

DSHS Chronic Disease Efforts

Rachel Wiseman, MPH, Chronic Disease Unit Director

Brett Spencer, Health Promotion Unit Director



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Overview

- **Share information on chronic disease efforts specific to Border areas.**
- **Share information on statewide chronic disease efforts that are available in Border areas.**



Tobacco, Asthma, and Cancer Prevention and Control Activities

Texas Tobacco Prevention and Control Program

Activity: Regional Efforts

Area(s) served: DSHS Regions 8, 9/10, and 11 (and Statewide)

Description: Program Regional Coordinators implement tobacco prevention and control efforts within their regions, including:

- Prevention education and outreach to youth, young adults, and adults.
- Health system change efforts and cessation training and technical assistance to healthcare organizations and providers.
- Smokefree worksite policy education and adoption.
- Partnership engagement and collaboration on regional tobacco prevention and control activities.



Texas Tobacco Prevention and Control Program

Activity: Students, Adults, and Youth Working Hard Against Tobacco (Say What)

Area(s) served: Statewide

Description: Program contracts with the Texas School Safety Center to administer the statewide tobacco prevention and control youth movement Say What for middle and high school age youth.

- Say What educates students through mini-grant projects.
- Raises awareness through social media and other campaigns.
- Convenes a statewide conference and regional summits to educate and provide youth with the experience and skills needed to become tobacco prevention and control leaders in their communities.



Texas Tobacco Prevention and Control Program

Activity: E-Cigarette and Tobacco Awareness Program (ETAP)

Area(s) served: Statewide

Description: Program contracts with the Texas School Safety Center to administer the online ETAP program. Currently, ETAP offers two courses.

- The Referral Course is intended for individuals under age 21 who are cited for possession of tobacco products, including e-cigarettes, and are referred by the courts or their school.
- The Prevention Course is designed for youth in grades 6th-12th who are interested in learning about the harmful health effects of e-cigarettes and other tobacco products, tobacco industry marketing to young people, and how young people can build a vape free, tobacco free culture in their school.



Texas Tobacco Prevention and Control Program

Activity: [Peers Against Tobacco](#)

Area(s) served: Statewide

Description: Program contracts with The University of Texas at Austin to administer the tobacco prevention and control college initiative Peers Against Tobacco. This is a peer-led initiative to eliminate all forms of tobacco use on college campuses across Texas.

The University of Texas at Austin also maintains the [Texas College Tobacco Policy Database](#).



Texas Department of State
Health Services

Texas Tobacco Prevention and Control Program

Activity: Texas Youth Tobacco Survey

Area(s) served: Statewide

Description: Program contracts with Texas A&M University to administer a survey of tobacco use among Texas middle school and high school students in grades 6-12 that is administered statewide in odd years.



Texas Department of State
Health Services

Texas Tobacco Prevention and Control Program

Activity: Vapes Down Media Campaign

Area(s) served: Statewide

Description: Program contracts with media vendors to administer the Vapes Down media campaign. The campaign aims to increase awareness of the youth vaping epidemic and provide youth and young adults with the information they need to take action to quit vaping.



Texas Department of State
Health Services

Texas Tobacco Prevention and Control Program

Activity: [Texas Tobacco Quitline](#)

Area(s) served: Statewide

Description: Program contracts with National Jewish Health to administer the Texas Tobacco Quitline, which provides confidential, free, and convenient cessation services to Texas residents ages 13 and older to help them quit all tobacco products, including quit coaching and nicotine replacement therapy. Services are provided in both English and Spanish. Interpretation for other languages is available for phone services (877-YES-QUIT).



Texas Tobacco Prevention and Control Program

Activity: Health System Electronic Health Records Integration

Area(s) served: Statewide

Description: Program contracts with The University of Texas at Austin to assist Texas health systems with integrating their electronic health records systems with the Texas Tobacco Quitline to send patient e-referrals to the quitline.



Texas Department of State
Health Services

Texas Tobacco Prevention and Control Program

Activity: Tobacco Control Behavioral Health Initiative

Area(s) served: Statewide

Description: Program contracts with Integral Care to administer a behavioral health initiative to implement tobacco free worksite policies and cessation support efforts at Local Mental Health Authorities and substance use treatment centers.



