



Panhandle/South Plains Community Health Monitor

PUBLIC HEALTH EDUCATION ONLINE!

HSR 1 website gives access to regional programs!

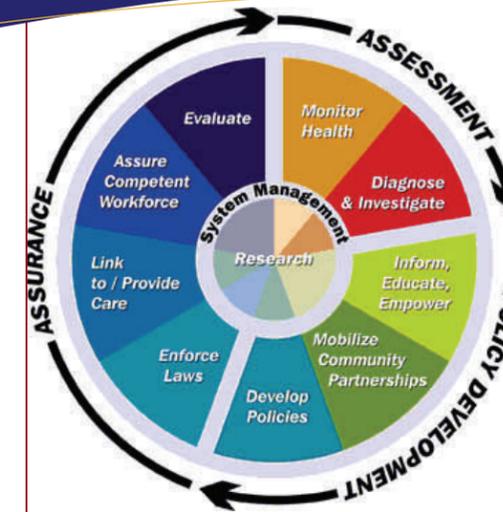
www.dshs.state.tx.us/region1/education.shtm

Current Training Modules and Presentations

Overview of Public Health

Communicable Disease

- Bloodborne Pathogens
- HIV
- Immunizations
- Tuberculosis
 - Diagnosis of TB
 - HIV Screening of TB Patients
 - Infection Control
 - Legal Issues in TB Control
 - Pediatric TB
 - TB Suspected Case
 - Transmission of TB
 - Treatment of TB Disease
 - Treatment of TB Infection
 - Tuberculosis Community Partnership
 - Tuberculosis Epidemiology



Community Health Services

- Car Seat Safety
- Dangers of Tattooing and Piercing
- Desktop Dining
- Healthy Heart Nutrition
- Less Than a Perfect Relationship
- Local Health Authority
- Nutrition Myths
- Safety for Home Visitors
- SharePoint for Stakeholder Groups
- Spinal Screening
- Tobacco
 - Death in the Mailbox
 - Smokeless Tobacco
 - SNUS Overview
 - Texas Tobacco Laws
 - The Truth and Health Effects of Tobacco
 - Tobacco Advertising Presentation
 - Tobacco Cessation Toolkit

Public Health Preparedness and Epidemiology Response Team

- POD Overview
- SYRIS for School Nurses

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Specialized Health Services

- Childhood Lead Poisoning
- Children and Pregnant Women Case Management
- Children with Special Health-care Needs Program
- Personal Care Services
- Texas Health Steps Check-ups



Texas Department of State Health Services
Health Service Region 1
6302 Iola Avenue
Lubbock, TX 79424

Panhandle/South Plains Community Health Monitor

Texas Department of State Health Services, Health Service Region 1, Community Health Services Contact Information

Name	Position	Phone	Email
Ann Mesaros	Regional Nutritionist	(806) 783-6458	Ann.mesaros@dshs.state.tx.us
Devon Casey	Program Specialist	(806) 783-6481	Devon.casey@dshs.state.tx.us
Don Nicholson	Program Specialist	(806) 477-1106	Don.nicholson@dshs.state.tx.us
Jamie Moore	Women's Health Nurse Practitioner	(806) 477-1113	Jamie.moore@dshs.state.tx.us
Jolie Person	Program Specialist	(806) 477-1138	Jolie.person@dshs.state.tx.us
Liz Broadstreet	Program Specialist	(806) 783-6432	Liz.broadstreet@dshs.state.tx.us
Sheila Rhodes	Pediatric Nurse Practitioner	(806) 783-6485	Sheila.rhodes@dshs.state.tx.us
Sherri Scott	Tobacco Education Specialist	(806) 477-1126	Sherri.scott@dshs.state.tx.us
Tricia Vowels	Manager	(806) 783-6482	Tricia.vowels@dshs.state.tx.us

FAX number: (806) 783-6466

Physical/Mailing Address: 6302 Iola Avenue, Lubbock, TX 79424

Agriculture is one of the most dangerous occupations for children in the United States.

The South Plains of Texas is central to several migrant streams traveling from south Texas to camps in the east and west, particularly during the summer and fall. Children very often travel with their parents to work in the fields during the summer months. The TMC HeadStart program provides free childcare for infants through age 5. However, there is no place for children ages 6 through 11. (Starting at age 12, children are legally able to work in the fields.) Children younger than 12, who are too young to stay at home alone, often accompany their parents to the fields and play unsupervised. Children are found under trucks, in the fields unprotected from pesticides, playing in weeded areas, and around animals and farm equipment.

