

Chronic Diseases in the Texas Border Region

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TEXAS
Health and Human
Services

Texas Department of State
Health Services

Source: BRFSS

Office of
Border
Public Health

A State and National Health Survey

- The BRFSS is the largest, continuously conducted telephone health survey in the world with all 50 states, the District of Columbia, and three territories participating in the BRFSS.
- The Centers for Disease Control and Prevention (CDC) developed the BRFSS in collaboration with states in the early 1980s and the Texas state BRFSS was initiated in 1987.



Texas Department of State
Health Services

An Important Public Health Tool

- The Texas BRFSS measures adult health by reaching out directly to adult Texans to learn more about chronic disease prevalence, risk behaviors, demographics, health care access, and preventive behaviors.
- The data collected on health behaviors and chronic conditions helps to identify what prevention efforts are working and next steps for improving the health of Texans.



Texas Department of State
Health Services

BRFSS Survey Population

- The Texas BRFSS is a telephone survey of randomly selected adult Texans conducted on a monthly basis.
- Participants must be adults 18 and older who reside in Texas. Those who live in an institution, such as a nursing home, group home, or prison are not eligible.



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Health Services

BRFSS Survey Analysis

Percentage
(%) for each
measure

=

of respondents with a
specific response

Total # of respondents for
the given survey
question(s)*

*excluding people with missing information or who refused or did not know the answer to the survey question(s).



Texas Department of State
Health Services

BRFSS Survey Analysis

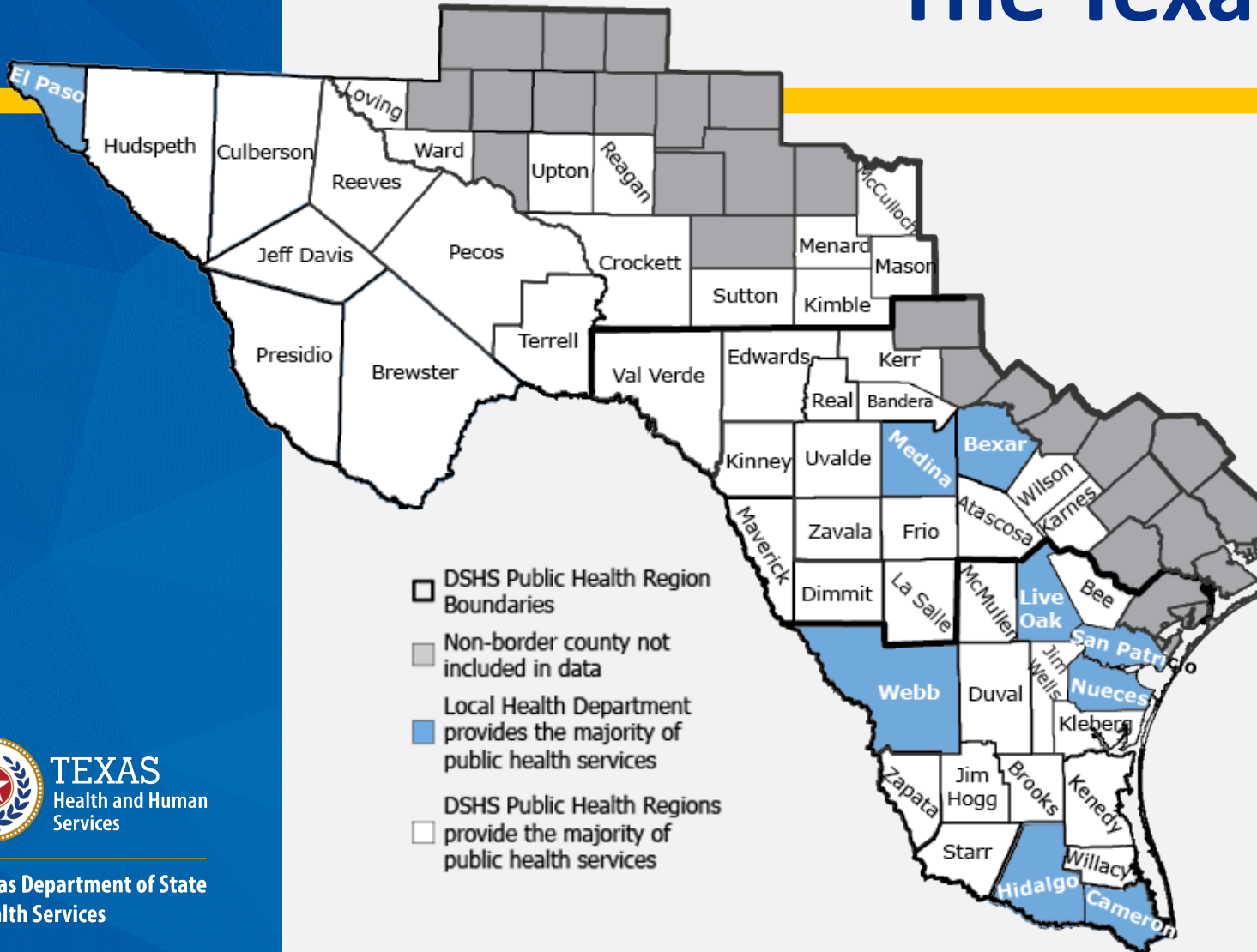
Accounting for population variation among counties

- BRFSS Analysis procedures include calculating a population estimate based on the total # of respondents for the given survey question(s).
- For the data included in this presentation, we chose to combine responses collected across multiple years to increase total responses included in the analysis.



Texas Department of State
Health Services

The Texas Border Region



- 53 Texas border counties (HB 1240)
- HB 1240 border region definition effective September 2026



Texas Department of State Health Services

Chronic Diseases



Diabetes



Cardiovascular
Disease



Obesity



Cancer



High Blood
Pressure



Cognitive
Decline

Estimating Prevalence in the Texas Statewide and Border Region Populations

- Estimates were generated using weighted data and accounting for the stratified survey design and represent prevalence in the population.
- The estimated number of adults for the total population was derived from BRFSS weighted calculations.
- The data on diabetes, cardiovascular disease, obesity, and cancer that presented today covers the period 2020-2024.
- Questions about high blood pressure and cognitive decline were not included in the TX BRFSS survey until 2021. Data on these two conditions draws from 2021 - 2024 surveys.



Diabetes



BRFSS: Diabetes Question

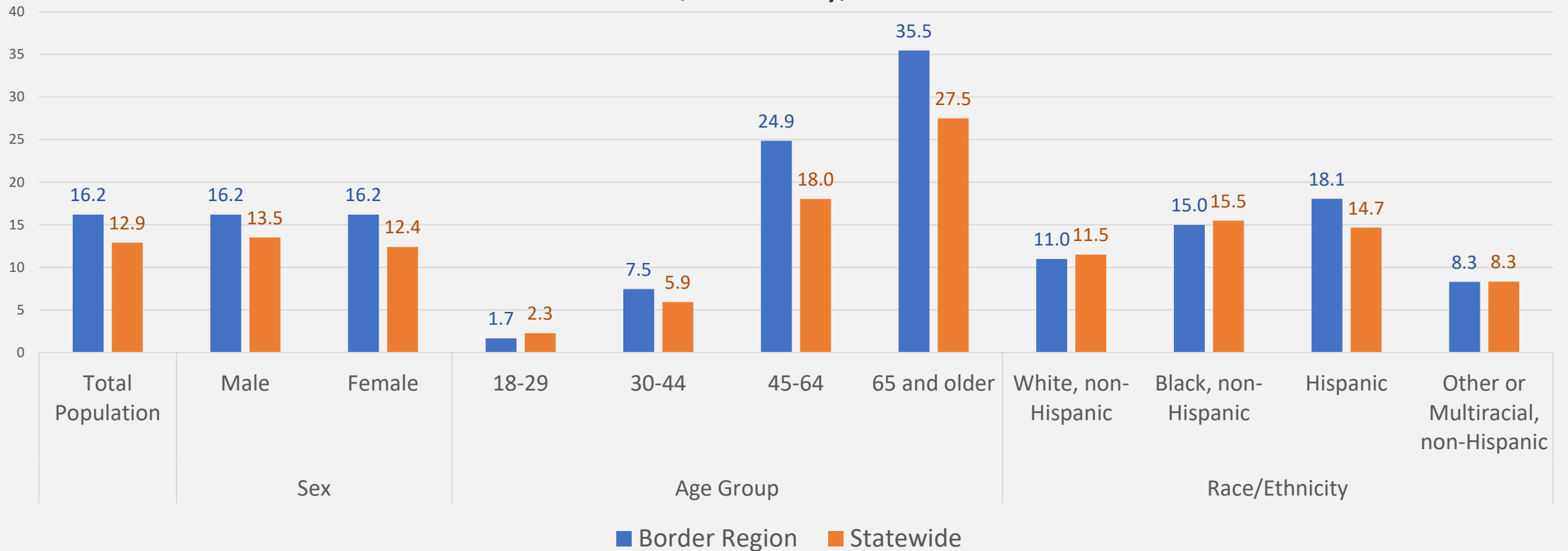


Participants with “Yes” responses to the following question were included for analysis:

- “Has a doctor, nurse, or other health professional ever told you that you have diabetes?”
- Does not include female respondents who responded “Yes, but told only during pregnancy.”