Texas Department of State
Health Services

Texas Asthma Control Program

Activity: San Antonio Asthma Control Efforts

Area(s) served: San Antonio

Description: Program contracts with San Antonio Metropolitan Health District to:

- Identify opportunities to increase/enhance smokefree policies in multi-unit housing.
- Work with health systems to encourage electronic health records systems integration with the Texas Tobacco Quitline.
- Develop a process for asthma home visits to be a covered service by managed care organizations in Bexar County.
- Explore referrals for asthma home visit social services such as integrated pest management and mold removal.



Texas Asthma Control Program

Activity: Linkages and Care Coordination for Asthma Trainings

Area(s) served: Statewide

Description: Program contracts with the University of North Texas Health Science Center to develop an asthma self-management education course for Community Health Workers. The program also contracts with the university to maintain a previously developed implementation guide and trainings for schools in adopting unassigned respiratory medicine in schools policies.



Texas Department of State
Health Services

Texas Asthma Control Program

Activity: Texas Asthma Control Collaborative (TACC)

Area(s) served: Statewide

Description: Program coordinates and facilitates the statewide asthma control coalition, TACC. In collaboration with the TACC, the program implements strategies identified in the Strategic Plan for Asthma Control in Texas. This includes promoting guidelines-based care, resources to improve indoor air quality, and implementation of asthma-friendly policies that improve indoor and outdoor air quality.



Texas Comprehensive Cancer Control Program

Activity: Comprehensive Community Health Worker Training on Cancer Survivorship

Area(s) served: Statewide

Description: Program contracts with Texas A&M University Health Science Center National Community Health Worker Training Center to serve as a sponsoring/hosting center for the English- and Spanish-based cancer survivorship continuing education training and to distribute continuing education unit certificates to Community Health Workers/promotores who complete the trainings.



Texas Comprehensive Cancer Control Program

Activity: State Agency Wellness Leave Hours for Cancer Screenings Initiative

Area(s) served: Statewide

Description: Program is collaborating with DSHS Worksite Wellness Program to work with state agencies with the largest workforce (> 2,500 employees) to adopt a policy that awards employees wellness leave hours after getting screened for cancer.



Texas Comprehensive Cancer Control Program

Activity: Cancer Alliance of Texas (CAT)

Area(s) served: Statewide

Description: Program coordinates and facilitates the statewide cancer control coalition, CAT. In collaboration with the CAT, the program implements strategies identified in the Texas Cancer Plan and policy, systems, and environmental change efforts. Examples include increasing adoption of smokefree policies, adoption of a youth and young adult e-cigarette cessation training and toolkit in health systems, adoption of a CHW lung cancer screening training in health systems, and adoption of CHW cancer survivorship trainings in local health departments.



Diabetes and Heart Disease and Stroke Prevention and Management Activities



Diabetes Prevention and Control Program (DPCP)

Activity: DSMES/DPP Services and CHW Engagement

Area(s) served: Frio County

Description: Improving accessibility and quality of care of DSMES and the National DPP while strengthening integration of community health workers (CHW) in diabetes-related care programs.

- Diabetes Self Management Education and Support Services (DSMES) provides personalized services to help diabetic individuals manage their diabetes while teaching practical strategies to adapt diabetes care into everyday life.
- The National Diabetes Prevention Program (DPP) delivers an accessible, CDC-approved lifestyle change program (LCP) to prevent or delay type 2 diabetes and its complications.



Diabetes Prevention and Control Program (DPCP)

Activity: Community Diabetes Education Programs (CDEP)

Area(s) served: Bee, Bexar, El Paso, Jim Wells, Kleberg, Nueces, Webb

Description: Contracts with local health departments or academic institutions in the state of Texas to implement DSMES and DPP classes and services within their public health region or surrounding counties.

These partners also create or maintain bi-directional referral systems to refer patients to testing, diabetes education/prevention programs, social support needs and services resources, and more.



Diabetes Prevention and Control Program (DPCP)

Activity: Expanding e-Referral System Infrastructure

Area(s) served: Statewide

Description: Working with local health systems and other partners to expand current bi-directional e-referral systems to include diagnostic services for patients who show potential indicators of type 2 diabetes, social service referrals, and care coordination across multiple sectors while also gathering data that can inform strategies for population health management and practices.