The safety of these children is severely compromised. Education and training about the hidden hazards in agriculture could prevent many of the injuries and illnesses that result from children being on farms and in the fields.

Agriculture is the only occupation in which child labor is legal. According to the National Institute for Occupational Safety and Health (NIOSH) each year, approximately 100,000 children on farms are injured and more than 100 are killed in incidents involving tractors and other machinery, livestock, building structures, and falls. The National Consumers League listed agricultural fieldwork and processing in its "2006 Five Worst Teen Jobs." Between 1992 and 2000, 42% of all work-related deaths of minors occurred in agriculture. Recent estimates indicate that among the nearly two million migrant and seasonal farm laborers, about 25% are between the ages of 12 and 17 years. Few are knowledgeable about occupational safety and health principles; and, as adolescents they tend to be risk takers who do not comprehend the long-term implications of disease, injury, and disability. Education about farm safety is important before children reach the teen years.

Researchers have found a discrepancy in what parents believe about children using farm machinery and what they actually practice on the farm. In the study cited below:

- 79% of parents believed it was acceptable to let children ride a tractor, but 90% were actually allowing their 7-9 year old children to ride.
- 13% believed 7-9 year olds should operate tractors, yet 29% of 7-9 year olds operated tractors.
- 16% thought children 7-9 shouldn't be within 10 feet of rotating machinery, but 27% were allowing the behavior.

R. A. Aherin and C. M. Todd, "Accident Risk Taking Behavior and Injury Experience of Farm Youth" (St. Joseph, Michigan: American Society of Agricultural Engineers, 1989).

Farm Safety Days in Region 1

The Migrant Farmworker Coalition is a network of members whose common vision is to enable migrant and farmworker families, through collaborating resources, to obtain services that meet their needs. The members of this group are dedicated to providing for the health care, safety, and social service needs of the migrant and seasonal farmworker population in the South Plains area of Texas.

Our focus is primarily on the needs of the children of migrant and farmworker families. We realize that safety is a priority in agricultural occupations and that training and expertise for accident prevention is available in this area of the South Plains. For the last six years, we have successfully brought together the agencies and organizations with experts in agricultural safety with those who are most vulnerable and at high risk for preventable accidents – migrant children. With the support of the Coalition, the Progressive Agriculture Foundation, and our local sponsors, more than 1,500 children and their parents and volunteers in the South Plains have been provided with valuable information that we believe prevented accidents and injuries in their families.

These events have received the support from over 30 agencies in the form of volunteers (more than 100 at each event), in-kind services, food donations, and health and safety items.

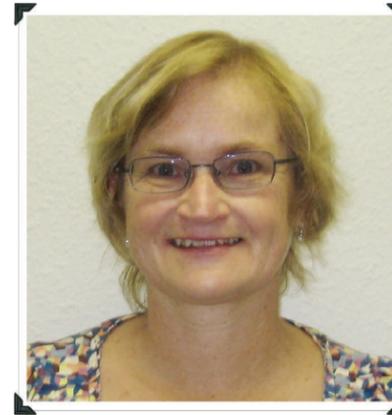
The Department of State Health Services in Lubbock has been awarded support from the Progressive Agriculture Foundation to conduct three Farm Safety Days in 2010. This support includes training, curriculum, t-shirts, bags, and insurance for all participants and volunteers, and the farming equipment used for safety demonstrations.

The first event will be held in Plainview on June 30th for 220 migrant children. Children will rotate through interactive presentations covering topics related to safety with chemicals, electricity, farm equipment, grain, sun exposure, fire safety, bicycles, food safety, firearms, and tobacco abuse. The second Farm Safety Day will be held in Muncy on July 31st for 300 children and adults. The third Farm Safety Day will be held in Seminole on August 14th for 250 Mennonite children. This is the first year that we are reaching out to the whole family and a secondary farming population at high risk – Mennonite children.



MEET THE STAFF!

Nutrition



Ann Mesaros, MFT, RD, CDE Registered Dietitian, Certified Diabetes Educator, is the Regional Nutritionist in the Lubbock office. Ann is the facilitator for the Lubbock Coalition for Better Nutrition: a coalition to promote access to healthy foods for everyone in Lubbock. She developed the Lubbock Area Farmers Market Guide and is in the process of developing a Healthy Restaurant Guide. Ann is also the Facilitator for the Lubbock Heart and Stroke Prevention Task Force. This task force is gathering data to help with the application for "Healthy City Recognition." She is a member of the Healthy Lubbock Coalition, GetFit, and the DSHS Worksite Wellness Committee.

