



TEXAS
Health and Human
Services

**Texas Department of State
Health Services**

Public Health Trends

Presentation to the House Committee on Public Health

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Topics

- Kratom/7-OH
- Recent Infectious Disease Events
- Chronic Disease
 - Obesity
 - Cardiovascular Disease
 - Hypertension
 - Diabetes

Kratom/7-OH



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Kratom / 7-Hydroxymitragynine (7-OH)

- Kratom products are derived from leaves of the kratom tree, which is native to Southeast Asia, the Philippines and New Guinea. 7-OH naturally occurs in trace amounts in kratom leaf.
- In western countries, kratom products usually contain a synthetic version of 7-OH at higher concentrations than found in kratom leaf.
- Synthetic 7-OH is 13 times more potent than morphine.¹
- In September 2025, DSHS issued a health alert warning people not to use products containing 7-OH.

Adverse Health Effects

- Nausea
- Vomiting
- Itching
- Sweating
- Gastrointestinal/urinary issues
- Hallucinations
- Death (rare)

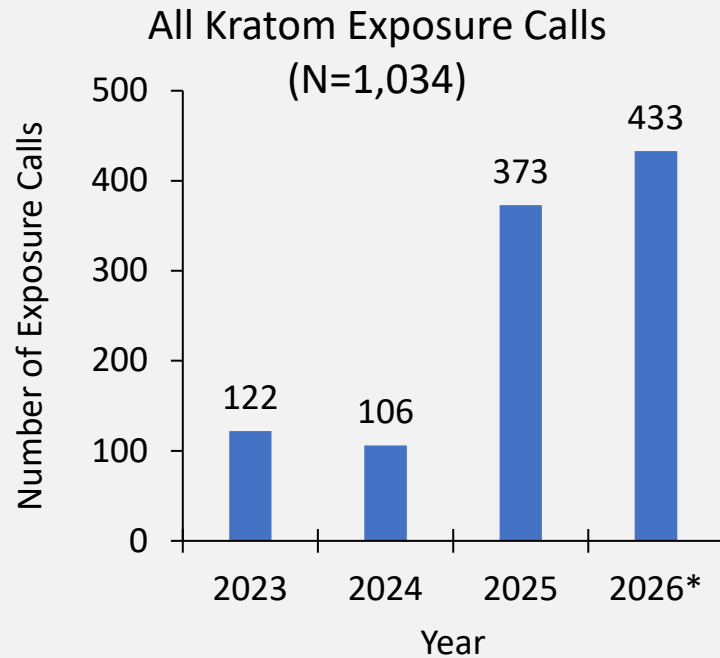
Chronic Use Effects

- Tolerance
- Dependence
- Withdrawal
- Liver damage
- Insomnia
- Weight Loss
- Seizures

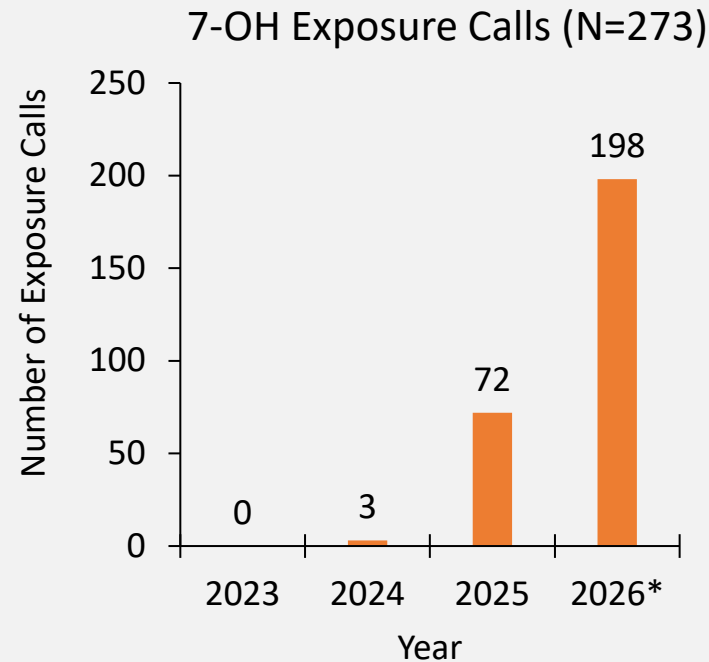
Source: FDA, What You Need to Know About 7-OH (2025).

Kratom / 7-OH Exposure Calls

Annual Kratom and 7-OH exposure calls to Texas Poison Center Network (TPCN), 2023-2026*



Note: All Kratom exposure calls also include 7-OH.



Note: Kratom-related products with synthetic or concentrated 7-OH emerged in the U.S. markets in 2024, so no exposure calls in 2023.

- Since September 2025, DSHS has observed an increase in Kratom and 7-OH use related exposure calls to TPCN.
- Exposure calls for Kratom/7-OH were mostly among individuals 30-39 years of age.
- 66% of calls for Kratom/7-OH involve males.
- Most Kratom/7-OH exposure cases were treated and/or evaluated and released (444).

*2026 data shows calls from January 1 – July 31, 2026.

Source: Texas Poison Center Network

Prepared by: Environmental Surveillance and Toxicology Branch, August 2026

Reported Clinical Effects for Kratom/ 7-OH Exposures by Body System

Body System	All Kratom Exposures, 2023-2026*	7-OH Exposures, 2023-2026*
Neurological	1,277	302
Cardiovascular	721	156
Gastroenterological	458	116
Respiratory	200	57
Miscellaneous	285	82
Ocular	64	20
Hematological/Hepatic	51	9
Dermal	36	11
Renal	33	4

*2026 data shows calls from January 1 – July 31, 2026. All exposure calls for Kratom also include 7-OH.