Heart Disease and Stroke Program (HDSP)

Activity: Office of Border Public Health (OBPH) Region 8

Area(s) served: Hidalgo, Maverick, Val Verde

Description: OBPH promotes optimal health outcomes and addresses social support needs related to CVD by:

- Strengthening referral pathways to ensure hypertensive patients are adequately connected to services and resources that address social support needs.
- Building a coordinated network of multidisciplinary partnerships that address barriers to social services and support needs within high-risk populations.
- Ensuring that community health workers and their equivalents are effectively placed and resourced to provide a continuum of care and services across all levels of CVD intervention.



Heart Disease and Stroke Program (HDSP)

Activity: Healthy Heart Ambassador Blood Pressure Self-Monitoring Program (HHS-BPSM)

Area(s) served: Cameron

Description: Building and sustaining partnerships with local clinic to expand and promote self-measured blood pressure monitoring through the HHS-BPSM among populations at high risk of CVD with the goal of reducing barriers related to both transportation and availability of healthcare practitioners. The program fosters patient awareness of healthy eating habits through nutrition education seminars while advancing active engagement in patients' health management through personalized educational sessions with trained program facilitators.



Heart Disease and Stroke Program (HDSP)

Activity: Remote Patient Monitoring (RPM) Program

Area(s) served: El Paso

Description: Building and sustaining partnerships with local clinics to expand and promote RPM strategies, which enhances patient engagement in managing hypertension and reducing barriers related to both transportation and availability of healthcare practitioners. RPM allows patients to measure blood pressure at home using a device that sends blood pressure readings to healthcare providers, who then provide remote support and guidance based on the readings.



Heart Disease and Stroke Program (HDSP)

Activity: Texas Cardiovascular Disease Learning Collaborative (LC)

Area(s) served: Statewide

Description: The LC is a Texas-wide organization filled with local health departments, community organizations, and clinics committed to reducing the burden of CVD in Texas. The LC also promotes multidisciplinary partnerships between clinical and community groups to implement effective and evidence-based strategies to reduce the burden of CVD. Members meet quarterly to share findings and relevant experiences for activities related to CVD with the goal of sharing strategies and information to address social needs and social supports for high-burden populations.



Activities to Address Alzheimer's Disease and Related Dementias (ADRD)

Alzheimer's Disease Program

Activity: Public Awareness Campaign

Area(s) served: Statewide with targeted efforts in Cameron, El Paso, Hidalgo

Description: DSHS launched an Alzheimer's awareness campaign in 2020 with the goal of helping Texans recognize the signs of Alzheimer's disease in their loved ones and start a conversation about seeking care. Materials and media are available in English and Spanish.



Alzheimer's Disease Program

Activity: Education for the General Public

Area(s) served: Statewide

- **Border counties currently trained:** Cameron, Duval, Hidalgo, Jim Wells, and McCulloch

Description: ADP works with contracted partner Texas A&M AgriLife Extension Services to conduct in-person and virtual education sessions in affiliated counties in which they work to provide education to the general public on ADRD topics and risk reduction while also increasing awareness of ADRD on the aging population in Texas.



Alzheimer's Disease Program

Activity: Grants to Increase Local Dementia Support (GILDS)

Area(s) served: 48 counties in Texas

- **Border counties served:** Brewster, Cameron, Culberson, El Paso, Hidalgo, Hudspeth, Jeff Davis, Nueces, Presidio, San Patricio, Webb

Description: The GILDS program funds local and regional entities to provide dementia resource support in their communities. Dementia resource specialists provide education, support, and referrals for community resources to patients and caregivers. They also work with healthcare providers to promote early detection and diagnosis.



Alzheimer's Disease Program

Activity: Healthcare Provider Education

Area(s) served: Statewide

Description: The ADP provides education to healthcare providers related to screening, diagnosis, care coordination, and community referrals for ADRD through free continuing education modules and a dementia project ECHO.