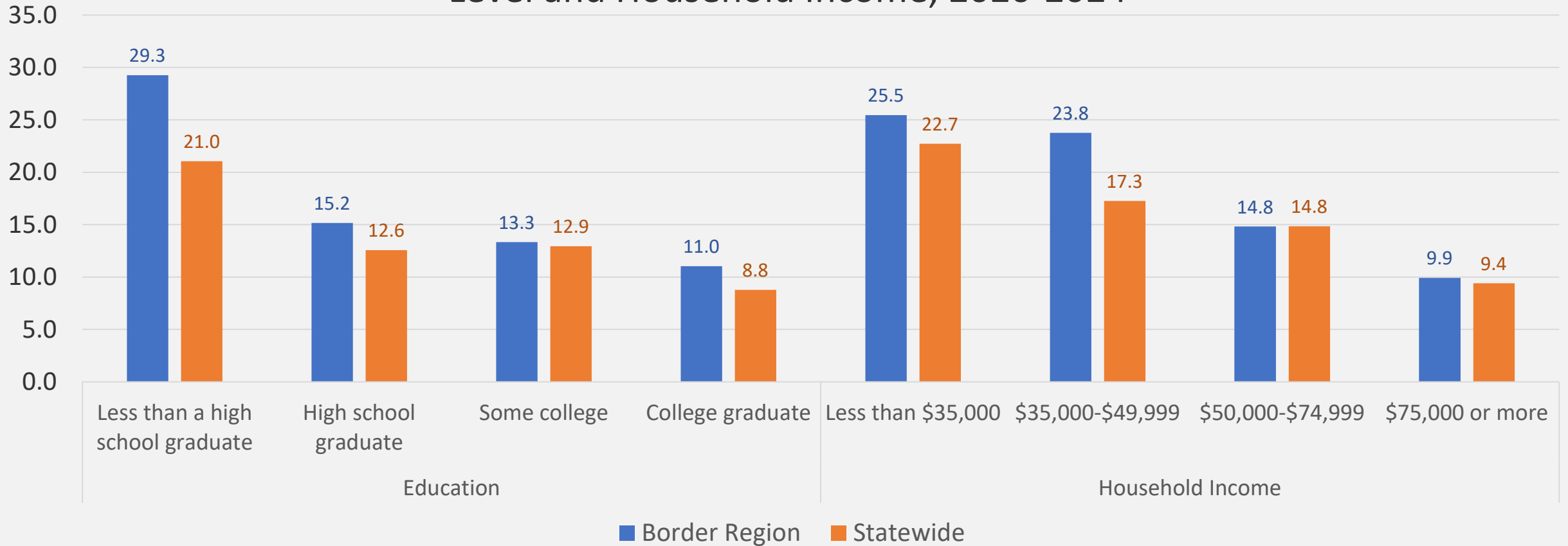
Diabetes Prevalence (%) by Age, Sex, and Race/Ethnicity

Prevalence (%) of Diabetes in the Border Region vs. Statewide by Sex, Age, and Race/Ethnicity, 2020-2024



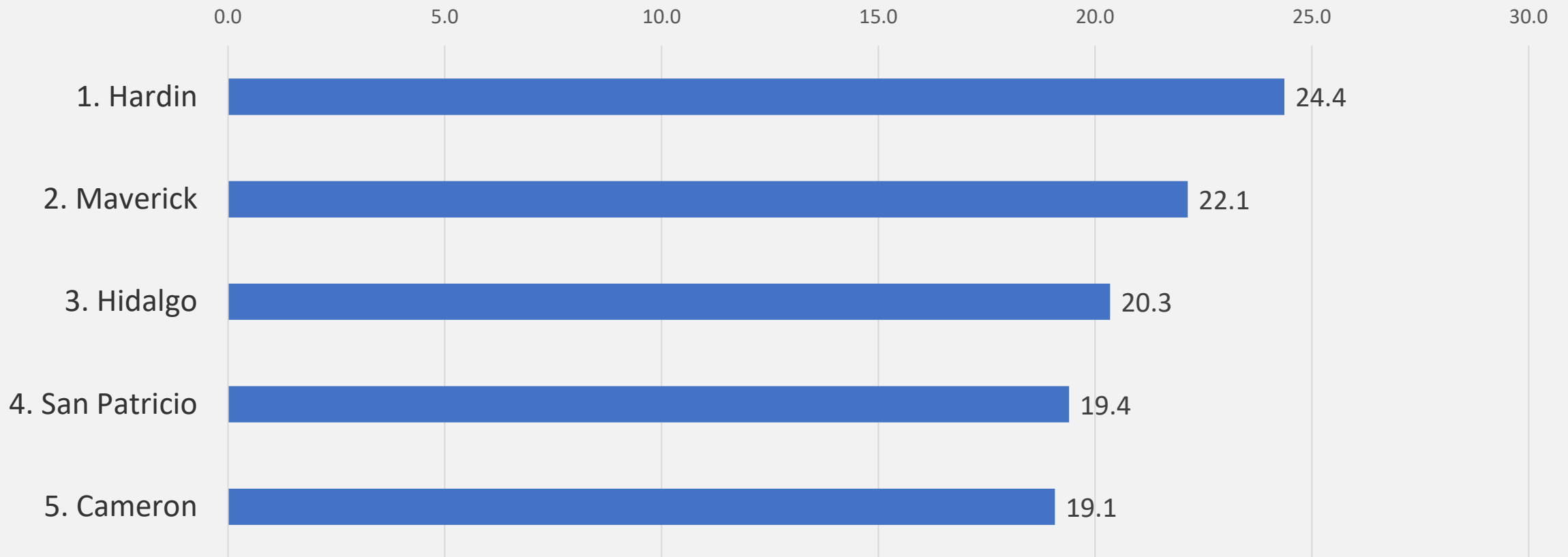
Diabetes Prevalence (%) by Education Level and Household Income

Diabetes Prevalence (%) in Texas vs. the Texas Border Region by Education Level and Household Income, 2020-2024



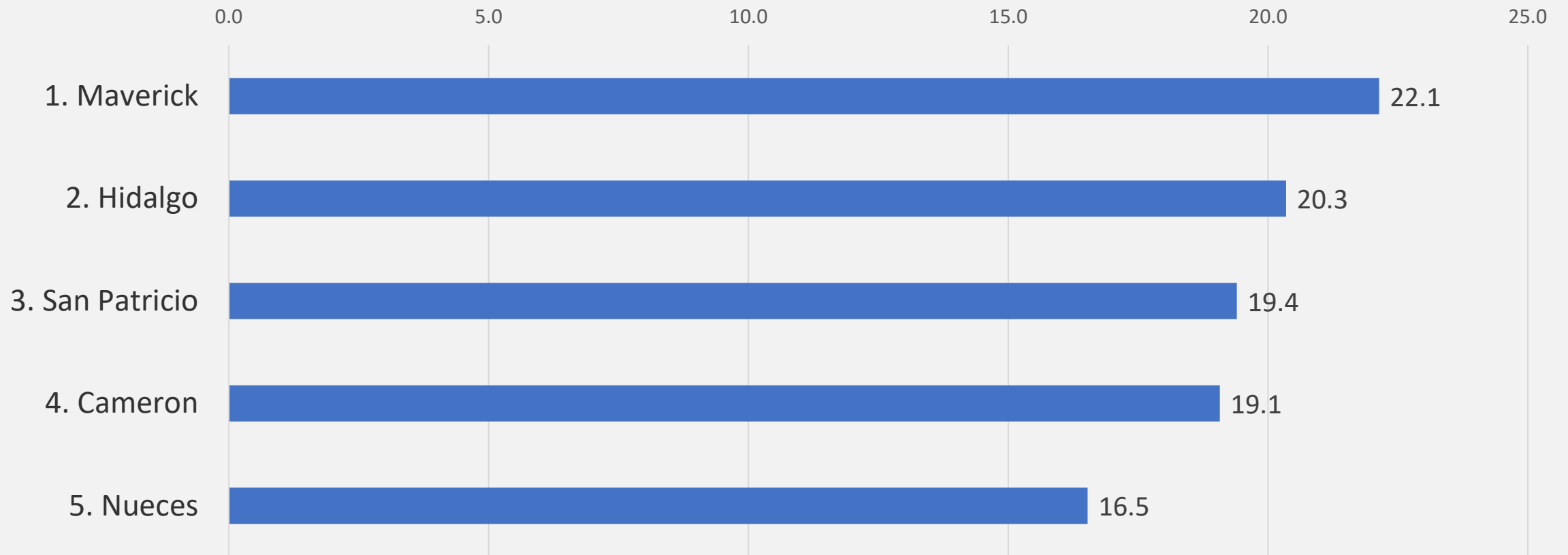
Top 5 Counties: Diabetes in Texas, Statewide