Ann is currently assisting with data collection for the University of Texas School Physical Activity and Nutrition Project (SPAN). She is a preceptor for Texas Tech University dietetic interns and Guest Lecturer for several classes at Texas Tech and Amarillo College. Ann also conducts presentations on various nutrition subjects for employee wellness and community education. She serves on school health advisory councils throughout the region. Currently, she is assisting with the development of summer camps and local foods day programs in collaboration with Ogallala Commons and the summer feeding program in Swisher, Castro, Terry Counties. Ann is also working on certification as a Community Health Worker Instructor.

Tobacco Education



Sherri Scott is a Tobacco Education Specialist in the Canyon office. Sherri collaborates with local coalitions, community organizations, and local institutions to educate young people and families on the negative impact of tobacco use, inform the community about tobacco-related state laws and local ordinances addressing tobacco use, possession, and indoor air quality. She collaborates with communities and worksites to develop environments that support elimination of exposure to secondhand smoke. Sherri assists organizations and institutions involved in educating law enforcement agencies, business groups and tobacco retailers about tobacco laws.

Sherri increases physician, community, and worksites awareness of the "Yes You Can" cessation toolkit. She promotes referrals to the American Cancer Society's telephone cessation counseling quitline and pharmacotherapy for tobacco cessation ~ 1-877-YES-QUIT. Sherri serves on the boards of the American Cancer Society Tobacco Control Committee, Lubbock Tobacco Prevention Grant, and Tobacco Free Amarillo. She works closely with these coalitions and AgriLife extension agents to conduct these events: Kick-Butts/Texas Tobacco Free Kids Day, Red Ribbon Week, World No Tobacco Day, and The Great American SmokeOut and SpitOut.

MEET THE STAFF!

Family Health Services



Sheila Rhodes, RN, PNP-BC, M.Ed., is a Regional Contract Coordinator in the Lubbock office. She is a member of the Regional Quality Assurance Team and serves as the liaison between DSHS Austin programs and the regional agencies contracted for services under those programs: Title V (child health, dental, prenatal), Title X & XX Family Planning, Primary Health Care, Breast & Cervical Cancer Services and Epilepsy. Sheila is a Nursing Consultant for entities providing maternal and child health services within Health Service Region 1, providing technical assistance, consultative services and linkages to needed resources. She also provides Spinal Screening training and certification classes for school nurses.

Sheila participates in several community-linked activities related to maternal and child health issues including serving on the Lubbock Partners for Parenting Coalition (Secretary); Building Strong Families: Tools for Success Parenting Conference Planning Committee (Vice-Chair); member of the Nurse-Family Partnership Advisory Committee, and the advisory committees for TTUHSC Early Head Start and the Parenting Cottage. Sheila actively participates in the HSR 1 Regional Nurse's Cross-training Initiative. Upcoming plans include working with a team of HSR 1 nurses to develop a regional nursing website.



Jamie Moore, RN, WHNP-BC, is a Regional Contract Coordinator and Nursing Consultant in the Canyon office. She is a member of the Regional Quality Assurance Team and serves as the liaison between DSHS Austin programs and the regional agencies contracted for services related to Title V (child health, dental, prenatal), Title X & XX Family Planning, Primary Health Care, Breast & Cervical Cancer Services and Epilepsy. Jamie provides educational programs to schools on topics such as *Choices for Teens*, *Eating Disorders*, *Menstruation* (for 5th grade girls), *Less Than a Perfect Relationship*, *Predator Drugs*, and *Puberty*.

Jamie is the Editor of the Women's Health Literature Review and the Child Health Literature Review which can be accessed at www.dshs.state.tx.us/region1/publications.shtm. She also maintains the Maternal and Child Health County Profiles for Region 1. (See more about this on page 6-7.) Jamie participates on the Panhandle Child Fatality Review Team, the Teen Pregnancy Prevention Coalition, Texas Panhandle Advocates for Cancer Control, Amarillo Area Breast Health Coalition, and the Coordinated School Health Coalition.



Youth are shown with Amarillo Mayor Debra McCartt at the annual Cadillac Ranch Red Ribbon Week activity. Amarillo area youth from schools and other organizations selected and researched a drug then painted a Cadillac in a drug-related theme. Impact Teens won movie tickets for "Clearest Message", using the tobacco industry quote "We don't smoke (it). We just sell it. We reserve the right to smoke for the young, the poor, the black, and the stupid."

