Health in San Antonio: The Current State and Challenges

By: Golareh Agha, PhD
Chief of Informatics
04/12/2019
“Picture of Health”

**Upstream Adversity**
- Low income / Education
- Unstable housing
- Lack of transportation
- Race/gender inequity
- Unsafe neighborhood
- Pollution
- Food insecurity

**Risk factors experienced**
- Poor nutrition
- Obesity
- Alcohol/substance abuse
- Unplanned pregnancy
- Domestic violence
- Stress, anxiety
- Risk-taking behavior
- Social isolation

**Illness / Death**
- CHD/Stroke
- Diabetes
- Cancer
- Maternal/Infant death
- Depression/Suicide
- Alzheimer's disease
- Injury/homicide
- Premature death
Upstream Adversity
Low income / Education
  Unstable housing
Lack of transportation
Race/gender inequity
Unsafe neighborhood
  Pollution
  Food insecurity
  .
  .
Proportion of Adults (25+) With Less Than a High School Education, 2017


Proportion of Adults (25+) With High School as the Highest Level of Completed Education, 2017

Adults (25 Years and older) Who Have Obtained a Bachelors Degree or Higher

Median Household Income

Percent of People With Bachelor's Degree or Higher, by Race/Ethnicity

- Asian/Pacific Islander
- White, not of Hispanic origin
- Black
- Hispanic

Household Income by Race/Ethnicity

<table>
<thead>
<tr>
<th>Household by Race</th>
<th>Percent of Household Income Less than $50,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black or African American</td>
<td>55%</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>52%</td>
</tr>
<tr>
<td>American Indian and Alaska Native</td>
<td>49%</td>
</tr>
<tr>
<td>Asian</td>
<td>38%</td>
</tr>
<tr>
<td>White Alone</td>
<td>35%</td>
</tr>
</tbody>
</table>

Data Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates
In 2017, San Antonio ranked second for poverty, among the top 25 largest U.S. metro areas.
Several areas within SA have a high concentration of deteriorating and vulnerable housing - demonstrate limited private market activity.

Homes built prior to 1978 are potentially filled with lead based paint - can cause damage to the brain and other vital organs, learning disabilities and behavioral problems in children.

In Bexar County almost 42% of occupied home structures were built before 1980. (Data source: US Department of Housing and Urban Development)
Bexar County/San Antonio Data Highlights

- In 2017, 18 women died due to domestic violence by a male intimate partner; this is up from 11 in 2016

Rape per 100,000 Population, 2013-2017

- 2013: 28.1
- 2014: 42.6
- 2015: 44.4
- 2016: 47.9
- 2017: 50.6

Homicide per 100,000 Population, 2013-2017

- 2013: 4.4
- 2014: 4.4
- 2015: 4.8
- 2016: 5.3
- 2017: 5.0

Data sources: Texas Department of Public Safety, Uniform Crime Reports; Texas Council on Family Violence
Healthy food access is an issue for many in Bexar County:
A fifth of the county is considered a food desert.

Definition of food desert: low-income census tracts where a significant number or share of residents is more than 1 mile (urban) or 10 miles (rural) from the nearest supermarket.

DATA SOURCE: United States Department of Agriculture.
Upstream Adversity
- Low income / Education
- Unstable housing
- Lack of transportation
- Race/gender inequity
- Unsafe neighborhood
- Pollution
- Food insecurity

Risk factors experienced
- Poor nutrition
- Low physical activity
- Alcohol/substance abuse
- Unplanned pregnancy
- Domestic violence
- Stress, anxiety
- Risk-taking behavior
- Social isolation
Nutrition

Many of the Zip codes with the highest soda consumption correlate with those zip codes having the highest percentage of obesity.

Impact of poor nutrition is manifold and far-reaching
- Unhealthy diet is a major risk factor for diabetes, cancer, heart disease – which are consistently among top 5 causes of death in Bexar County.
Obesity Among Adults (≥18 years old) by Census Tract, 2015 data

Crude Prevalence (%)

- 19.7 – 28.3
- 28.4 – 32.1
- 32.2 – 36.3
- 36.4 – 40.6
- 40.7 – 47.9

* Not all census tracts within council districts have data and will show as white

Data Source: 500 Cities Project: Local Data for Better Health (CDC), Released 2017
"Picture of Health"

**Upstream Adversity**
- Low income / Education
- Unstable housing
- Lack of transportation
- No health insurance
- Race/gender inequity
- Unsafe neighborhood
- Pollution
- Food insecurity

**Risk factors experienced**
- Poor nutrition
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- Unplanned pregnancy
- Domestic violence
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Diabetes

Bexar County data highlights

- Diabetes was one of 2016 top 5 causes of death in Bexar County
- Hispanics experience higher rates of diabetes and diabetic amputations as compared with NH Blacks and Whites.