Diabetes Prevalence (%) Statewide by County, 2020-2024



Top 5 Counties: Diabetes in the Texas Border Region

Diabetes Prevalence (%) in the Border Region by County, 2020-2024




Diabetes: State vs. Border Region

Top 5 Counties with the greatest burden of disease/prevalence, 2020-2024

Top 5 Counties Statewide	% Prevalence
1. Hardin	24.4
2. Maverick	22.1
3. Hidalgo	20.3
4. San Patricio	19.4
5. Cameron	19.1

Top 5 Counties in Border Region	% Prevalence
1. Maverick	22.1
2. Hidalgo	20.3
3. San Patricio	19.4
4. Cameron	19.1
5. Nueces	16.5

 Red outline indicates one of the 53 border region counties.

Cardiovascular Disease



BRFSS: Cardiovascular Disease Questions

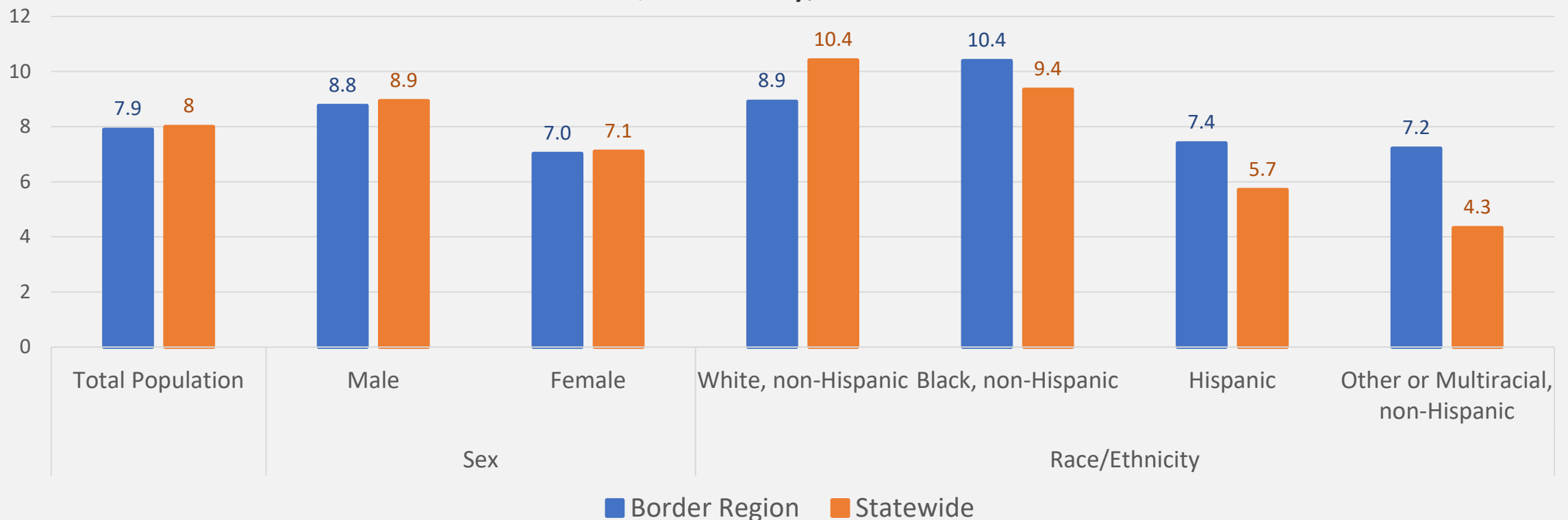
Participants were included for analysis if they responded “Yes” to any of the following questions:



- “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or
- “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”, or
- “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”.

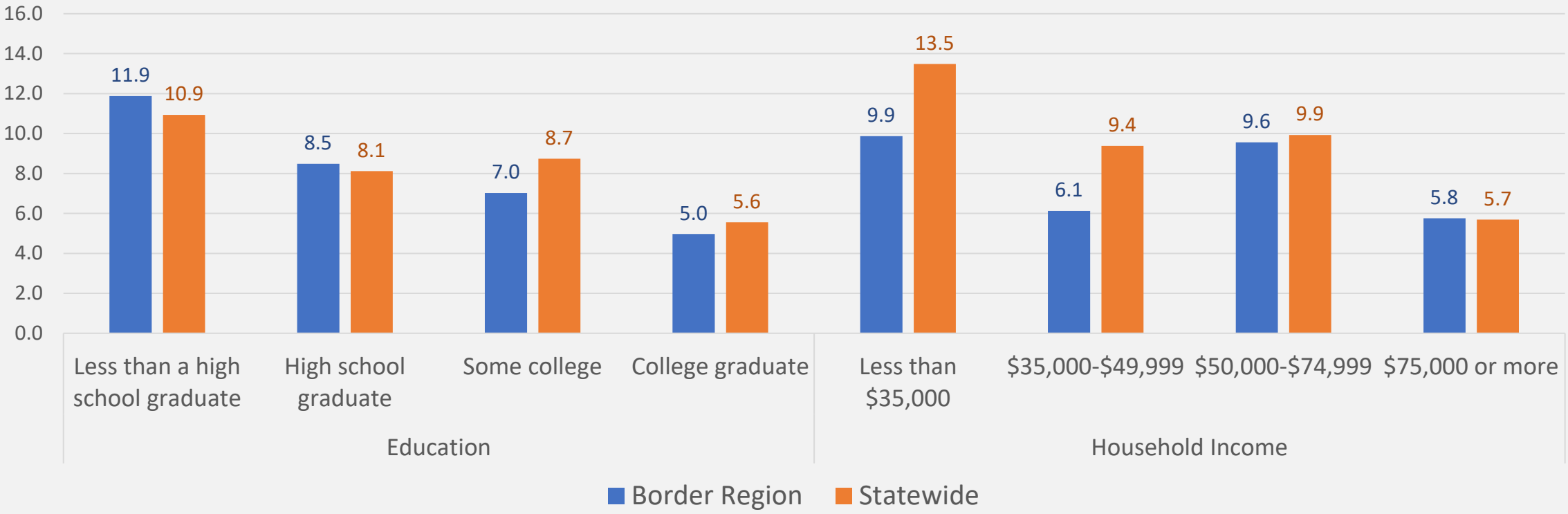
Cardiovascular Disease Prevalence (%) by Sex, and Race/Ethnicity, 2020-2024

CVD Prevalence (%) in Texas vs. TX Border Region by Sex and Race/Ethnicity, 2020-2024



Cardiovascular Disease Prevalence (%) by Education and Household Income, 2020-2024