!IMPACT TEENS!
A Drug Free Youth Coalition

Impact Teens is a Drug Free Youth Coalition for youth, ages 11 to 17, that works toward empowering teens and helping to make the community healthier and safer through the prevention and reduction of substance use and abuse. Impact Teens collaborates with its parent community coalition, Impact Futures, in planning and implementing a comprehensive, strategic approach to build and strengthen a healthier community. Regional staff, Jolie Person, is the Impact Teens Coordinator in Amarillo.

MEDIA CAMPAIGNS

Every year 24,000 Texans die from tobacco related disease. With the goal of reducing this number in future generations, the Texas Department of State Health Services set out to prevent tobacco use and promote cessation among Texans of all ages using the following campaigns: The **DUCK** campaign shows Texas youth just how disgusting and foul tobacco products and their use really are. The **Worth It?** campaign gives teens the facts about tobacco and asks them a simple question: Is tobacco worth it? The **Yes You Can** campaign encourages smokers to quit using tobacco. Check out these websites for more information.



www.ducktexas.com



www.worthit.org



www.yesquit.com

Did you know?

While supplies last, a free 2-month supply of nicotine replacement patches will be provided to patients who enroll in telephone counseling after being referred by their health care provider **AND** pass a brief medical screening administered by the ACS Quitline. Health providers can fax the referral form to the Texas Quitline: 1-877-747-9528 (fax). The form is available at www.dshs.state.tx.us/region1/tobacco.shtm



Shattered Dreams—Shattered Lives

Traffic crashes, many of which involve alcohol and other drugs, are a leading cause of death and serious injury for youth 15 to 19 years of age. Communities around the state are often faced with these tragedies and many Region 1 high schools are turning to Shattered Dreams, a youth-led community collaborative program, to prevent more fatalities.

Shattered Dreams is a two-day, school-based program that promotes responsible decision-making among high school students regarding underage drinking and impaired driving by showing them how irresponsible choices can end all dreams. The "Shattered Dreams" program involves the dramatization of an alcohol-related crash on or near a high school campus, complete with police and EMS response, emergency room treatment, family notifications, and the arrest and booking of the drunk driver. The crash scene drama is played out before the student body during a school day. Throughout the day other elements of the "docu-drama" unfold. To give students a better understanding of the number of D.W.I. related deaths, an individual dressed as the "Grim Reaper" appears periodically throughout the school day to select a new victim.

The "victims" are taken out of class, made-up in white faces, and then returned to their classrooms to continue their day. By the end of the day, every student has one or more "dead" classmates present in the classroom, and on this note the school day ends.

The next morning a wrap-up assembly is held featuring those who played roles in the previous day's drama, including the "crash" victims, the drunk driver, their parents, and participating law enforcement and medical personnel. Impact statements from community members, whose lives have been affected by teenage alcohol use and drunk driving, bring closure to the program and reinforce its dual message for the teenage audience -- **Don't drink until you are 21 and never drink and drive!** The program also involves a field trip for student participants and an overnight retreat.

Over the last few years, DSHS regional staff have assisted with over 25 Shattered Dreams programs. Staff provide assistance with the overall planning, locating speakers, setting up the field trip, conducting presentations, securing funding, assisting with overnight retreat, etc. During this school year alone, regional staff have helped or will help the following high schools with this event: Abernathy, Shallowater, Memphis, Olton, Bovina, Ralls, Crosbyton, and Tascosa (Amarillo). Workshops on how to conduct Shattered Dreams events have been provided to school personnel in the Region 16 and Region 17 Education Service Centers.

Crosbyton Shattered Dreams (March 22, 2010)

MOCK CRASH



Students Placing Crosses on the Ground



2010 Teen Driving Laws

HB 339 which states that a driver education course for a student who is under 18 years of age must require the student to complete 34 hours of behind-the-wheel instruction, including at least 10 hours of instruction that takes place at night.

SB 1107 requires driver education curriculum to include information regarding distractions while driving, related to wireless communication devices.

According to the Centers for Disease Control and Prevention, motor vehicle crashes are the leading cause of death among teens in the United States.

MEET THE STAFF!

