

Texas Border County BRFSS 2006 Survey Results

Background

The Texas Behavioral Risk Factor Surveillance System (BRFSS) is a monthly telephone survey sponsored by the Department of State Health Services and the Centers for Disease Control and Prevention. The BRFSS survey collects uniform data on preventive health practices and risk behaviors linked to chronic disease, injury, and preventable infectious diseases in Texas. These data provide measures of how well Texas is meeting Healthy People 2010 (HP 2010) and Healthy Border 2010 objectives.

A major HP 2010 goal is to eliminate health disparities. The 2006 BRFSS survey included data from 32 Texas-Mexico border counties where Hispanics comprise approximately 55% to 85% of the population. Compared with residents of nonborder counties, residents living in border counties report more health problems.

Objective

Over the next 10 years, the BRFSS will monitor the health status and preventive health practices of border county residents to track progress toward meeting the 2010 objectives. The goal is to improve health in the Texas-Mexico region and support efforts to eliminate health disparities.

Methods

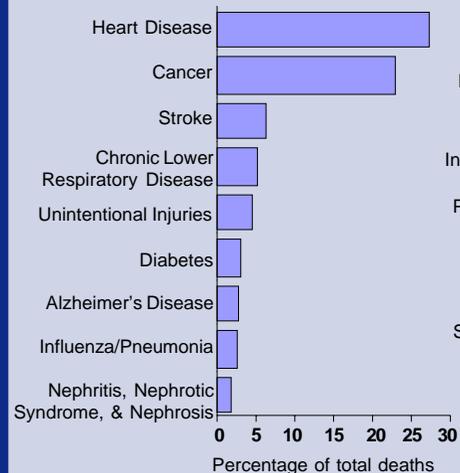
HP 2010 indicators were calculated for the 32 county border region and compared with results for the rest of Texas using data from the 2006 statewide BRFSS survey. This survey included responses from 863 border and 5,720 nonborder Texans aged 18 years and older.

Conclusion

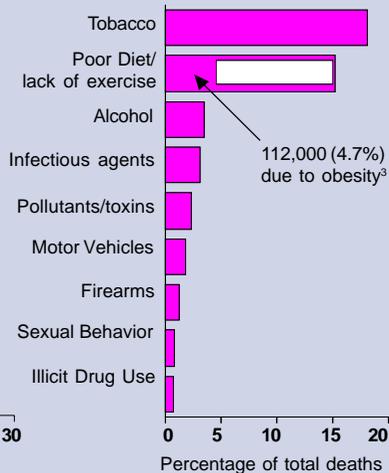
Results for both border and nonborder adult Texans fell well short of HP 2010 targets for many of the 20 health status and preventive health indicators evaluated. For the Texas border region, statistically significant disparities in performance were noted for eleven of the objectives: health insurance coverage, having a usual primary care provider, pap test screening, colorectal cancer screenings, blood cholesterol screening, immunizations for those aged 65 years and older, overweight and obesity, and no leisure time physical activity.

Causes of Death in United States

Leading Causes of Death, 2004¹



Actual Causes of Death, 2000²

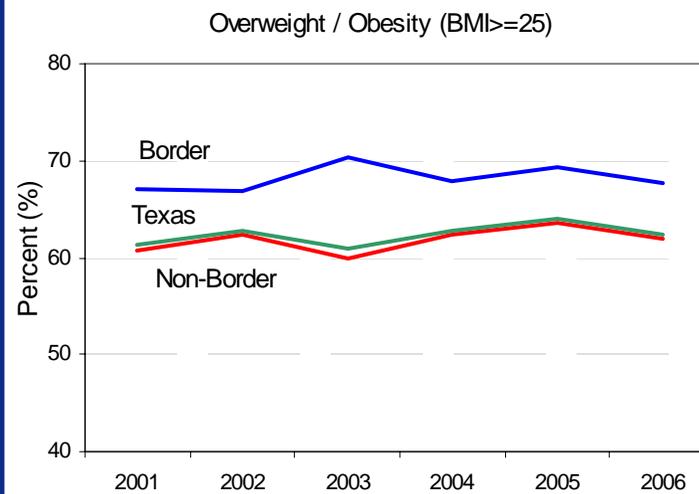
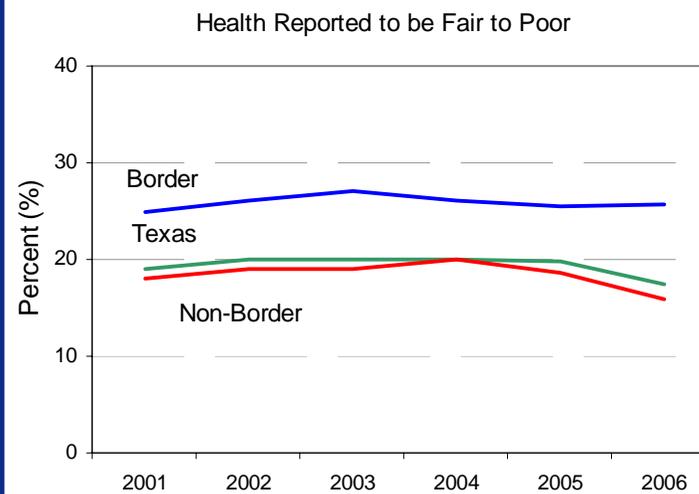
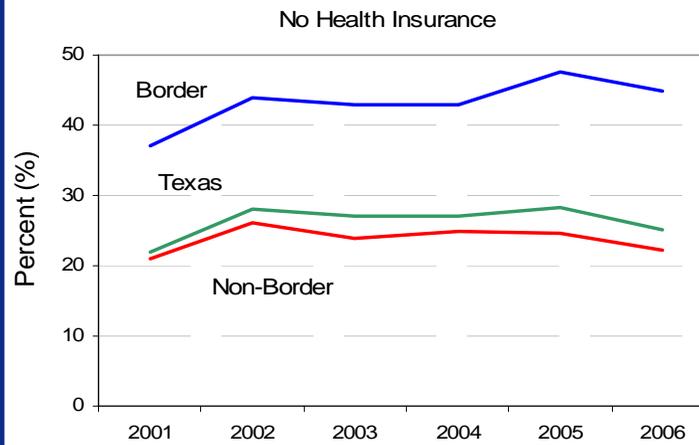