Note: A patient can have more than one clinical effect for one or multiple body systems. Therefore, categories are not mutually exclusive

Source: Texas Poison Center Network

Prepared by: Environmental Surveillance and Toxicology Branch, August 2026

Kratom / 7-OH Outcome and Call Data

TPCN received 1,034 exposure calls related to Kratom, including 7-OH, from January 1, 2023, to July 31, 2026.

- For this time period:
 - 5 calls involved a death,
 - 115 calls involved major effect,
 - 418 calls involved moderate effect,
 - 281 calls involved minor, minimal or no health effects, and
 - 134 calls were lost to follow up but classified by TPCN as a potentially toxic exposure.
- Most of the calls (975) reported Kratom/7-OH exposures at the person's own residence.
- Majority of the calls were made from a health care facility (722) or the person's own residence (232).

Source: Texas Poison Center Network

Prepared by: Environmental Surveillance and Toxicology Branch, August 2026

Recent Infectious Disease Events



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Recent Infectious Disease Events

Ebola Monitoring – 2026:

- Public health follow up and monitoring of over 928 individuals returning from countries affected by the ongoing Ebola Bundibugyo virus outbreak in the Democratic Republic of the Congo and surrounding areas (as of August 14, 2026).

New World Screwworm – 2025-2026:

- Ongoing monitoring and coordination of specimens for potential cases in humans.
- Ensuring safety of the meat and dairy supply in Texas.
- Education and resource development.

Recent Infectious Disease Events

Cyclosporiasis 2026:

- Cyclosporiasis season typically runs from May to August each year.
- CDC, FDA, and state and local public health officials are investigating a multistate outbreak of Cyclospora infections linked to iceberg lettuce.
- Texas is not part of the current outbreak, but we are seeing higher numbers of cases than in previous years

Hantavirus 2026:

- Recent outbreak resulted in 12 confirmed cases, 1 probable case, and 3 deaths internationally.
- Public health follow up and monitoring of 2 Texas individuals who had been aboard the cruise ship concluded in June 2026.

Chronic Disease



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Obesity – Texas Data

- Texas children have an obesity prevalence of 15.8% (2023-2024).¹
- Texas high schoolers have an obesity prevalence of 18.6% (2023).²
- Texas has the 20th highest adult obesity prevalence in the United States (2024).³
- Texas has an adult obesity prevalence of 35.6% (2024).³

¹National Survey of Children's Health (2023-2024). [Texas Weight Status of the Child based on Body Mass Index](#)

²Texas Youth Risk Behavior Survey (2023). [Texas Youth Risk Behavior Surveillance System](#)

³Adult Obesity Prevalence Maps. (2024). [Adult Obesity Prevalence Maps | Obesity | CDC](#)

Health Risks and Obesity

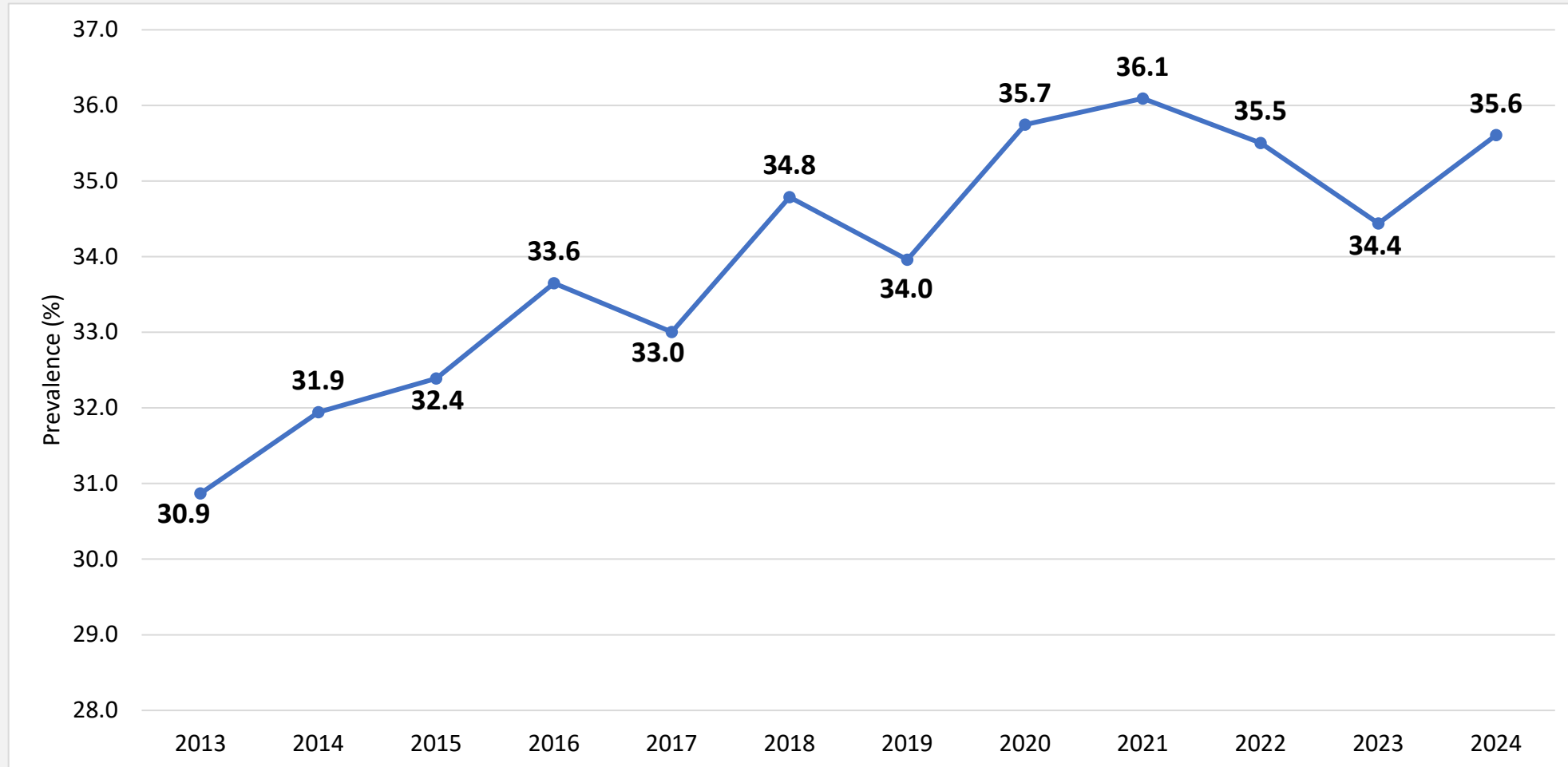
- Obesity increases the risk of:¹
 - High blood pressure,
 - High cholesterol,
 - Type 2 Diabetes,
 - Heart disease and stroke, and
 - Certain cancers.
- By 2030, obesity could cost Texas employers approximately \$32.5 billion in annual healthcare costs.²