Diabetic amputation rates are consistently high in Bexar county

Pre-diabetes is trending up, and a major concern for future burden of diabetes in Bexar County
Self-report of Diagnosed Coronary Heart Disease (18+) by Census Tract, 2015 data

Self-report of Diagnosed High Cholesterol (18+ years old) by Census Tract, 2015 data

Source: 500 Cities Project: Local Data for Better Health (CDC), Released 2017
### Leading Causes of Death for Each Race (Age-Adjusted Mortality Rates)

<table>
<thead>
<tr>
<th></th>
<th>NH White</th>
<th>NH Black</th>
<th>Hispanic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Heart Disease</strong></td>
<td>Heart Disease</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
<td>Cancer</td>
<td>Cancer</td>
<td>Cancer</td>
</tr>
<tr>
<td><strong>Chronic Lower Respiratory Disease</strong></td>
<td>Stroke</td>
<td>Stroke</td>
<td></td>
</tr>
<tr>
<td><strong>Accidents</strong></td>
<td>Accidents</td>
<td>Accidents</td>
<td>Alzheimer’s Disease</td>
</tr>
<tr>
<td><strong>Alzheimer’s Disease</strong></td>
<td>Diabetes mellitus</td>
<td>Accidents</td>
<td></td>
</tr>
</tbody>
</table>

#### Other Mortality trends of note based on 2017 data:

- Among men, Hispanics have the highest age-adjusted mortality due to stroke.
- For individuals 25-44, cancer moved from the 5th leading cause of death in 2016 to the 2nd leading cause of deaths in 2017.
- Regardless of sex/gender, the NH Black population in Bexar County is leading the mortality rate for both heart disease and cancer.
Figure 1: Life Expectancy at Birth by Census Tract, data from 2010 - 2015

There is almost a **20 year difference** in life expectancy, comparing census tracts with the highest life expectancy (green) to those with the lowest (red).

Another similar measure is premature death rate
- Trend data shows that we are improving in our premature death rate.
- Doing better than the majority of Texas Counties
- However, economic and race/ethnic disparities are still present.
Health Challenges in San Antonio

- Challenges we are addressing (i.e. what we’ve improved on)
- Challenges we face (i.e. what we need to improve on and overcome)
- ChallengeAccepted! (i.e. what we’re doing about it)
Health Challenges in San Antonio

Challenges we are addressing (i.e. what we’ve improved on)

✓ Teen pregnancy has dropped
✓ Alcohol-impaired driving deaths have gone down
✓ We’re improving in premature death rate and fare better than most other Texas Counties
✓ Based on data from County Health Rankings, we’re actually doing better than all other Texas Counties and Texas overall for our efforts to provide mental health providers.
  - This is a nice testament to all the efforts San Antonio has put in to addressing mental health, which is one of the main features we got recognized for in winning the RWJF culture of health prize.
Health Challenges in San Antonio

Challenges we face (i.e. what we need to improve on and overcome)

- Poor nutrition / Obesity – special focus on childhood and aging population:
  - 12% of Bexar County’s senior population live at the poverty level, and
  - 12% receive food stamps/SNAP benefits

- Diabetes/ Heart disease / cancer (particular focus on race/regional disparities)

- Violence and trauma (homicide, rape, domestic violence)

- Overall race/ethnic and economic disparities with respect to education, access to health care, and housing.
Metro Health’s 2018 Priority Health Issues Initiative

Metro Health wants to know...

What’s your health priority?
Flow chart of overall process

Survey of Bexar county residents (we reached >4000 people!)

Comprehensive assessment, extensive research, review of literature, and in-depth prioritization process

List of 25 major health issues

Narrowed down to top 10 health issues

Selection of top 3-4 for strategic priorities
### Results from the 2018 Priority Health Issues Survey

#### Overall Top 10 Health Issues selected by Participants

<table>
<thead>
<tr>
<th>Health Issue</th>
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<tr>
<td>Access to Health Services</td>
</tr>
<tr>
<td>Aging Issues</td>
</tr>
<tr>
<td>Dental Health</td>
</tr>
<tr>
<td>Diabetes</td>
</tr>
<tr>
<td>Drug and Alcohol Abuse</td>
</tr>
<tr>
<td>Housing issues</td>
</tr>
<tr>
<td>Mental Health</td>
</tr>
<tr>
<td>Nutrition</td>
</tr>
<tr>
<td>Traumatic Childhood Events</td>
</tr>
<tr>
<td>Violence</td>
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</table>

**Metro Health’s new strategic priorities**

San Antonio Metro Health, Informatics Division
Health Challenges in San Antonio

Challenge Accepted! (i.e. what we’re doing about it)

Healthy Corner Store

CITY OF SAN ANTONIO

Administrative Directive
ACS 11.1 Healthy Food and Beverage Procurement

Procedural Guidelines
Guidelines to ensure compliance with standards for City of San Antonio Healthy Food and Beverage Procurement

Department/Division
San Antonio Metropolitan Health District

Effective Date
February 15, 2010

Review Date
N/A

Owner(s)
Chronic Disease Prevention Program Manager
San Antonio Metropolitan Health District

Fit City SA.com
Mayor’s Fitness Council

Diabetes Prevention & Control

San Antonio Metro Health, Informatics Division
Thank you. Any Questions?

CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT
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