Chronic Disease Prevention in Texas

Presentation to the House Committee on Public Health

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Chronic Disease

• Chronic disease is a long-lasting condition that can be controlled but not cured.
  • The vast majority of cases of chronic disease can be prevented or managed.

• Chronic disease significantly impacts the quality and quantity of life for Texans.
  • Chronic disease accounts for 75 percent of Texas health care expenditures.

• The incidence of chronic disease is greater for older Texans.

• The DSHS role is related to data collection and to prevention and control of certain chronic diseases.
Texas Demographics

Estimated and Projected Population of Texans by Age Group

- <18
- 25-44
- 45-64
- 65+

* Projected Population

Source: Texas State Data Center, August 2015
Top 10 Causes of Mortality among Residents of Texas, 2013

- Diseases of the Heart
- Malignant Neoplasms (Cancer)
- Chronic Lower Respiratory Diseases (COPD)
- Accidents (Injuries)
- Cerebrovascular Disease (Stroke)
- Alzheimer’s Disease
- Diabetes Mellitus
- Septicemia
- Nephritis, Nephrotic Syndrome, Nephrosis (Kidney Disease)
- Chronic Liver Disease and Cirrhosis

Age-adjusted rates (deaths per 100,000 population)

Source: Center for Health Statistics, Texas Department of State Health Services, August 2015
The overall heart disease prevalence in Texas is 5.8% (95% CI: 5.3-6.4).
Heart Disease in Texas

Heart Disease Death Rates among Residents of Texas and the U.S. by Race/Ethnicity, 2003-2013

Adult Heart Disease Prevalence among Texas Residents by Age Group, 2014

* "Other" includes multiple non-Hispanic races starting in 2012.

Data Source: Center for Health Statistics, Department of State Health Services
U.S. Data - CDC/NCHS
ICD-10 Mortality Codes Included for Diseases of the Heart: I00-I09, I11, I13, I20-I51

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2014 Survey, weighted to the Texas adult population
Note: All reported prevalence rates are weighted for Texas demographics and the probability of selection.

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The overall cancer prevalence in Texas is 9.0% (95% CI: 8.3-9.6)
Cancer in Texas

Cancer Incidence Rates for All Cancer Types in Texas by Race/Ethnicity, 2003-2012

Overall Cancer Incidence and Death Rates in Texas by Age Group, 2003-2012

Source: DSHS, Cancer Epidemiology and Surveillance Branch, Texas Cancer Registry

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U.S. Total is based on the SEER population.
Chronic Obstructive Pulmonary Disease (COPD), Emphysema, or Chronic Bronchitis Prevalence by Texas Public Health Region, 2014

Texas COPD, Emphysema, or Chronic Bronchitis prevalence = 5.3%
(95% CI: 4.8-5.9)
Chronic Obstructive Pulmonary Disease (COPD) in Texas

COPD Death Rates among Residents of Texas and the U.S. by Race/Ethnicity, 2003-2013

Adult COPD Prevalence among Texas Residents by Age Group, 2014

* "Other" includes multiple non-Hispanic races starting in 2012.
Data Source: Center for Health Statistics, Department of State Health Services
U.S. Data - CDC/NCHS
ICD-10 Mortality Codes Included for Chronic Lower Respiratory Diseases: J40-J47
The overall stroke prevalence in Texas is 3.0% (95% CI: 2.5-3.4)

Insufficient data, statistically unreliable to report at regional level.
Stroke in Texas

Stroke Death Rates among Residents of Texas and the U.S. by Race/Ethnicity, 2003-2013

Adult Stroke Prevalence among Texas Residents by Age Group, 2014

Data Source: Center for Health Statistics, Department of State Health Services
U.S. Data - CDC/NCHS
ICD-10 Mortality Codes Included for Cerebrovascular Diseases: I60-I69

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2014
weighted to the Texas adult population. Note: All reported prevalence rates are
weighted for Texas demographics and the probability of selection.
Texas Diabetes Prevalence = 11.0% (95% CI: 10.3-11.8)
This does not include pre- or borderline diabetes, or pregnancy-related diabetes
Diabetes in Texas

Diabetes Death Rates among Residents of Texas and the U.S. by Race/Ethnicity, 2003-2013

Adult Diabetes Prevalence among Texas Residents by Age Group, 2014

Data Source: Center for Health Statistics, Department of State Health Services
U.S. Data - CDC/NCHS
ICD-10 Mortality Codes Included for Diabetes Mellitus: E10-E14

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2014 Survey, weighted to the Texas adult population
Note: All reported prevalence rates are weighted for Texas demographics and the probability of selection

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• Numerous risk factors impact the incidence of chronic disease.
  • 1 in 6 Texans use tobacco.
  • 1 in 3 Texans are obese, and 2 in 3 are overweight.
  • 2.5 million Texas adults have diabetes.
  • 7.1 million Texas adults are prediabetic.
  • Hypertension impacts over 25 percent of Texans.