Public Health Improvement and Maternal & Child Health Pop-Based Services



Don Nicholson, M.Ed., is a Program Specialist III in the Canyon office. Don assists with a wide variety of coalitions and networks across the northern area of the region. He is a member of the Panhandle Child Fatality Review team and acts as the liaison with the Panhandle Safe Kids Coalition for prevention programs. Don serves on the steering committee for the Child Abuse Prevention Coalition and the Parent Education Advisory Board. He facilitates meetings and maintains a website for the Texas Panhandle Advocates for Cancer Control. He is also serves on the Board of Directors for the Amarillo Breast Health Coalition and as Chairman of the Bra Talk committee.

Don serves on the committees for Community and Media Outreach, Vials of Life, Elder Abuse Prevention, Elder Care Workshop Education, and the Senior Fall Festival for the Senior Ambassadors Coalition. Don is on the Steering Committee for "Hablando de la Salud de la Mujer" (Speaking of Women's Health), an outreach and health orientation for the Latina population of the Panhandle. Don serves on the Coalitions for Teen Pregnancy Prevention and Coordinated School Health. He is Vice-President of the Panhandle Area Health Education Center Advisory Council and a member of the Amarillo College Nursing Advisory Council. He has served for 16 years on the Board of Directors for the High Plains Food Bank. He currently serves on the Agency Relations Committee and is the Chairman for the "Together We Can" Food Drive. Don was elected to the Amarillo College Board of Regents last year, allowing him to encourage continuing education programs in public health, such as the Child Abuse Prevention Program and "Current Trends in Pediatric and Adolescent Health." During the past year, he served on the Steering, Communications, and Goals Committee for the Texas Cardiovascular and Stroke Partnership.



Jolie Person is a Program Specialist II in the Canyon office. She is a Certified Prevention Specialist and a Certified Child Passenger Safety Technician. Jolie conducts and participates in activities related to suicide prevention, teen pregnancy, tobacco education, and worksite wellness. She serves on the Coalitions for Coordinated School Health, Texas Panhandle Safe Kids (secretary), Texas Panhandle Suicide Prevention (secretary), and Teen Pregnancy Prevention. She is actively involved with Impact Futures and is the Adult Leader for Impact Teens.

Jolie is currently working on certification as a Community Health Worker Instructor. She has coordinated training programs and other specialized events for the Moore County Refugee Educational Program, Girl Power 2010, Youth Leadership and Development, and Shattered Dreams. Jolie conducts Transportation and Child Passenger Safety trainings and Car Seat checkups.

MEET THE STAFF!

Public Health Improvement and Maternal & Child Health Pop-Based Services



Devon Casey, MPA, is a Program Specialist III in the Lubbock office. She conducts and participates in activities related to child abuse, injury prevention, teen pregnancy, and public health improvement. Devon has helped to conduct Shattered Dreams programs in many schools in the region. She has coordinated Shattered Dreams workshops for the Education Service Centers. Other activities include health and safety fairs, Farm Safety Days, child abuse prevention events, Bike Safety Rodeos, MADD Trailer Exhibit, school presentations and various coalition events. Devon serves on the Nurse Family Partnership Advisory Council and the March of Dimes Program Services Committee. She started and chairs the Lamb County Injury Prevention Coalition.

Devon serves on the VOICES Coalitions in Terry, Lubbock, and Hockley Counties. She is a member of the Hale County Resource Network, the South Plains Rural Health Coalition, and the Lynn County Coalition for Families. Devon is a member of the South Plains Child Fatality Review Team. She helped to start the South Plains Child Abuse Coalition and the Parmer County Healthy Baby Coalition, which works to improve birth outcomes through the use of certified Community Health Workers. Devon has worked with the Austin office to conduct Community Health Needs Assessments in Lamb and Childress Counties.



Liz Broadstreet, M.Ed., is a Program Specialist II in the Lubbock office. She is a PhD candidate in Education with Texas Tech University. Liz is actively involved in the Lubbock Heart & Stroke Coalition, Hockley & Lubbock VOICES, Tobacco Coalition/American Cancer Society, Child Abuse Coalition, Family Guidance and Outreach Center advisory committee, Levelland Child Welfare Board Lubbock Parenting Coalition, and health coalitions in Lamb, Castro, and Swisher Counties. She has worked extensively with the Levelland ISD worksite wellness program and conducted DSHS employee wellness events. She helps to coordinate the Farm to Work program for DSHS.

Liz helps with summer camps, farm safety days, health and safety fairs, and bike and safety rodeos. She is helping to plan "Girl Power" a program to educate, equip, and empower young girls in the Panhandle. She coordinates child abuse prevention/awareness events to meet HB1041 objectives in schools. She has also assisted with data gathering for the Community Health Needs Assessments in Childress and Lamb Counties. Liz is participating in developing summer camps and Local Foods Day in collaboration with Ogallala Commons and the summer feeding program in Swisher, Castro, and Terry Counties. She is also currently working on certification as a Community Health Worker Instructor.