Alzheimer's Disease Program

Activity: Texas Alzheimer's Disease Partnership

Area(s) served: Statewide with representation from Cameron, Hidalgo, Laredo, Webb, and El Paso

Description: The volunteer-based Texas Alzheimer's Disease Partnership (Partnership) was established in 2009 by DSHS. With over 300 members, the Partnership aims to engage organizations, agencies, institutions, and individuals to work collaboratively to reduce the impact of ADRD in Texas and to promote the Texas State Plan for Alzheimer's Disease 2024-2028 (State Plan). The Partnership is an integral part of many initiatives that support State Plan priorities.



Obesity Prevention Activities



State Physical Activity and Nutrition (SPAN) Program

Activity: State Physical Activity and Nutrition (SPAN) Program

Area(s) served: Maverick County, San Patricio County & Statewide

Description: SPAN addresses state- and local-level implementation of policy, system, and environmental strategies in 5 focus areas. Focus areas include:

- Food service guidelines
- Physical activity
- Fruit & vegetable programming
- Breastfeeding
- Early childhood education

Obesity Prevention Program (OPP) staff implement activities in collaboration with local health entities, state agencies, universities, and organizations.



State Physical Activity and Nutrition (SPAN) Program

Program Objectives/Performance Measures: SPAN is evaluated based on milestones and performance measures.

- ▶ Milestone: OPP assessed the landscape of each focus area in collaboration with counties, state agencies, universities, and organizations.
- ▶ Performance measures:
 - ◇ The number of policies or activities updated or created
 - ◇ The number of people impacted by policy or activity updates
 - ◇ Focus area-specific measures



Example: Physical Activity Milestones and Performance Measures

Milestone:

1. Complete a review of the community design for physical activity landscape in your community.
2. Develop at least one community design [Active People, Healthy Nation](#) Action Plan (hereafter, “Active People Action Plan(s)”) that includes policies and activities beyond community design to address community concerns.

Performance Measures:

1. Number of new or enhanced policies or plans for systems change adopted for community design.
2. Number of policies or plans for systems change for which visible action has taken place.
3. Number of people living within geographic areas with new, enhanced, or implemented policies or plans for community design.



Community and Clinical Health Bridge Program

Activity: Community and Clinical Health Bridge (CCHB)

Area(s) served: Hidalgo, Webb, El Paso Counties and Statewide

Description: OPP implements the CCHB project in 13 high-priority Texas counties to reduce obesity and related chronic diseases. Participating counties:

- Develop community bi-directional referral systems to enhance obesity and chronic disease care.
- Provide evidence-based education and training for providers, patients, and community members to support program participation.
- Address gaps within the system of care.



Community and Clinical Health Bridge Program

Activity: Community and Clinical Health Bridge (CCHB)

Program Objectives/Performance Measures:

CCHB performance measures include:

- Number of referral partnerships developed,
- Number and type of health information exchange system improvements,
- Number of inclusions or updates to Electronic Health Records that improve coordination of care,
- Number of evidence-based education classes,
- Number of participants engaged in evidence-based education classes.



Texas Healthy Communities Program Activities



Texas Healthy Communities

Activity: Texas Healthy Communities (TXHC)

Area(s) served: El Paso County and Statewide

Description: TXHC is an initiative that empowers Texas communities to improve local health outcomes by implementing policy, systems, and environmental changes that reduce the risk of chronic disease. DSHS funds local health entities to assess their community's health needs and develop health improvement goals and action plans. The community assessment is based on 8 indicators, including:

- Physical activity
- Healthy food access
- Healthy worksites
- Respiratory health
- Healthcare quality and access
- Healthy aging
- Behavioral health
- Emergency preparedness



Texas Healthy Communities

Program Objectives/Performance Measures: Communities conduct an annual assessment based on eight health indicators which have an impact on chronic disease outcomes. Communities receive a score, recognition level, and recommendations that aid them in developing their goals and action plans.

Performance measures include:

- The percentage increase in community assessment scores (Indicator-level and Overall) during the project period,
- The number and type of policy, systems and environmental changes implemented



For more information

For more information on any of our programs, please reach out to our program inboxes:

- Alzheimers@dshs.Texas.gov
- Asthma@dshs.Texas.gov
- Bringinghealthyback@dshs.Texas.gov
- Cancer@dshs.Texas.gov
- Cardio@dshs.Texas.gov
- Diabetes@dshs.Texas.gov
- Tobacco.Free@dshs.Texas.gov
- TXHC@dshs.Texas.gov

Thank you!



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