1. <https://www.cdc.gov/obesity/php/about/consequences.html>

² Texas Demographic Center.

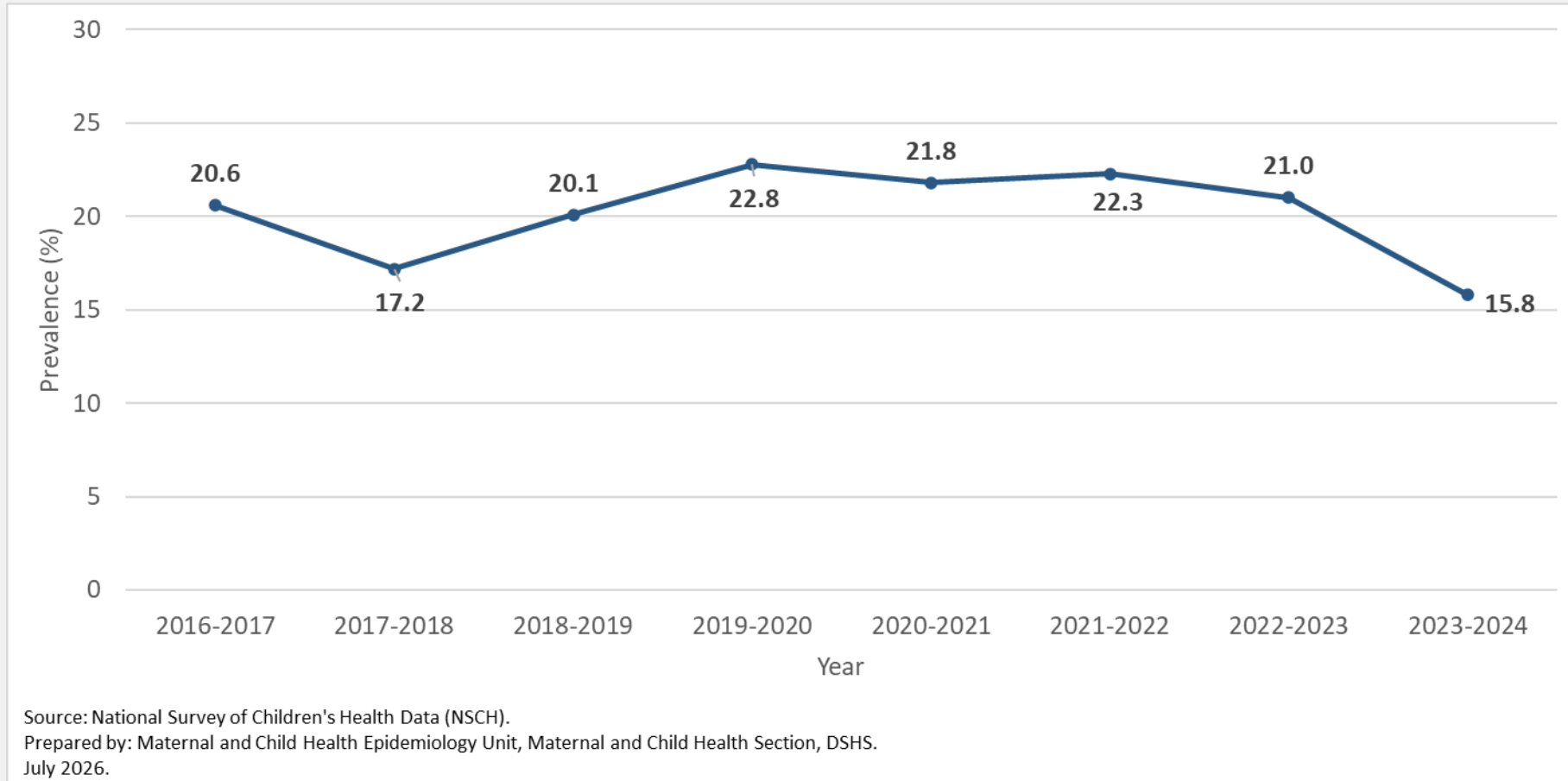
https://demographics.texas.gov/Resources/TDC/Publications/2011/2459/20110201_GainingCostsLosingTimeTheObesity.pdf