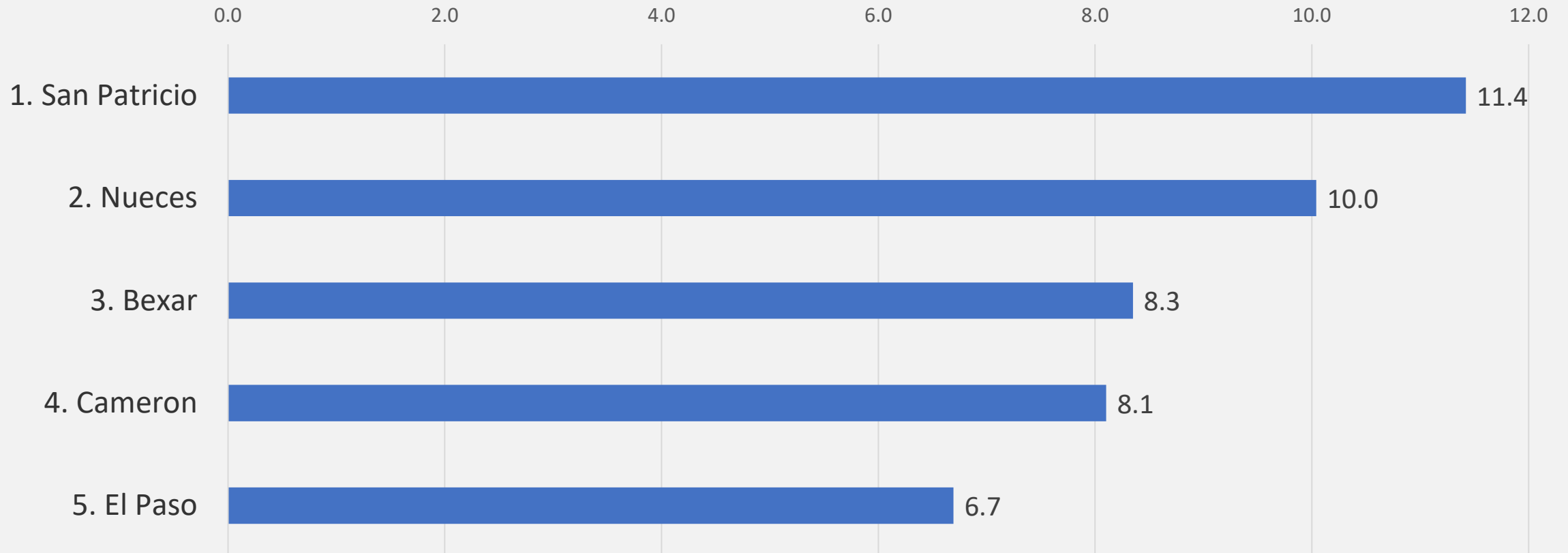
CVD Prevalence (%) in Texas vs. TX Border Region by Education and Household Income, 2020-2024



Source: Texas BRFSS

Top 5 Counties: Cardiovascular Disease in the Texas Border Region

CVD Prevalence (%) in the Border Region by County, 2020-2024



Cardiovascular Disease: State vs. Border Region

Top 5 Counties with the greatest burden of disease/prevalence, 2020-2024

Top 5 Counties Statewide	% Prevalence
1. Orange	25.2
2. Coryell	14.7
3. Smith	13.3
4. Angelina	13.0
5. Lubbock	12.3

Top 5 Counties in Border Region	% Prevalence
1. San Patricio	11.4
2. Nueces	10.0
3. Bexar	8.3
4. Cameron	8.1
5. El Paso	6.7

Obesity

BRFSS: Obesity Questions

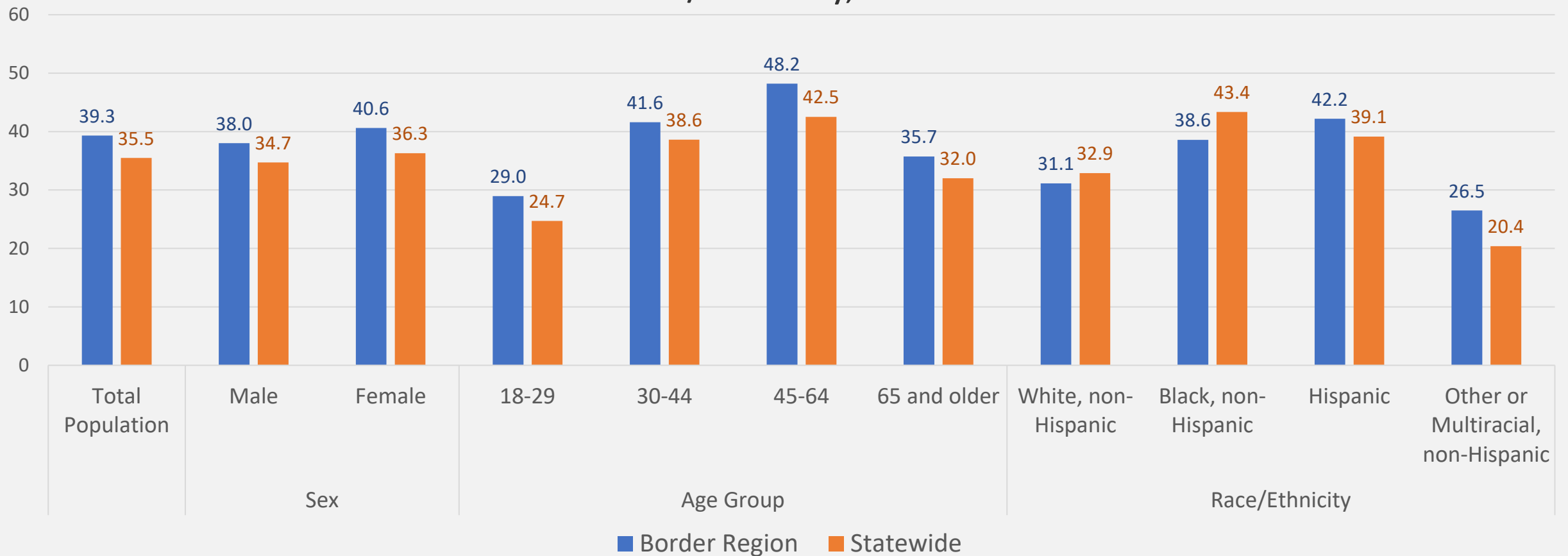


Participants were included for analysis if they had a body mass index of 30 kg/m² or more calculated from the questions:

- “About how much do you weigh without shoes?” and,
- “About how tall are you without shoes?”.

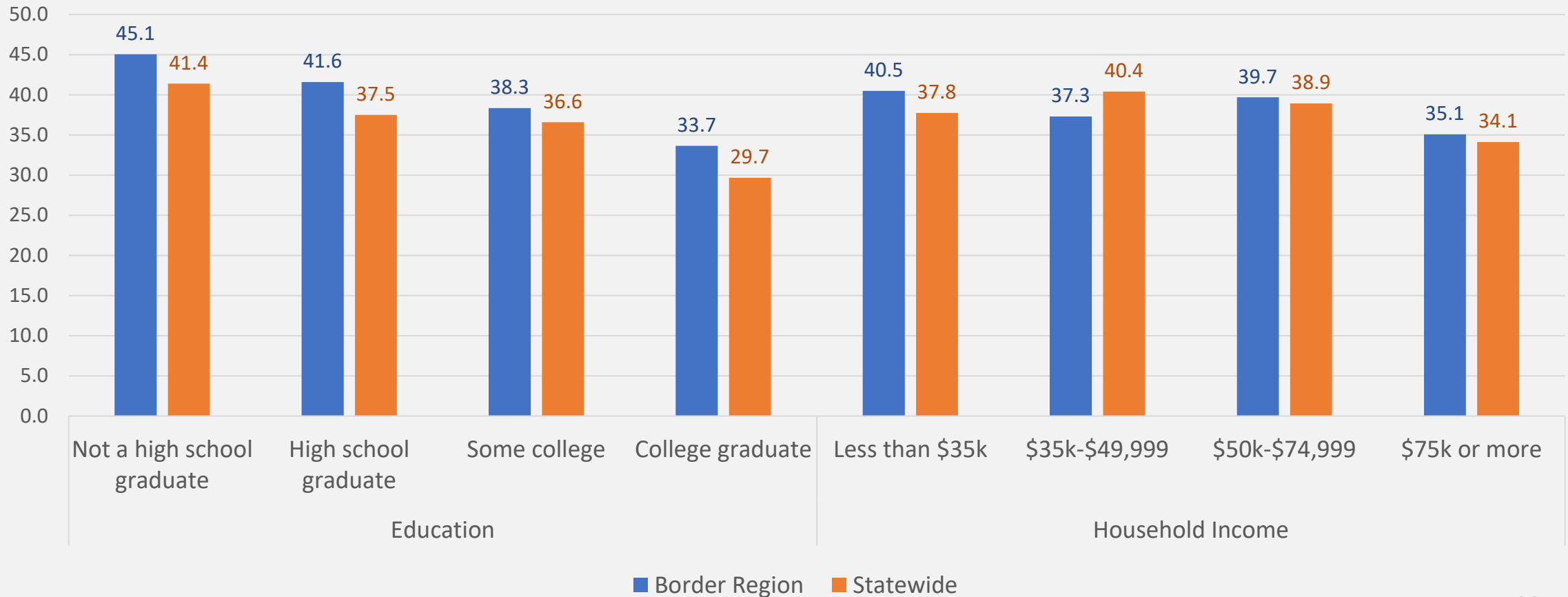
Obesity Prevalence (%) by Sex, Age and Race/Ethnicity, 2020-2024

Obesity Prevalence (%) in Texas vs. TX Border Region by Sex, Age Group, and Race/Ethnicity, 2020-2024



