Texas border health data overview

June 7, 2023
Allison Abell Banicki, PhD
Epidemiologist, 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

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
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

**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
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
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
Percentage of adults ages 18-64 years with no health coverage
Behavioral Risk Factor Surveillance System, 2021

<table>
<thead>
<tr>
<th></th>
<th>No health care coverage</th>
<th>% (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>42.0 (37.2 - 47.0)</td>
<td></td>
</tr>
<tr>
<td>Non-border</td>
<td>21.4 (19.5 - 23.4)</td>
<td></td>
</tr>
</tbody>
</table>

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

Data Source
Texas Behavioral Risk Factor Surveillance System
2021
Data downloaded May 30, 2023
Percentage of adults ages 18 and older who have not have had a routine checkup in the past year
Behavioral Risk Factor Surveillance System, 2021

<table>
<thead>
<tr>
<th></th>
<th>No checkup in past year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% (95% CI)</td>
</tr>
<tr>
<td>Border</td>
<td>35.6 (31.6 - 39.9)</td>
</tr>
<tr>
<td>Non-border</td>
<td>29.5 (27.8 - 31.3)</td>
</tr>
</tbody>
</table>

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

Data Source
Texas Behavioral Risk Factor Surveillance System
2021
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

<table>
<thead>
<tr>
<th></th>
<th>Could not see doctor due to cost % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>23.3 (20.0 - 27.0)</td>
</tr>
<tr>
<td>Non-border</td>
<td>15.2 (13.9 - 16.7)</td>
</tr>
</tbody>
</table>

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

Data Source
Texas Behavioral Risk Factor Surveillance System
2021
Data downloaded May 30, 2023
## Health Profession Supply in Texas
Professionals per 100,000 population, 2022

<table>
<thead>
<tr>
<th></th>
<th>General dentists</th>
<th>Primary care physicians</th>
<th>Physician assistants</th>
<th>Community health workers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>23.4</td>
<td>55.9</td>
<td>28.8</td>
<td>33.7</td>
</tr>
<tr>
<td>Non-border</td>
<td>41.9</td>
<td>78.5</td>
<td>35.1</td>
<td>15.0</td>
</tr>
</tbody>
</table>

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](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

<table>
<thead>
<tr>
<th></th>
<th>Diabetes prevalence % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>15.5 (13.1 - 18.2)</td>
</tr>
<tr>
<td>Non-border</td>
<td>10.8 (9.8 - 11.9)</td>
</tr>
</tbody>
</table>

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
Data downloaded May 31, 2023
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

<table>
<thead>
<tr>
<th></th>
<th>Age-adjusted death rate (95% Confidence Interval) Deaths per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border Texas</td>
<td>34.1 (33.1 - 35.1)</td>
</tr>
<tr>
<td>Non-border Texas</td>
<td>21.4 (21.2 - 21.7)</td>
</tr>
<tr>
<td>Texas (state)</td>
<td>22.7 (22.4 - 22.9)</td>
</tr>
<tr>
<td>United States</td>
<td>22.1 (22.0 - 22.1)</td>
</tr>
</tbody>
</table>

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)
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
Data downloaded May 31, 2023
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

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
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
Data downloaded May 31, 2023
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
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
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

<table>
<thead>
<tr>
<th></th>
<th>5 or more days of poor mental health % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>27.4 (23.9 - 31.1)</td>
</tr>
<tr>
<td>Non-border</td>
<td>26.5 (24.9 - 28.2)</td>
</tr>
</tbody>
</table>

No significant difference between border and non-border

Data Source
Texas Behavioral Risk Factor Surveillance System
2021
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

<table>
<thead>
<tr>
<th></th>
<th>14 or more days of poor mental health % (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>14.7 (12.4 - 17.4)</td>
</tr>
<tr>
<td>Non-border</td>
<td>14.1 (12.9 - 15.4)</td>
</tr>
</tbody>
</table>

No significant difference between border and non-border

Data Source
Texas Behavioral Risk Factor Surveillance System 2021
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**

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>% (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>17.6</td>
<td>(15.0 - 20.4)</td>
</tr>
<tr>
<td>Non-border</td>
<td>18.9</td>
<td>(17.5 - 20.3)</td>
</tr>
</tbody>
</table>

No significant difference between border and non-border

**Data Source**
Texas Behavioral Risk Factor Surveillance System
2021
Data downloaded April 13, 2023
During the past 12 months, have you ever seriously considered attempting suicide?
Behavioral Risk Factor Surveillance System, 2021

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>3.3 (2.1 - 5.3)</td>
<td></td>
</tr>
<tr>
<td>Non-border</td>
<td>3.0 (2.4 - 3.8)</td>
<td></td>
</tr>
</tbody>
</table>

No significant difference between border and non-border

Data Source
Texas Behavioral Risk Factor Surveillance System
2021
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

<table>
<thead>
<tr>
<th>Condition</th>
<th>Border rate (95% CI)</th>
<th>Non-border rate (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide deaths</td>
<td>11.2 (10.6 - 11.9)</td>
<td>17.3 (17.0 - 17.5)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Licensed Chemical Dependency Counselors</th>
<th>Licensed Professional Counselors</th>
<th>Licensed Psychologists</th>
<th>Psychiatrists</th>
</tr>
</thead>
<tbody>
<tr>
<td>Border</td>
<td>17.2</td>
<td>50.9</td>
<td>4.6</td>
<td>3.5</td>
</tr>
<tr>
<td>Non-border</td>
<td>19.6</td>
<td>80.8</td>
<td>17.6</td>
<td>8.6</td>
</tr>
</tbody>
</table>

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

Legend
Professionals per 100,000
Licensed Professional Counselors
- 0.000000 - 17.713746
- 17.713747 - 44.030385
- 44.030386 - 80.200391
- 80.200392 - 160.901046
- 160.901047 - 315.457413
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.
Thank you!

Allison.Banicki@dshs.texas.gov

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