Obesity Prevalence Among Texas Adults, 2013-2024

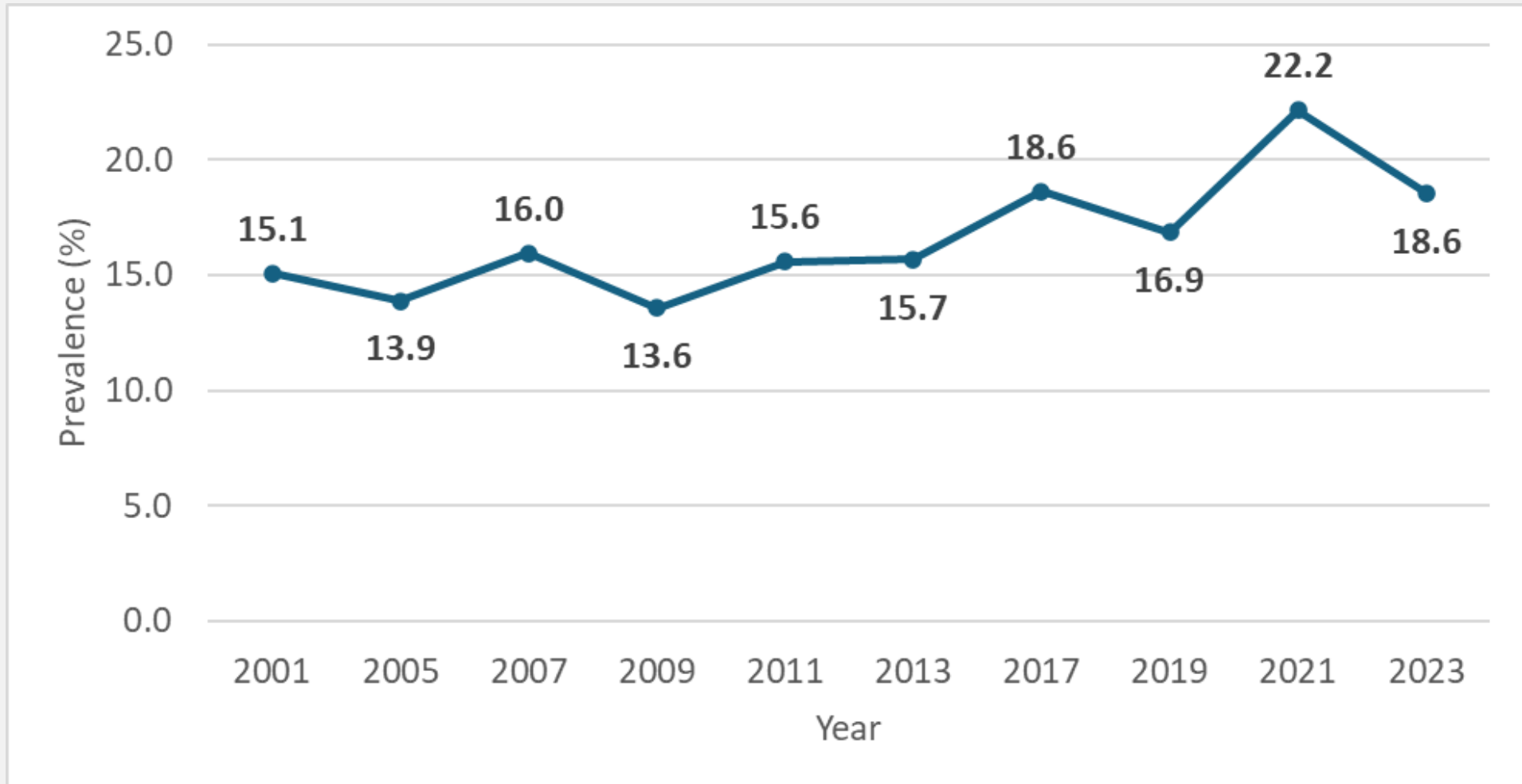


Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS

Obesity Prevalence Among Texas Children, 2016-2024



Obesity Prevalence Among Texan High Schoolers, 2001-2023



Data Source: Texas Youth Risk Behavioral Surveillance System (YRBSS), Texas DSHS.

