Chronic Disease Prevention in Texas

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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.
Estimated and Projected Population of Texans by Age Group

* Projected Population

Source: Texas State Data Center, August 2015
Impact of Chronic Disease In Texas

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
Heart Disease Death Rates among Residents of Texas and the U.S.

Source: TX Data – Center for Health Statistics, DSHS, August 2015; U.S. Data – National Vital Statistics

Adult Heart Disease Prevalence among Texas Residents by Age Group, 2013

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013 Survey, weighted to the Texas adult population
Cancer in Texas

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

Cancer Incidence Rates for All Cancer Types in Texas by Race/Ethnicity

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

Source: DSHS, Cancer Epidemiology and Surveillance Branch, Texas Cancer Registry
COPD Death Rates among Texas Residents by Race/Ethnicity

Prevalence rates (per 100 population)

TX Total  White  Black  Hispanic  Other*

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

Source: Center for Health Statistics, DSHS, August 2015

Adult COPD Prevalence among Texas Residents by Age Group, 2013

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013
Stroke in Texas

Stroke Death Rates among Residents of Texas and the U.S.

Source: TX Data – Center for Health Statistics, DSHS, August 2015; U.S. Data – National Vital Statistics System, CDD

Adult Stroke Prevalence among Texas Residents by Age Group, 2013

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013
Alzheimer’s Death Rates among Residents of Texas and the U.S.

Source: TX Data – Center for Health Statistics, DSHS, August 2015; U.S. Data – National Vital Statistics System, CDC

Alzheimer’s Death Rates among Texas Residents by Age Group, 2013

Source: Texas Death Certificate, 2013 Finalized Statistical File, Limited to Texas
Age-Adjusted Prevalence of Diabetes in Texas by Race/Ethnicity

Source: Texas Behavioral Risk Factor Surveillance System, August 2015

Adult Diabetes Prevalence among Texas Residents by Age Group, 2013

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013
Number of Living End State Renal Disease Patients in Texas


Adult Kidney Disease Prevalence among Texas Residents by Age Group, 2013

Source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 2013
Chronic Disease Prevention and Control: Challenges

• 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
• 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 Projects:
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 Projects:
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
Select DSHS Projects:
Tobacco Prevention and Control

- 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