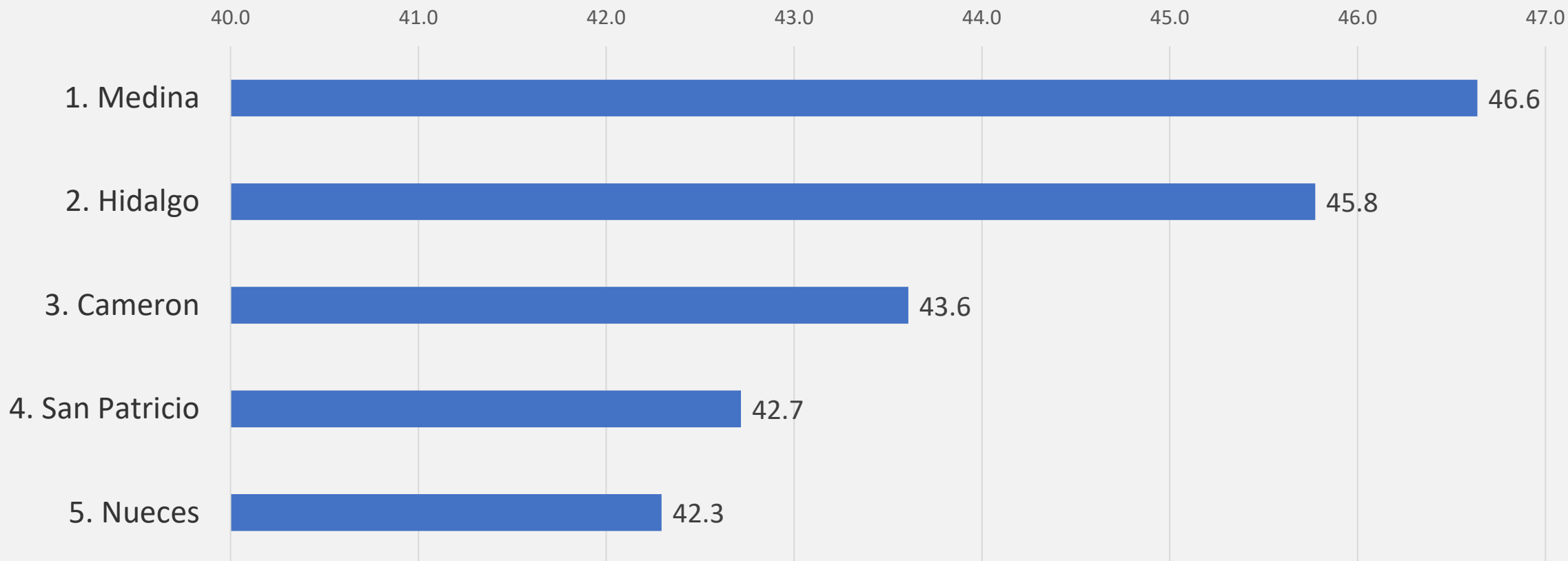
Obesity Prevalence (%) by Education Level and Household Income, 2020-2024

Obesity Prevalence (%) in Texas vs. TX Border Region by Education Level and Household Income, 2020-2024



Top 5 Counties: Obesity in the Texas Border Region

Obesity Prevalence (%) in the Border Region by County, 2020-2024




Obesity: State vs. Border Region

Top 5 Counties with the greatest burden of disease/prevalence 2020-2024

Top 5 Counties Statewide	% Prevalence
1. Ector	51.3
2. Cherokee	50.6
3. Bastrop	49.5
4. Medina	46.6
5. Hidalgo	45.8

Top 5 Counties in Border Region	% Prevalence
1. Medina	46.6
2. Hidalgo	45.8
3. Cameron	43.6
4. San Patricio	42.7
5. Nueces	42.3

 Red outline indicates one of the 53 border region counties.

Cancer- All Types



BRFSS: Cancer Questions

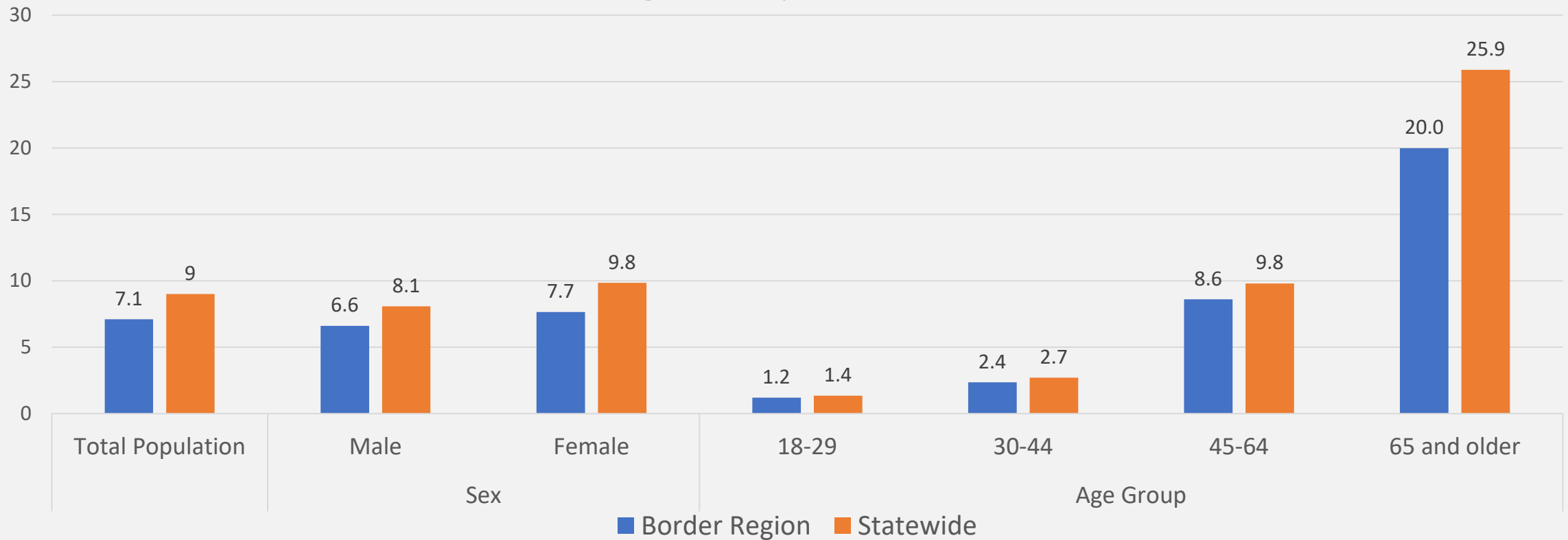


Participants are included for analysis if they responded “Yes” to either of the following questions:

- “Has a doctor, nurse, or other health professional ever told you that you had skin cancer that is not melanoma?” or,
- “Has a doctor, nurse, or other health professional ever told you that you had any melanoma **or any other types of cancer?**”.

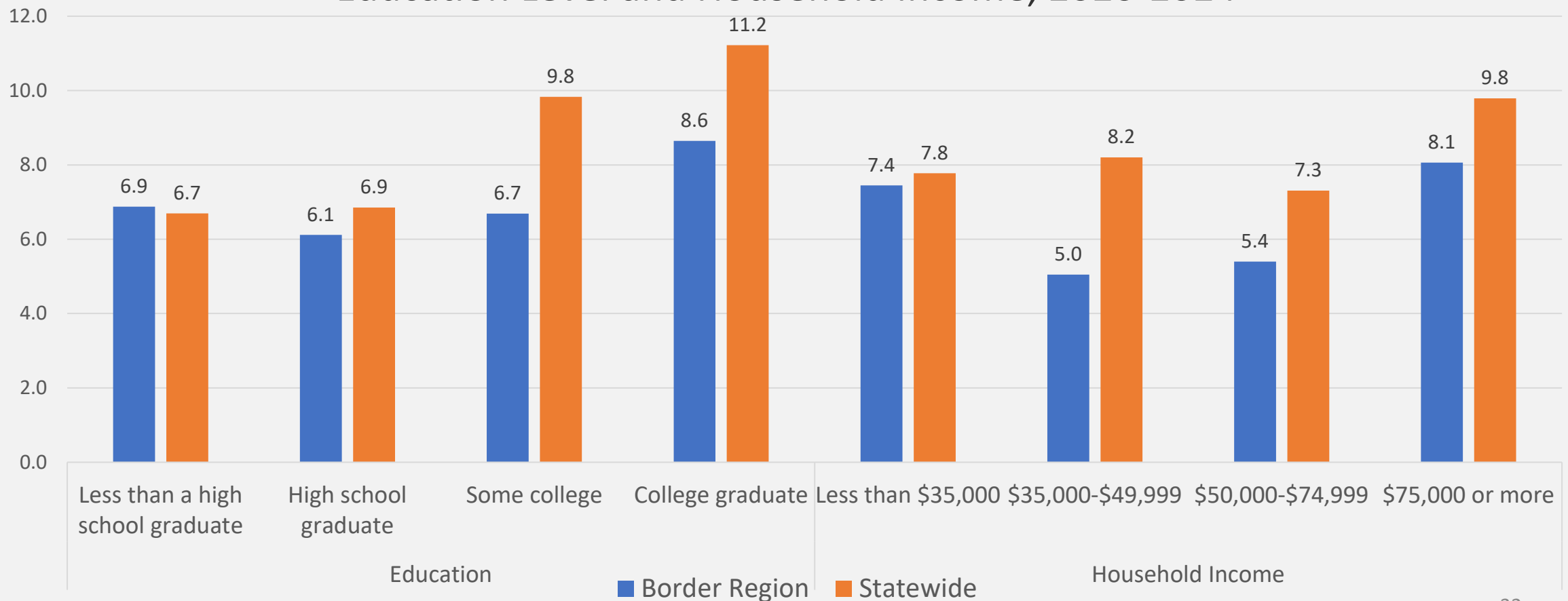
Cancer Prevalence (%) by Sex and Age, 2020-2024