The **Panhandle Child Fatality Review Team (CFRT)** covers the 26 county area of the Panhandle. CFRTs are multi-disciplinary and multi-agency groups of professionals who volunteer to regularly review deaths of children (under the age of 18 years) to understand safety risks for children and reduce the number of preventable child deaths. Teams consist of Justices of the Peace (or County Judge acting for JP at scene), trauma nurses, emergency room and pediatric doctors, law enforcement, Child Protective Service, school personnel, local health department authorities, prosecutors, and the Department of State Health Services (DSHS).

The team reviews an average of eight cases per month. The local team collects data, identifies local child safety issues, and enters the information into a national database. Together they create a detailed picture of child death as a public health issue in Texas. The interplay between law enforcement, prosecutors, and the Justices of the Peace allows them to learn from each other for the next child death they investigate. The doctors and nurses provide a perspective of the cause of death, and the Child Protective Services and counseling component helps complete the picture on any individual death. The big link comes when DSHS staff, working with the Panhandle Safe Kids Coalition and other stakeholders, work together to conduct injury prevention activities in the areas of farm safety, safe teen driving, child abuse prevention, and others.

Legislative initiatives in 1996 transferred the responsibility from the Department of Family and Protective Services to the Department of State Health Services. This was in part due to DSHS maintaining both birth and death records state wide, and focusing primarily on getting the public in a prevention mode rather than an individual case investigation and case management mode. In addition to the Panhandle CFRT, there is another team in Region 1. The South Plains CFRT covers the lower 15 counties. This is also an active team that is planning a workshop on August 24, 2010.

Expansion last year led to a regional CEU based course on "Basics and Efforts of CFRTs" in Amarillo. In the spring, DSHS regional staff recruited speakers and topics for a CEU course in Amarillo titled "Current Trends in Pediatric and Adolescent Health", which focused on injury and abuse, as well as dealing with generational issues.

While the death of even one child is a tragedy, DSHS is diligently working to inform the public on all areas of child injury and death.

Child Abuse Prevention & Awareness

Some of the greatest atrocities committed in our society, both past and present, are against our children...the most innocent members of our society. Child abuse and family violence are not private problems - they are very public ones that occur in every neighborhood. In 2009, 280 children in Texas died as a result of abuse and neglect. In Region 1, there were 5,001 confirmed cases of child abuse/neglect.

Through education, awareness, and involvement, we may save one child from abuse, and then another and another. Community Health Services staff assisted with awareness activities in April:

- **"Go Blue Day"** to raise awareness about child abuse
- Court-Appointed Special Advocates 5K Walk
- Family Guidance & Outreach Blue Ribbon Rally
- **"Don't Walk Away from Child Abuse"** event—Littlefield ISD and Lubbock

A walking trail in Littlefield was outlined by 60 pairs of children's shoes, each representing a child in Lamb County who was victimized by abuse in 2009.



Regional staff collaborated with Lubbock Christian School and schools in Spur, Paducah, Crosbyton, Post, and Floydada to host a presentation from Sgt. Bill Davis, retired officer with the Beaumont Police Department. Sgt. Davis conducts lectures on the awareness, prevention, and intervention of child abuse and sex crimes. HB1041 of the Texas 81st legislative session requires each school district to adopt and implement a policy addressing sexual abuse of children. This bill requires that the policy address methods for increasing teacher, student, and parent awareness of issues regarding sexual abuse of children, including knowledge of likely warning signs indicating that a child may be a victim of sexual abuse.

Together we can make this world a safer place for our children, because children should be seen and not hurt.