¹ National Vital Statistics Reports, Vo. 54, No. 19, June 28, 2006.

² Mokdad, AH; JS Marks; DF Stroup; and JL Gerberding. 2004. Actual causes of death in the United States, 2000. JAMA 291(10): 1238-1245. Corrected: January 19, 2005.

³ Flegal, KM; BI Graubard; DF Williamson; and MH Gail. 2005. Excess deaths associated with underweight, overweight, and obesity. JAMA 293(15): 1861-7.

Trends in Selected Risk Factors



For More Information:
 Texas Department of State Health Services
 Behavioral Risk Factor Surveillance System
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2010 Healthy People Objectives Texas Border and NonBorder Behavioral Risk Factor Surveillance System, 2006

Healthy People 2010 Objectives	2010 Target	Border	NonBorder
Health Insurance (Objective #1.1) Ages 18 - 64 Years	100%	49% ¹	75% ¹
Persons with usual Primary Care Provider (Objective #1.5) Ages ≥ 18 Years	85%	56% ¹	75% ¹
Pap Smear, Ever Had (Objective #3.11a) Women, Ages ≥ 18 Years	97%	84% ¹	93% ¹
Pap Smear, Within Past Three Years (Objective #3.11b) Women, Ages ≥ 18 Years	90%	67% ¹	79% ¹
Fecal Occult Blood Test Within Past Two Years (Objective #3.12a) Ages ≥ 50 Years	33%	14% ¹	23% ¹
Sigmoidoscopy, Ever Had (Objective #3.12b) Ages ≥ 50 Years	50%	49% ¹	59% ¹
Mammogram Within Past Two Years (Objective #3.13) Women, Ages ≥ 40 Years	70%	68%	72%
Diabetes, Clinically Diagnosed (Objective #5.3) Ages ≥ 18 Years	2.5%	10%	8%
Cholesterol Screening Within Past Five Years (Objective #12.15) Ages ≥ 18 Years	80%	55% ^{1,2}	70% ^{1,2}
Influenza Immunization Within Past Year (Objective #14.29a) Ages ≥ 65 Years	90%	54% ¹	68% ¹
Pneumococcal Vaccination, Ever Had (Objective #14.29b) Ages ≥ 65 Years	90%	49% ¹	66% ¹
Obesity, BMI ≥ 30 (Objective #19.2) Ages ≥ 20 Years	15%	31%	27%
Overweight & Obese, BMI ≥ 25 Ages ≥ 20 Years	NA	71% ¹	63% ¹
No Permanent Teeth Extracted Due to Caries or Periodontal Disease (Objective #21.3) Ages 35 - 44 Years	40%	55%	62%
Extraction of All Natural Teeth (Objective #21.4) Ages 65-74 Years	22%	14%	17%
No Leisure Time Physical Activity (Objective #22.1) Ages ≥ 18 Years	20%	34% ¹	27% ¹
Meets Recommendations for Moderate/Vigorous Physical Activity (Objective #22.2) Ages ≥ 18 Years	50%	48% ²	46% ²
Binge Drinking, During the Past Month (Objective #26.11c) Ages ≥ 18 Years	13.4%	13%	15%
Cigarette Smoking (Objective #27.1a) Ages ≥ 18 Years	12%	14%	18%
Limitation in Activities Due to Arthritis (Objective #2.2) Ages ≥ 18 Years	33%	26% ²	35% ²

¹ Statistically significant at P<0.05.

² Data is from the year 2005.

Note: Age adjusted to the 2000 Standard Population using age groups outlined in Health People 2010 for each measure.