All Cancer Types Prevalence (%) in Texas vs. TX Border Region by Sex and Age Group, 2020-2024



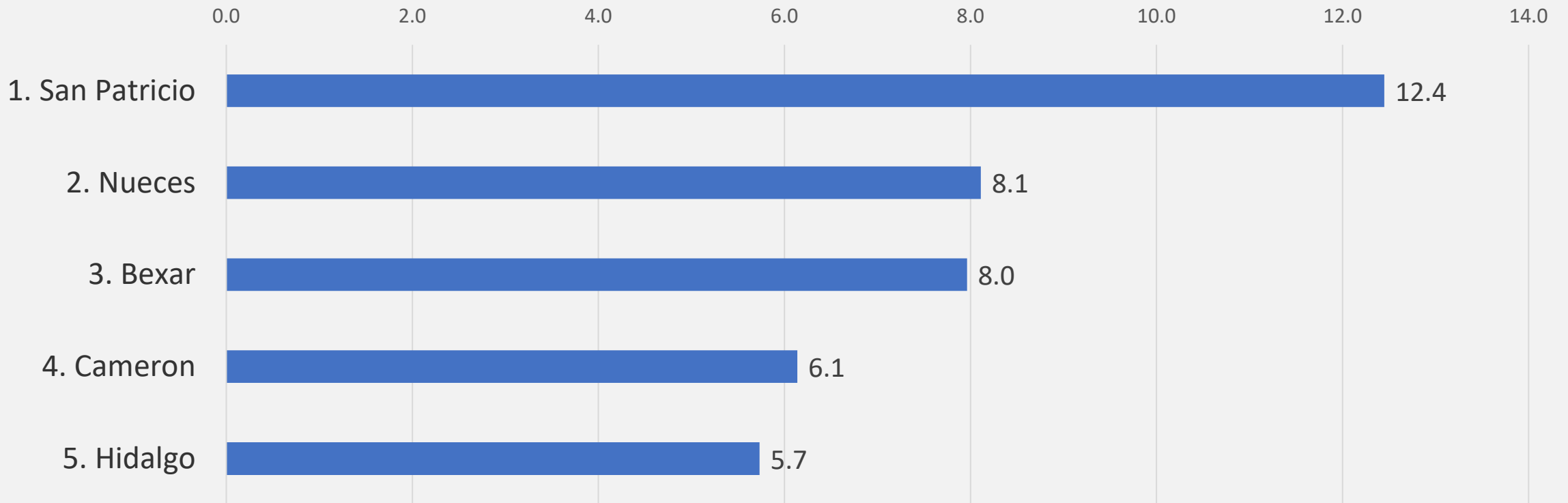
Cancers Prevalence (%) by Education Level and Household Income, 2020-2024

All Cancer Types Prevalence (%) in Texas vs TX Border Region by Education Level and Household Income, 2020-2024



Top 5 Counties: Cancer in the Texas Border Region

All Cancer Types Prevalence (%) in the Border Region by County, 2020-2024



All Cancer Types: State vs. Border Region

Top 5 Counties with the greatest burden of disease/prevalence, 2020-2024

Top 5 Counties Statewide	% Prevalence
1. Hardin	18.1
2. Hood	14.8
3. Polk	14.8
4. Ellis	14.6
5. Wise	13.3

Top 5 Counties in Border Region	% Prevalence
1. San Patricio	12.2
2. Nueces	8.1
3. Bexar	8.0
4. Cameron	6.1
5. Hidalgo	5.7

High Blood Pressure



BRFSS: High Blood Pressure Question

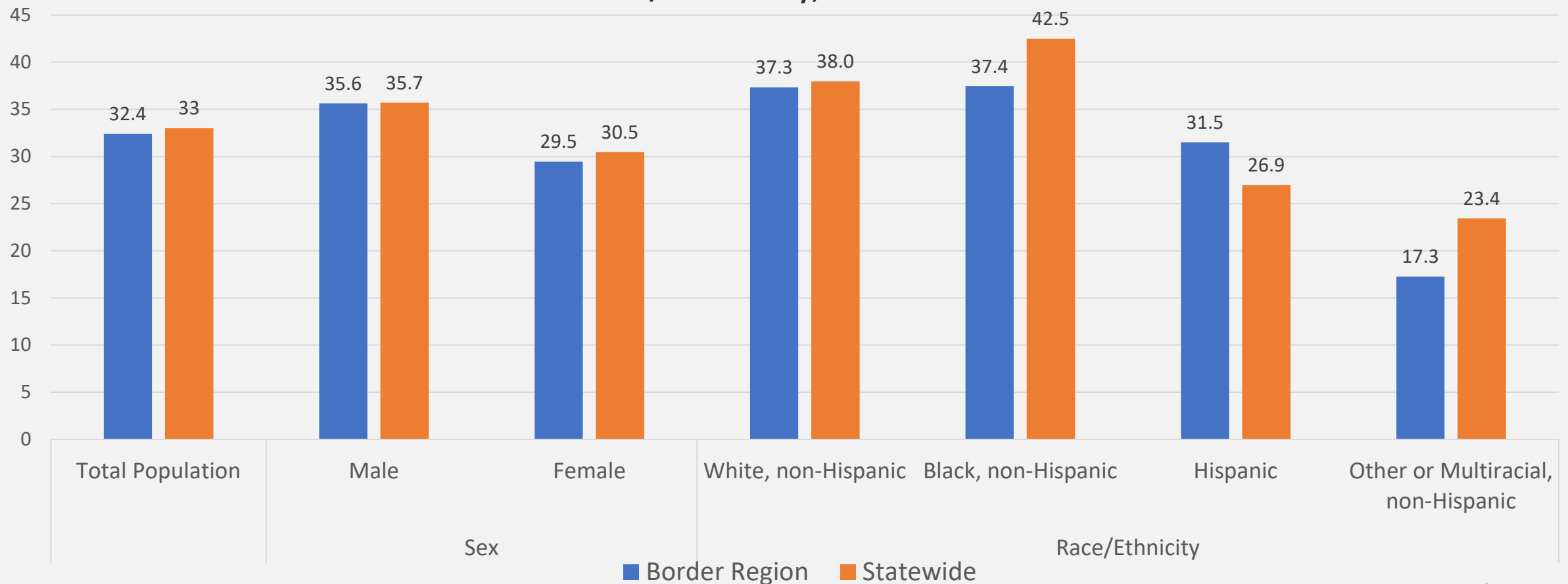


Participants were included for analysis if they responded “Yes” to the question:

- “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”,
- Those who responded “Yes, but female told only during pregnancy”, “No”, or “Told borderline or pre-hypertensive” were considered to not have high blood pressure.