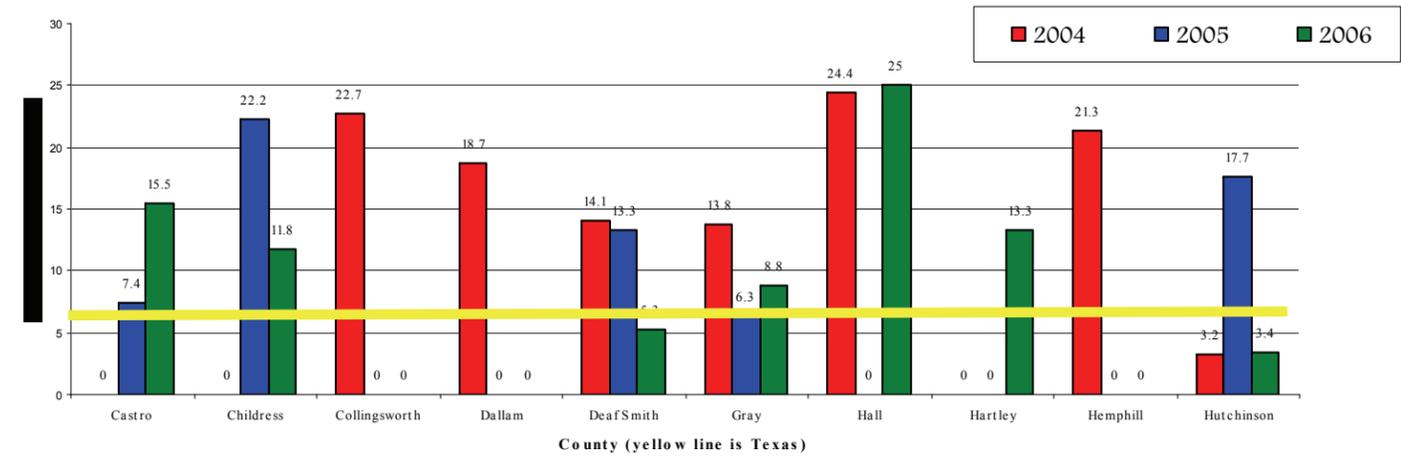
New Maternal and Child Health County Profiles

The new Maternal & Child Health county profiles will soon be online at the DSHS regional website for each of the 41 counties in Health Service Region 1. Data source: Texas Department of State Health Services Center for Health Statistics. The profiles will include:

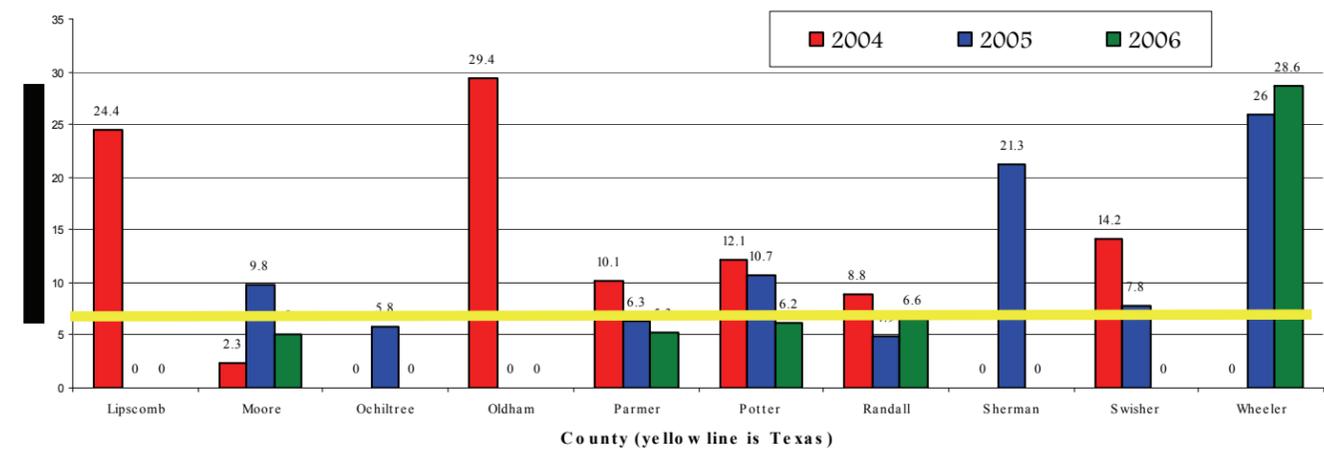
- ☞ 2007 Population with Race and Ethnicity
- ☞ Teen Pregnancy Rates (2003-2007)
- ☞ County Ranking for Teen Pregnancy (2003-2007)
- ☞ Teen Births ~ actual number, percent of all births, racial and ethnic groups (2003-2007)
- ☞ Number of Teen Abortions (2003-2007)
- ☞ Infant Mortality Rates (2002-2006)
- ☞ Low Birth Weight Rates (2002-2006)
- ☞ Profile of Health Services available in the county
- ☞ Ratio of Health Care Professionals to the population

Some counties in Region 1 had infant mortality rates higher than the state rate in 2004-2006. These are given below. If a county in Region 1 is not listed, it did not have any infant deaths during the years 2004-2006.

