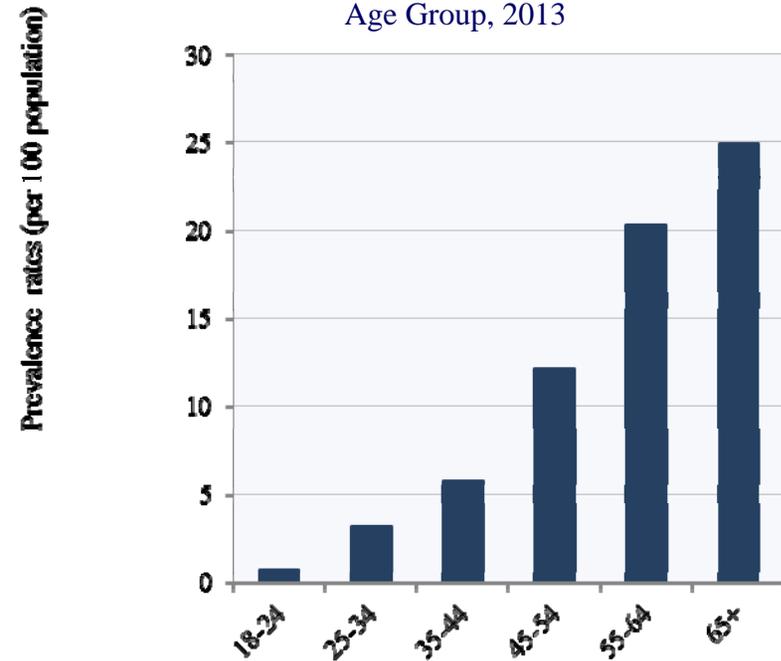
Diabetes in Texas

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



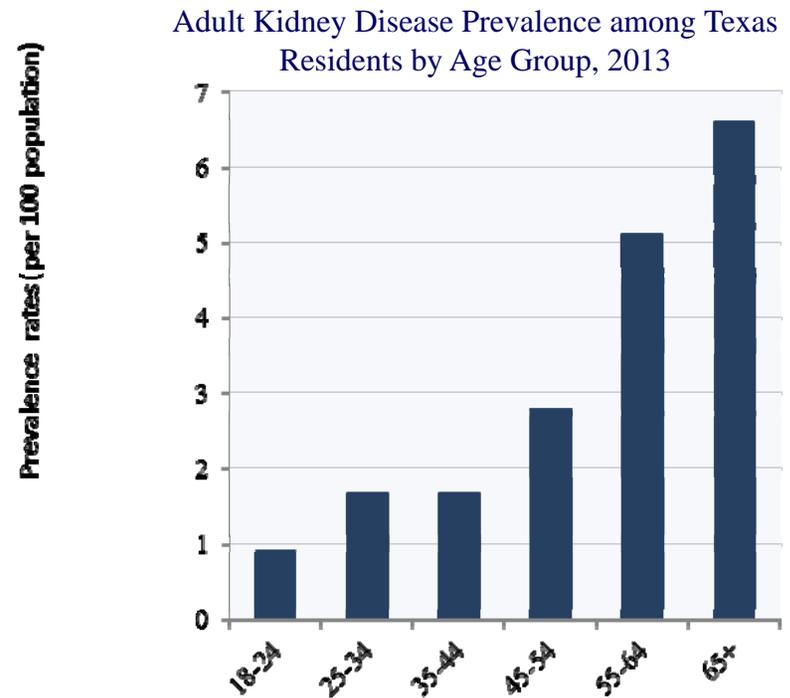
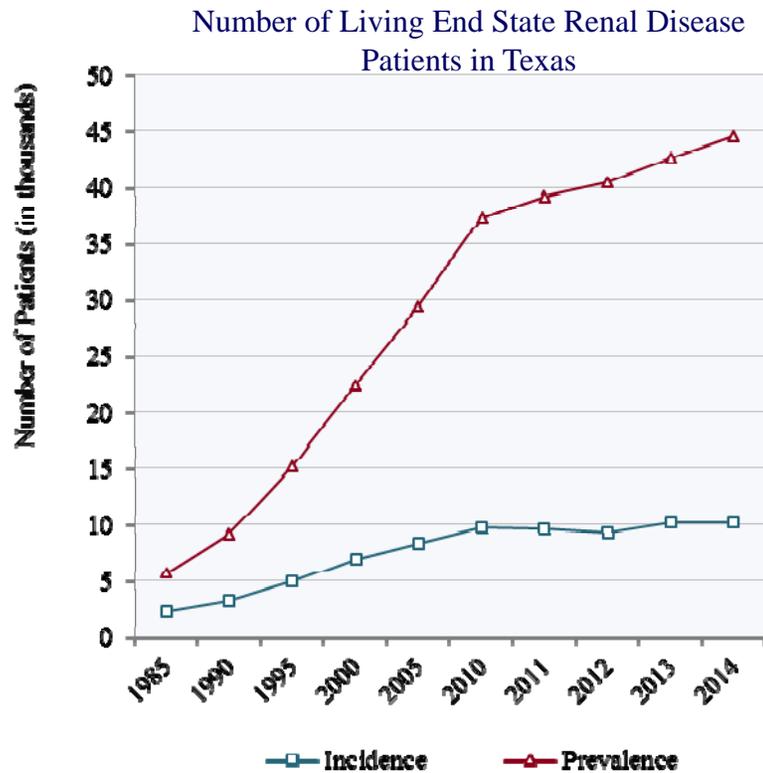
Source: Texas Behavioral Risk Factor Surveillance System, August 2015

Adult Diabetes Prevalence among Texas Residents by
Age Group, 2013



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

Kidney Disease in Texas



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

- 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

- 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

- 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

- 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

- 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

- 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