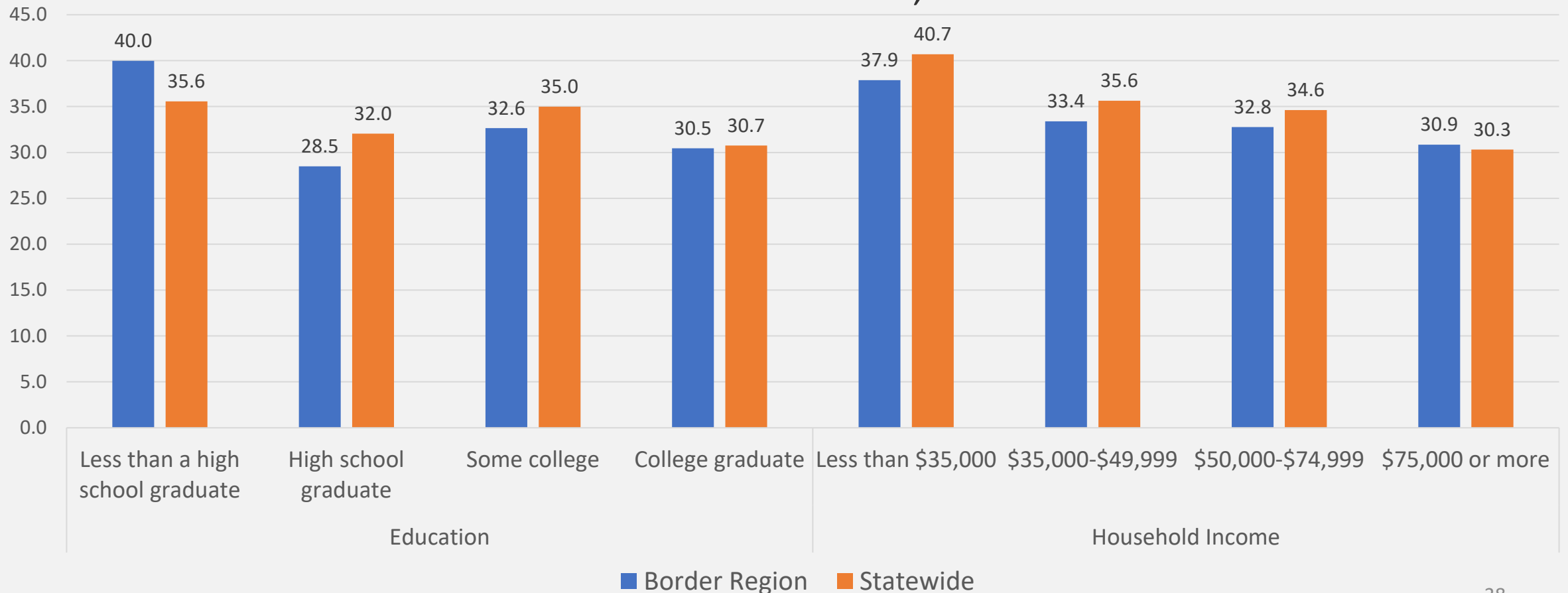
High Blood Pressure Prevalence (%) by Sex and Race/Ethnicity, 2021-2024

HBP Prevalence (%) in Texas vs. TX Border Region by Sex and Race/Ethnicity, 2021-2024



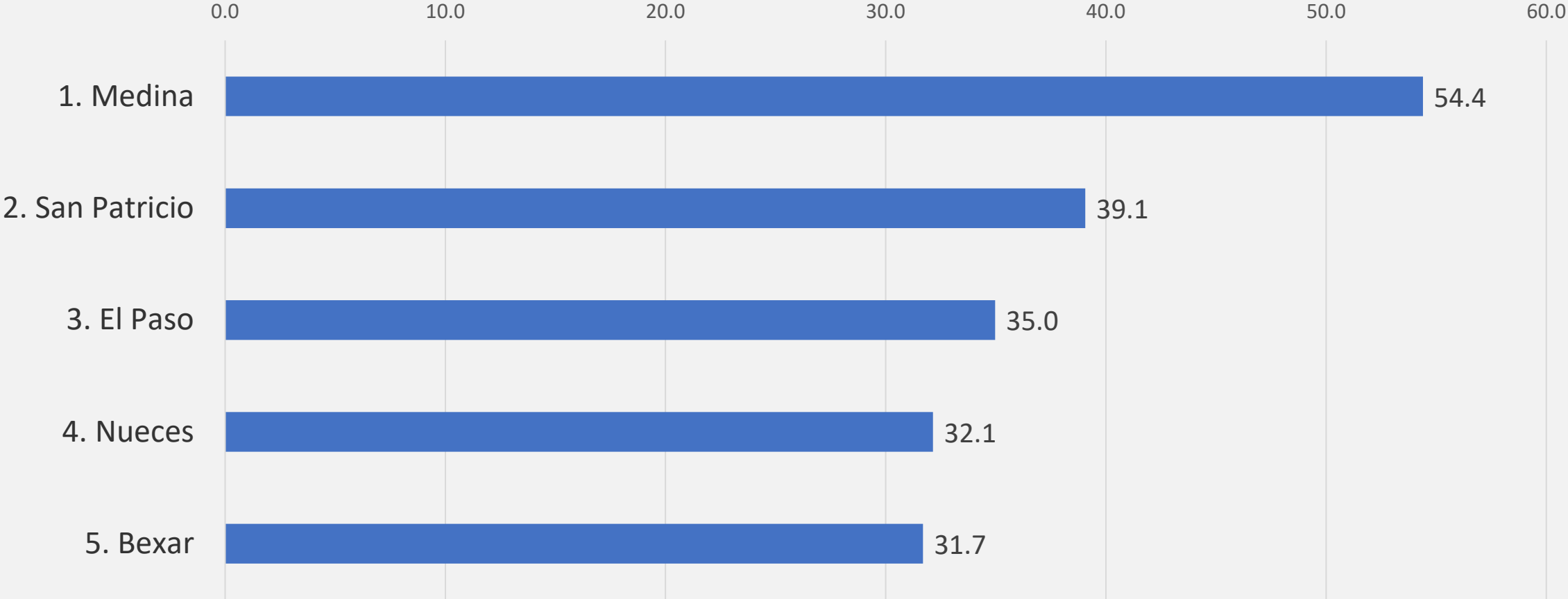
High Blood Pressure Prevalence (%) by Education Level and Household Income, 2021-2024

HBP Prevalence (%) in Texas vs. TX Border Region by Education Level and Household Income, 2021-2024



Top 5 Counties: High Blood Pressure in the Texas Border Region

HBP Prevalence (%) in the Border Region by County, 2021-2024




Source: Texas BRFSS

High Blood Pressure: State vs. Border Region

Top 5 Counties with the greatest burden of disease/prevalence, 2021-2024

Top 5 Counties Statewide	% Prevalence
1. Hardin	58.0
2. Medina	54.4
3. Wichita	46.1
4. Galveston	45.9
5. Coryell	45.8

Top 5 Counties in Border Region	% Prevalence
1. Medina	54.4
2. San Patricio	39.1
3. El Paso	35.0
4. Nueces	32.1
5. Bexar	31.7

 Red outline indicates one of the 53 border region counties.

Cognitive Decline



BRFSS: Cognitive Decline Question

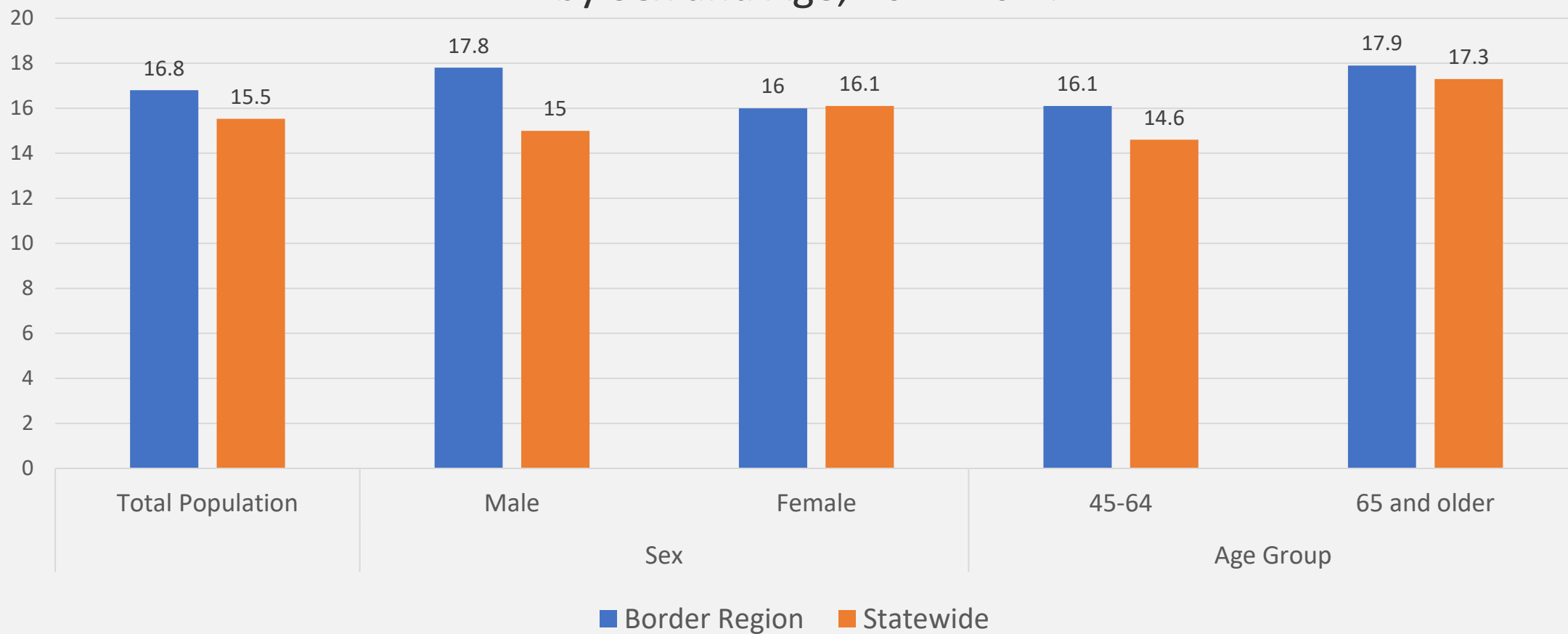


Participants were included for analysis if they responded “Yes” to the question:

- "During the past 12 months, have you experienced confusion or memory loss that is happening more often or is getting worse?"
- This is a self-reported condition.