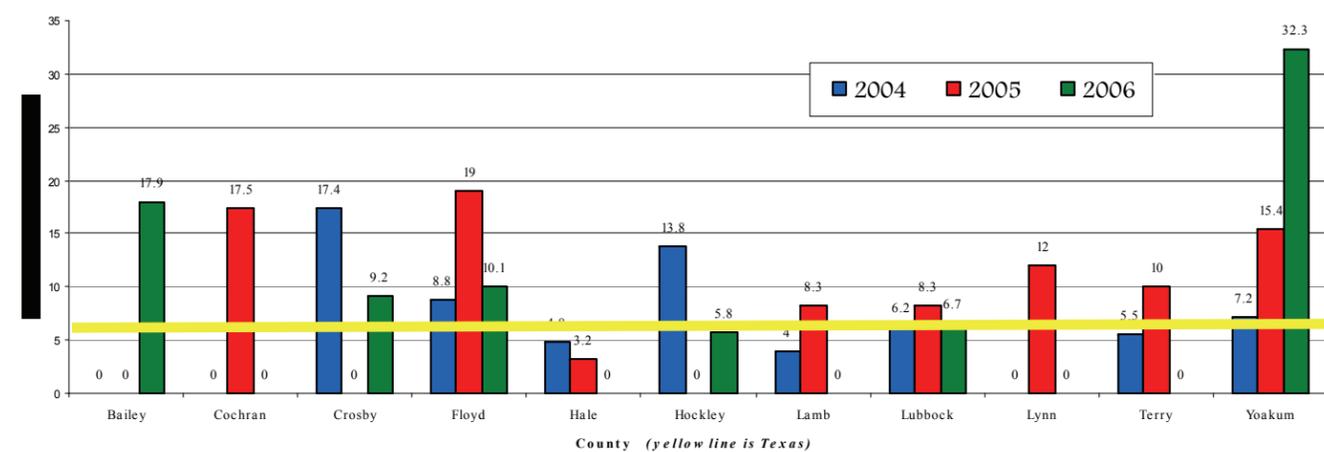
Infant Mortality in the Panhandle



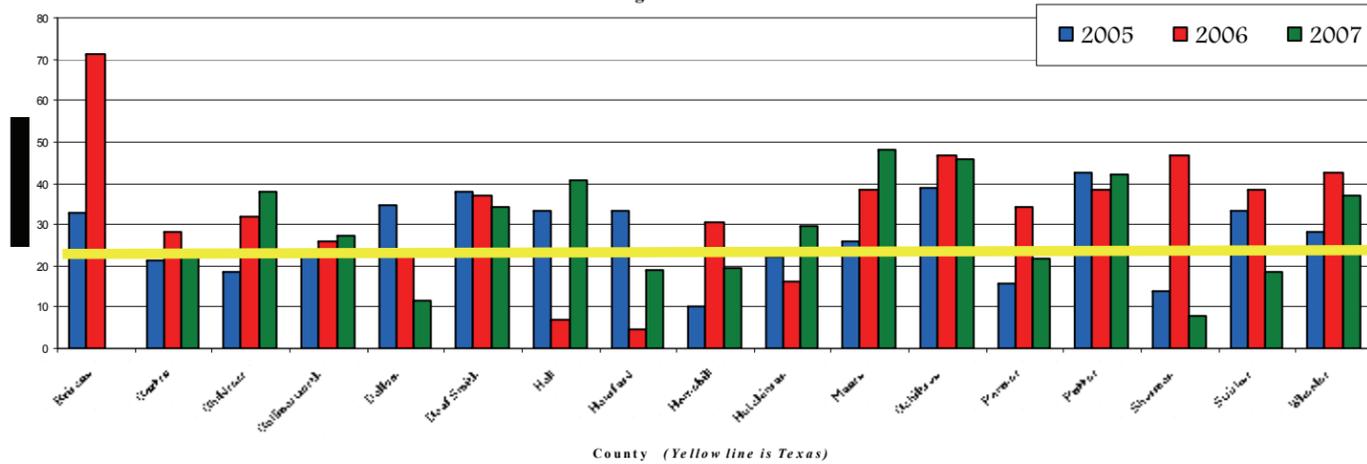
Infant Mortality in the Panhandle



Infant Mortality in the South Plains



Teen Pregnancy Rate (ages 13-17)
Region 1 Northern Counties



Teen Pregnancy Rate (ages 13-17)
Region 1 Southern Counties