DSHS Obesity Prevention Strategies

Nutrition

Physical Activity

Breastfeeding

Health Promotion and Education

Diabetes in Texas

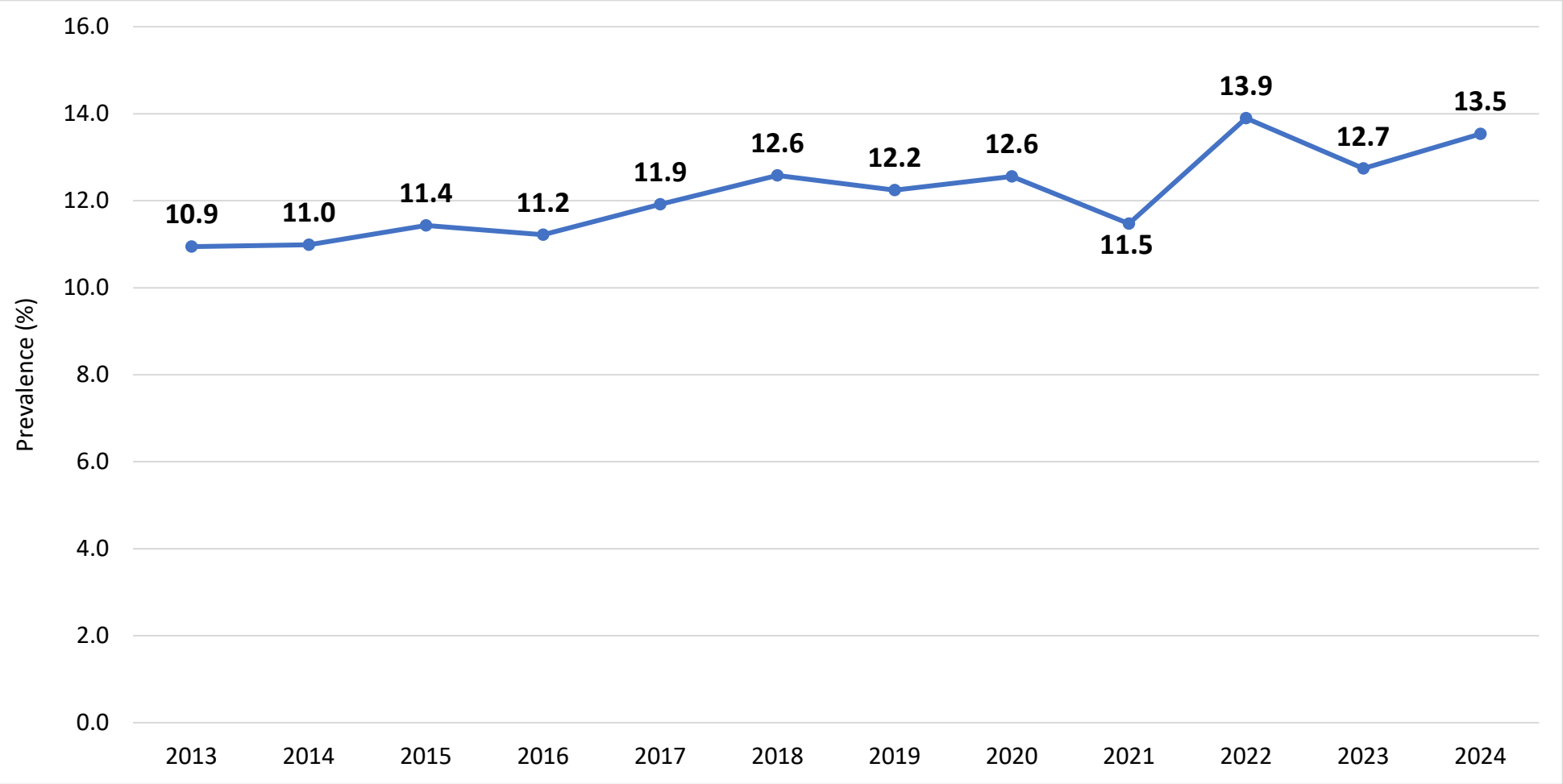
- Texas adults have a diabetes prevalence of 13.5% (2024).¹
- Texas adults have a prediabetes prevalence of 13.9% (2024).¹
- Diabetes increases the likelihood of cardiovascular disease, kidney disease, blindness, amputation, and death.
- Medical expenses are 2.3 times higher for people with .diabetes.²

¹ Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS

² American Diabetes Association. (2018). *The Burden of Diabetes in Texas*.

https://diabetes.org/sites/default/files/2023-09/ADV_2023_State_Fact_sheets_all_rev_Texas.pdf.

Diabetes Prevalence Among Adults in Texas, 2013-2024



Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

Cardiovascular Disease (CVD) in Texas

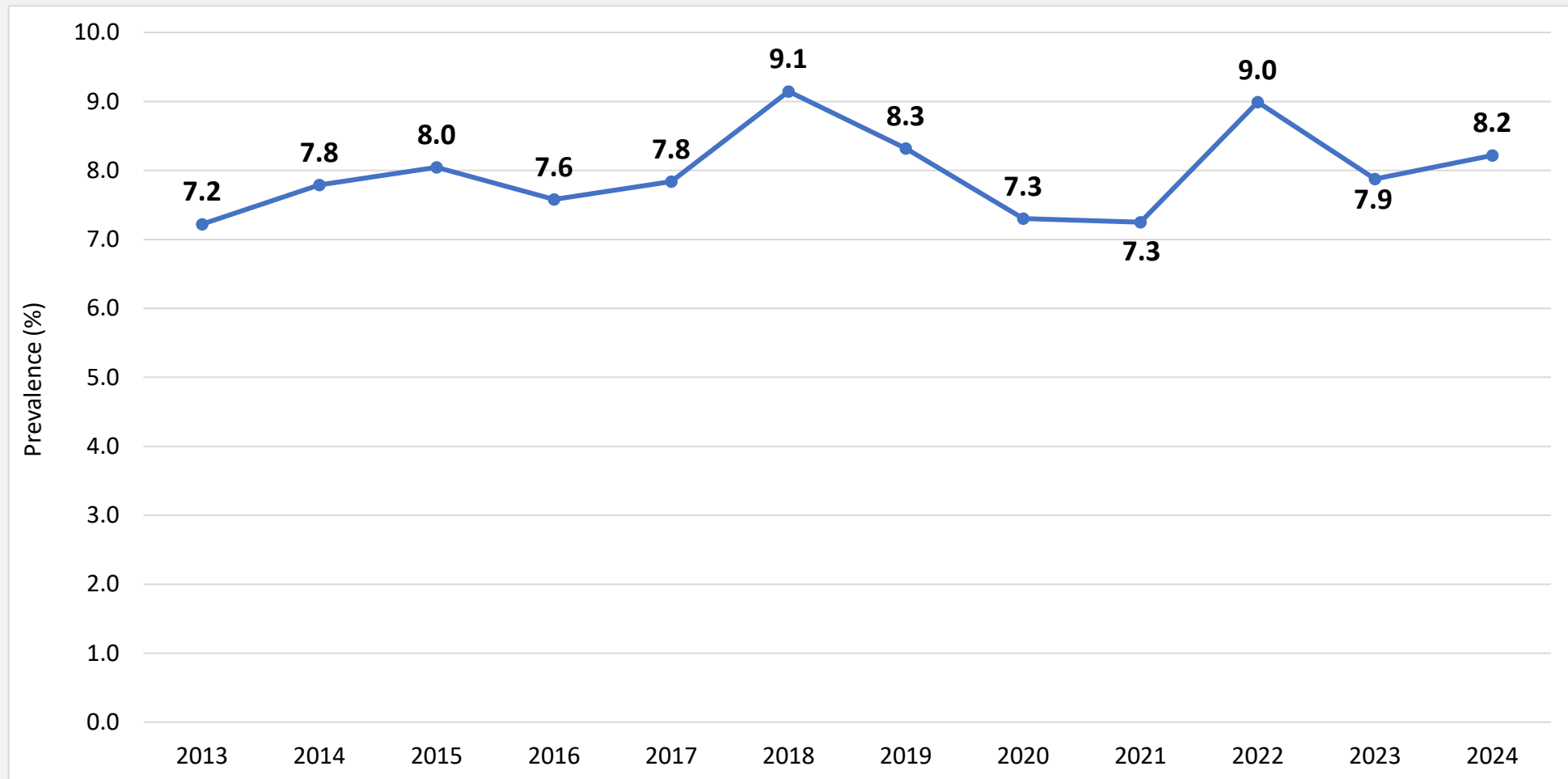
- TX adults have a CVD prevalence of 8.2% (2024).¹
 - TX adults have a heart disease prevalence of 6.0% (2024).¹
 - TX adults have a heart attack prevalence of 4.0% (2024).¹
 - TX adults have a stroke prevalence of 3.2% (2024).¹
- TX adults have a hypertension prevalence of 34.6% (2024).¹
- Heart disease remains the leading cause of death in Texas and the U.S.²
- Hospitalization charges related to CVD reached \$47 billion in 2024.³