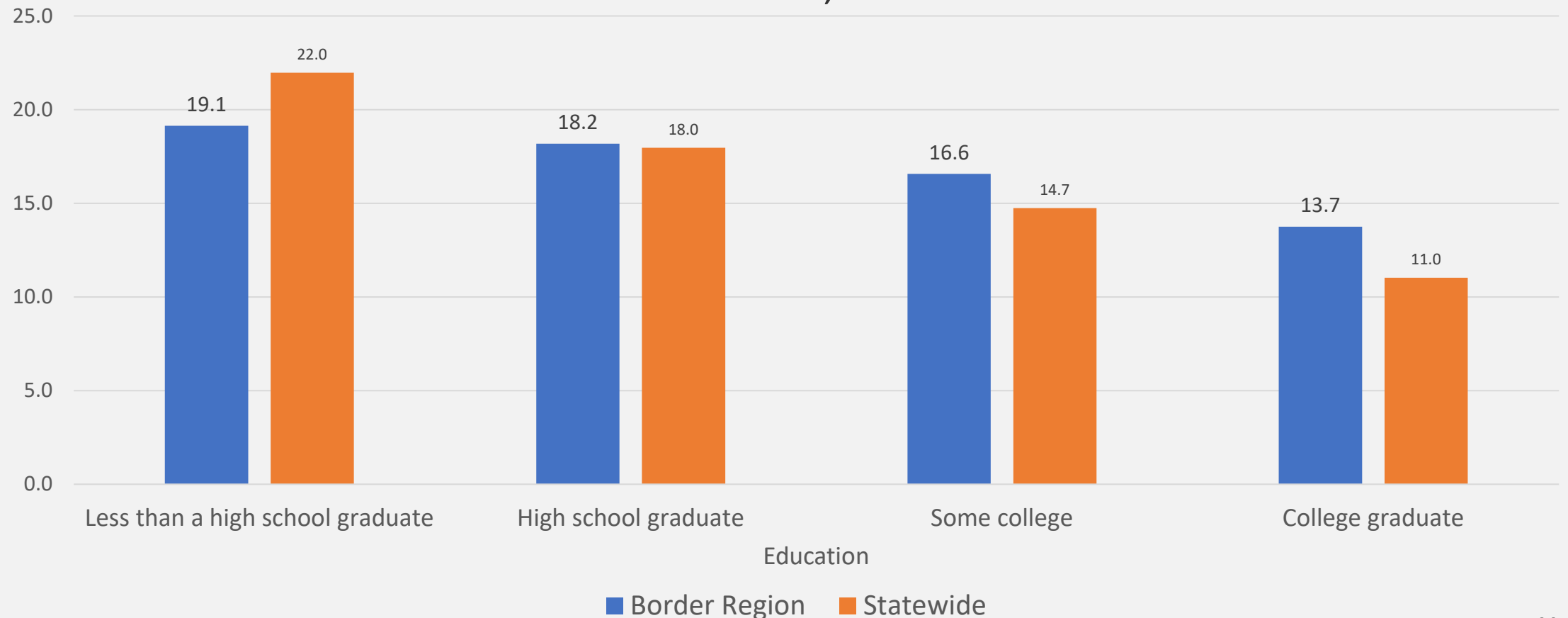
Cognitive Decline Prevalence (%) by Sex and Age, 2021-2024

Cognitive Decline Prevalence (%) in Texas vs. TX Border Region by Sex and Age, 2021-2024



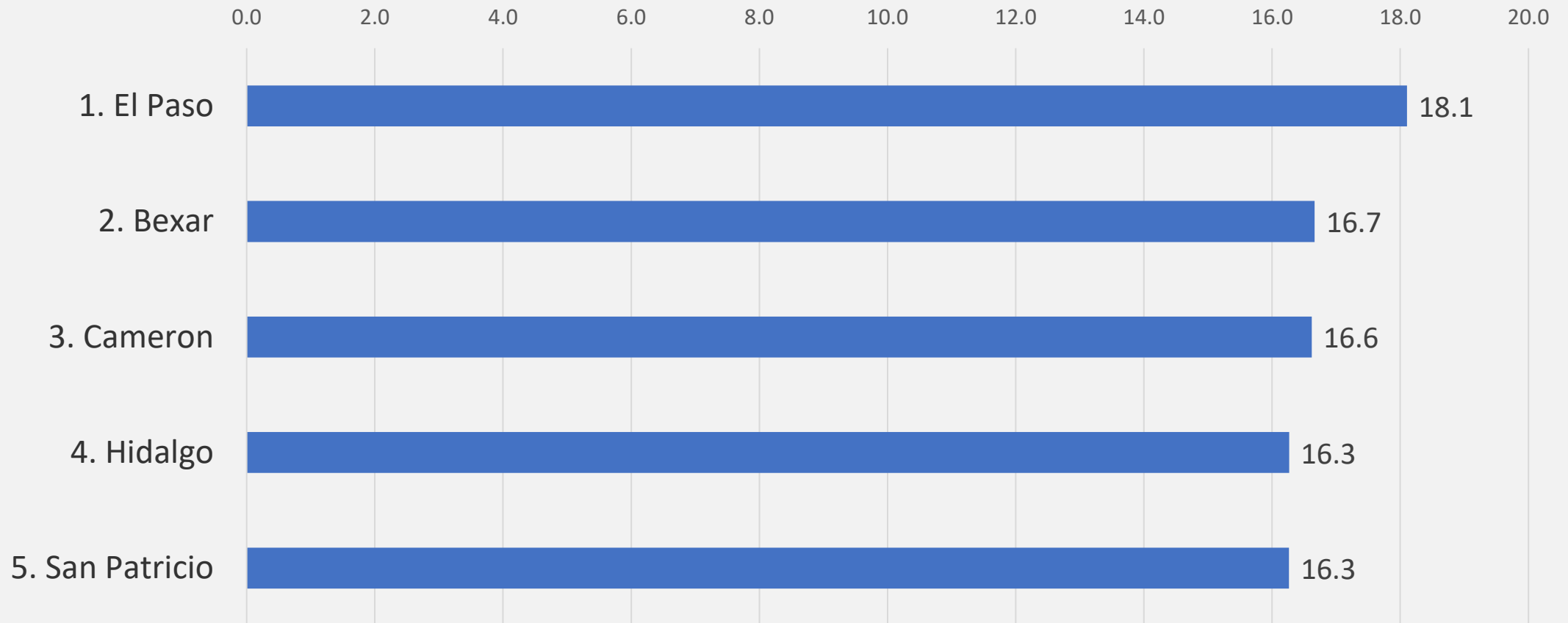
Cognitive Decline Prevalence (%) by Education Level, 2021-2024

Cognitive Decline Prevalence (%) in Texas vs. TX Border Region by Education Level, 2021-2024



Top 5 Counties: Cognitive Decline in the Border Region

Cognitive Decline Prevalence (%) in the Border Region by County, 2021-2024



Cognitive Decline

Top 5 Counties with the greatest burden of disease/prevalence, 2021-2024

Top 5 Counties Statewide	% Prevalence
1. Wichita	23.2
2. Angelina	21.6
3. Galveston	19.6
4. Jefferson	18.8
5. El Paso	18.1

Top 5 Counties in Border Region	% Prevalence
1. El Paso	18.1
2. Bexar	16.7
3. Cameron	16.6
4. Hidalgo	16.3
5. San Patricio	16.3

Acknowledgments

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Thank you!

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