• Comorbidities with behavioral health conditions and other chronic diseases are numerous.

• Measurement of intervention outcomes is complex because of numerous factors contributing to chronic disease.
Chronic Disease Prevention and Control: Challenges

• Effective prevention support must start early.

• Significant improvement requires lifestyle changes at the individual level.

• Widespread health disparities evident in chronic disease incidence and mortality.

• Social determinants impact chronic disease incidence.
  • Education, transportation, social supports, and poverty
Chronic Disease Prevention and Control: Approaches

• Begin supports as early as possible to discourage the start of unhealthy behaviors.

• Engage social support systems such as families and communities.

• Implement comprehensive approaches that involve healthcare and community partners.

• Adapt strategies to local community needs.
Select DSHS Programs:
Heart Disease and Stroke

- Heart Disease and Stroke: $3,250,000 in fiscal year 2016
  
  - Technical assistance, training and consultation on developing policy and environmental change strategies to decrease risk factors for heart disease and stroke and increase chances for heart and stroke healthy lifestyles.

  - Collaborate with the Governor’s Council on Cardiovascular Disease and Stroke, the Texas Cardiovascular Disease and Stroke Partnership, and other stakeholders to educate, inform and facilitate action to reduce the human and financial toll of cardiovascular disease and stroke.

  - Enhance cardiac and stroke systems of care through the Heart Attack and Stroke Data Collection Collaborative
Select DSHS Programs:
Comprehensive Cancer Control

• Comprehensive Cancer Control: $359,620 in fiscal year 2016
  
  • Collaborate with the Cancer Alliance of Texas and other stakeholders to implement the Texas Cancer Plan.

  • Support primary prevention of cancer (tobacco prevention and cessation, healthy diet and physical activity)

  • Promote community-clinical linkages to support cancer control (primary prevention and screening among cancer survivors)

  • Distribute information on cancer survivorship.
Select DSHS Programs:
Potentially Preventable Hospitalizations

• Potentially Preventable Hospitalizations, $1 million in fiscal year 2016

• Focus on three of the highest-cost conditions in Texas:
  • Congestive Heart Failure
  • Chronic Obstructive Pulmonary Disease
  • Diabetes complications

• Locally-driven and coordinated evidence-based interventions, including at a minimum: case management, community engagement, healthcare provider training, and patient education

• Adults in 13 low to moderately-populated counties most severely impacted by PPHs
Select DSHS Programs: Diabetes Prevention and Control

- Diabetes Prevention and Control: $941,750 in fiscal year 2016
  - Education of individuals with or at risk for diabetes and of the health professionals who treat them
  - Diabetes data surveillance and analysis
  - Contracts with four community-based diabetes projects for self-management education and support to persons with diabetes
    - El Paso
    - Houston
    - Northeast Texas
    - Wichita Falls
  - Development of professional education materials and programs
Tobacco Prevention and Control: $14.7 million in fiscal year 2016

- Local coalition-led comprehensive tobacco prevention and cessation efforts in 12 counties:
  - Angelina
  - Brazos
  - Ellis
  - Galveston
  - Hidalgo
  - Lamar
  - Nacogdoches
  - Nueces
  - Red River
  - Rusk
  - Waller
  - Wichita

- Collaboration with other state agencies and community organizations on tobacco prevention awareness and education

- Statewide outreach activities for youth and young adults

- Statewide tobacco cessation resources through the Texas Quitline
Other Select DSHS Projects

• Texas Healthy Communities Program
  • Highlights communities with health-based interventions Assesses and provides technical assistance to communities

• The 1305 Grant
  • Joint initiative combines four program areas (Diabetes Prevention and Control, Heart Disease and Stroke, Community and Worksite Wellness, and School Health)
  • Implements cross-cutting approaches to promote health and prevent and control chronic diseases and their risk factors

• Community and Worksite Wellness (CWW)
  • Works with childcare centers to implement nutrition standards, policies that support physical activity, and develop outdoor learning environments that motivate and support physical activity among children
Other Select DSHS Projects

• **School Health Program**
  • Works towards increasing access to health assessments and quality care for Texas students through school-based health centers
  • Implements projects at the local level to improve care for students with conditions such as asthma, diabetes, obesity and mental health issues with outcomes related to student attendance and performance in school

• **Safe Routes to School Initiatives**
  • DSHS assists schools, school health advisory groups, PTAs, law enforcement, city planners and other community partners statewide to implement initiative
Internal Healthy Initiatives

- **Farm to Work** is an employee wellness program that provides employees with a weekly or biweekly opportunity to order and receive a basket of local fresh produce delivered to the worksite. [www.farmtowork.org](http://www.farmtowork.org)

- **State wellness program**
  [http://www.dshs.state.tx.us/CWWWorksitewellnessActivities.aspx](http://www.dshs.state.tx.us/CWWWorksitewellnessActivities.aspx)

- **On-site fitness opportunities/classes**