¹ Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

² Texas Death Certificate Data, Vital Statistics, 2023, Center for Health Statistics, Texas DSHS.

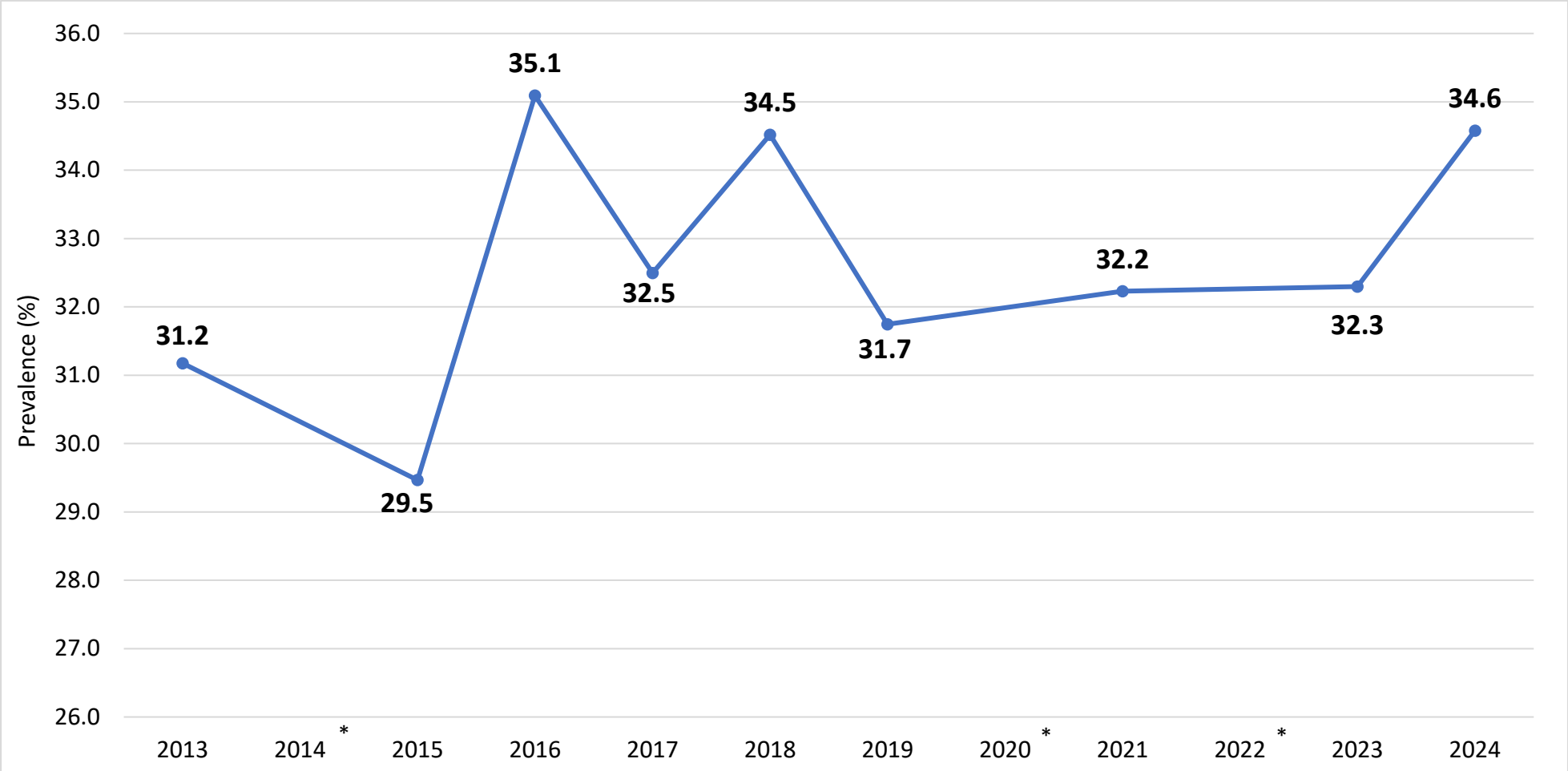
³ Texas Hospital Inpatient Discharge Public Use Data, Texas Health Care Information Collection, 2024, Center for Health Statistics, Texas DSHS.

Cardiovascular Disease Prevalence Among Texan Adults, 2013-2024



Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

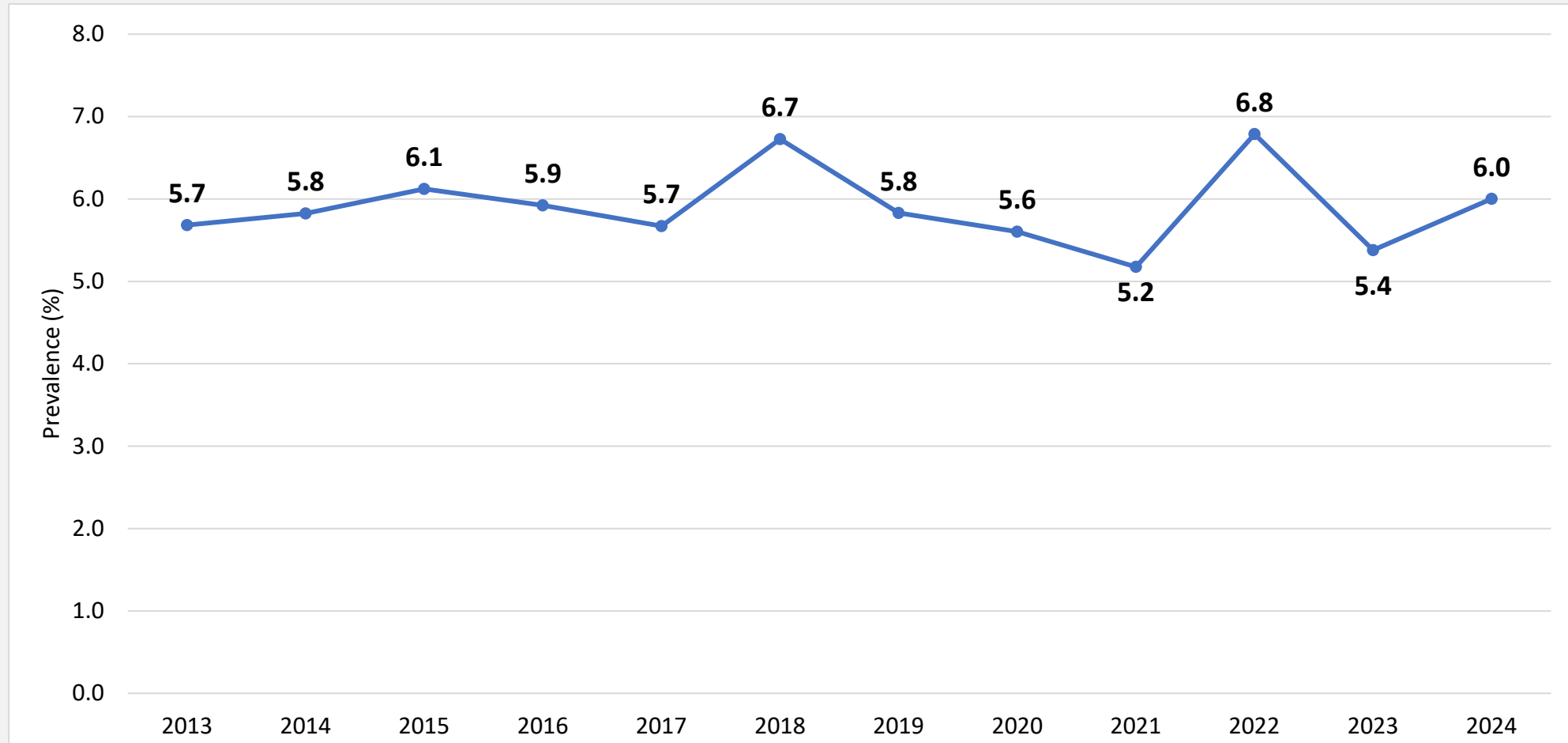
Hypertension Prevalence Among Texan Adults, 2013-2024



Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

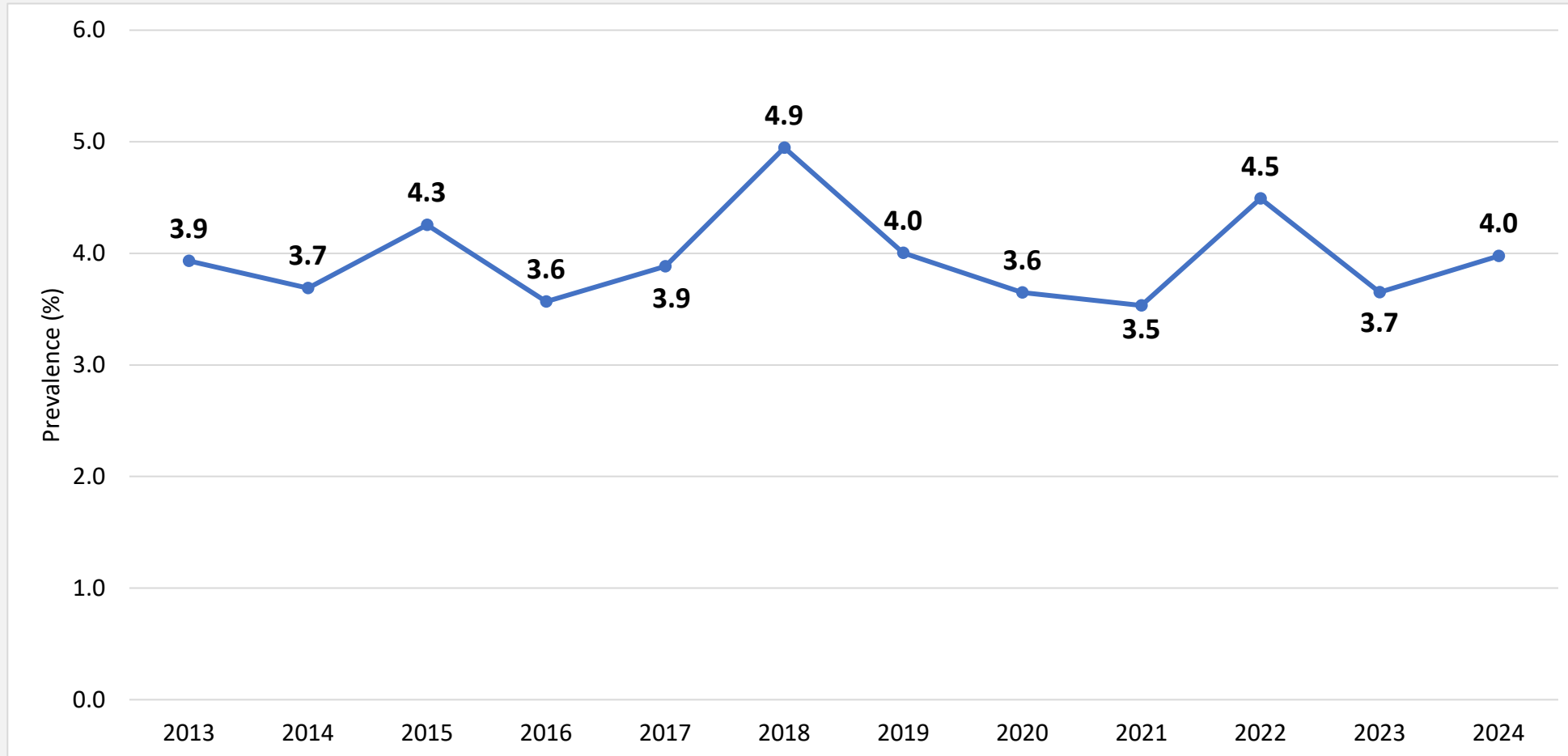
* Not asked during survey year

Heart Disease Prevalence Among Texan Adults, 2013-2024



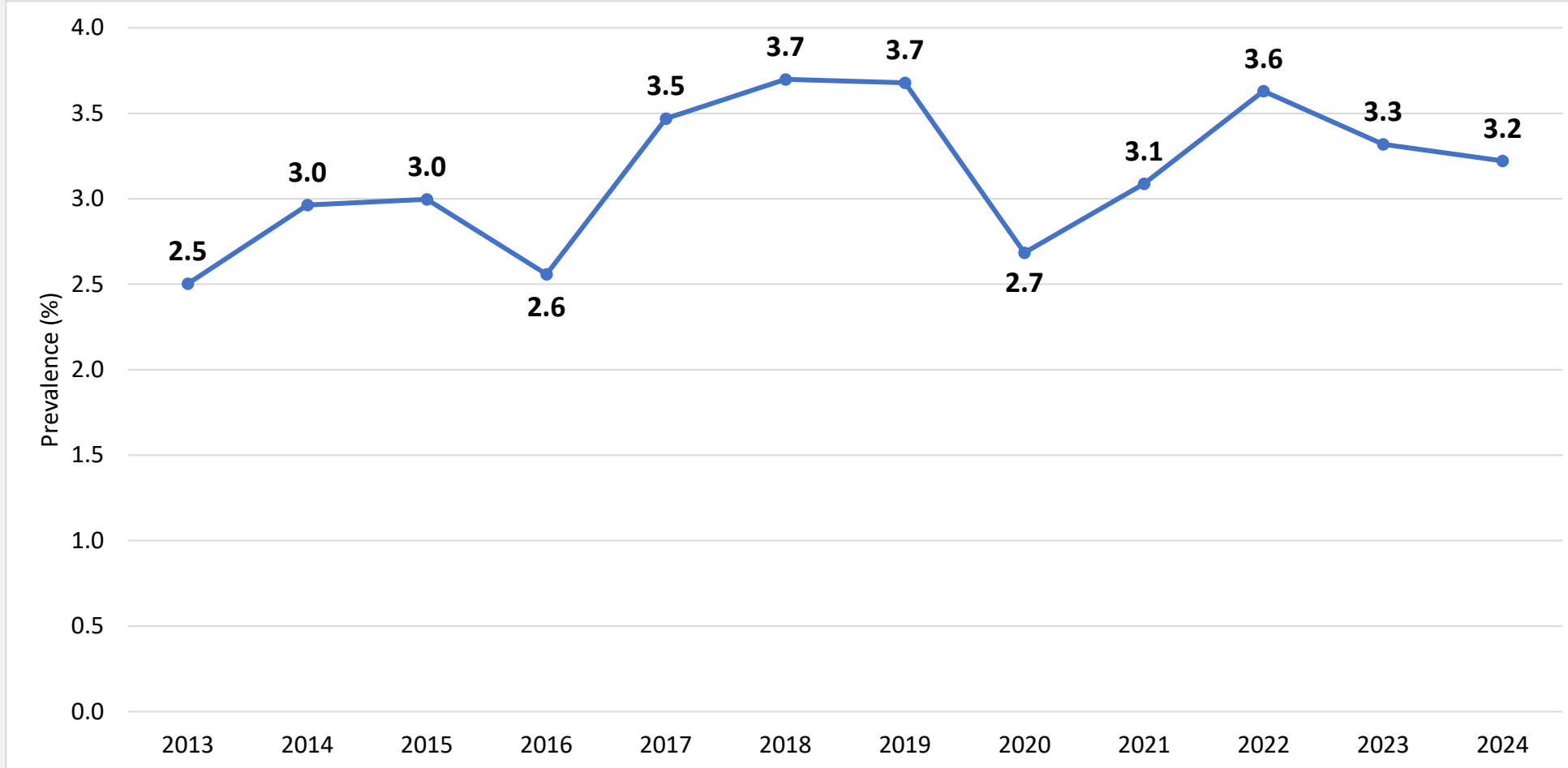
Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

Heart Attack Prevalence Among Texan Adults, 2013-2024



Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

Stroke Prevalence Among Texan Adults, 2013-2024



Data Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), Texas DSHS.

DSHS Chronic Disease Prevention Strategies

Lifestyle Change

Support Multidisciplinary Teams

Health Promotion and Education

Support for Councils

Public Health Trends

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