



CITY OF SAN ANTONIO  
METROPOLITAN HEALTH DISTRICT

# Bexar County



## Data Report 2015

***Epidemiology Program***

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# Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based, Centers for Disease Control and Prevention (CDC)-assisted health-data collection project and partnership of state health departments, CDC's Division of Population Health, and other CDC programs for the evaluation of health behaviors linked to chronic disease among non-institutionalized adults aged 18 years and older. It comprises of telephone surveys conducted by the health departments of all 50 states, the District of Columbia, Puerto Rico, and Guam. BRFSS uses a standardized questionnaire to collect data and, as a result, information gathered using this system is comparable across population groups and time periods. The results of the BRFSS are used at various levels of government for designing public health policy and program implementation.

## Methodology

The Bexar County BRFSS Data Report presents a summary of 2015 BRFSS outcomes for Bexar County using analysis of the 2015 Texas state BRFSS questionnaire conducted by the Texas Department of State Health Services (DSHS), Center for Health Statistics as well as 2015 national BRFSS analysis conducted by the CDC. The questionnaire covers a range of conditions and behaviors related to public health issues.

All BRFSS public-use data are collected by landline telephone and cellular telephone to produce a single data set aggregated from the 2015 BRFSS territorial- and state-level data sets resulting in a more representative sample and higher quality data. The landline survey was conducted using the disproportionate stratified sample design supported by the CDC for standard BRFSS surveys. The cell phone sampling frame for the standard BRFSS is based on the Telecordia database of telephone exchanges and uses dedicated cellular banks, sorted on the basis of area code and exchange within a state. All persons selected for the survey responded anonymously and without compensation.

To improve the reliability of prevalence estimates, a weighting methodology known as iterative proportional fitting (IPF) – also known as raking – was employed. Weighting allows for the introduction of additional demographic characteristics that take into consideration characteristics of the population of Bexar County. As a result, the results more accurately reflect the population as a whole, not only those who participated in the survey. Estimates were weighted to adjust the probability of being selected for the survey and also to adjust for the distribution of the Bexar County adult population by telephone source (landline or cell phone), gender, race, ethnicity, educational attainment, marital status, and home owner/renter status.

Prevalence estimates from the results of the 2015 BRFSS are considered “significantly” different if the 95% confidence intervals do not overlap. This is a conservative method of highlighting differences in health behaviors across population characteristics and prevents the detection of spurious differences where only small variations in prevalence may exist, which is common in large datasets such as the BRFSS.

## **Uses and Limitations**

BRFSS provides prevalence data with utility across a broad spectrum of program and policy areas. In contrast with other survey methods, telephone interviews like the BRFSS allow the collection of a large number of responses from one centralized location. Additionally, BRFSS implements interview scripting to limit variations in responses due to differences in structure, phrasing, or tenor of questions between interviewers. Individuals respond to the survey anonymously to reduce the influence of social pressure on reporting certain behaviors to any given question. Furthermore, interviewers directly enter respondents' answers into a database rather than separating performing interviews and data entry in two separate steps.

Nonetheless, BRFSS data has several limitations. First, respondents are selected from a database of individuals with telephones (landline and cellular), thus excluding those without reliable telephone service. Additionally, certain risk behaviors, especially those that may be illegal or deemed socially unacceptable, are often underestimated because data is self-reported. Respondents may also interpret questions differently than intended, recall information regarding past health behaviors incorrectly, or avoid answering the question entirely. Lastly, the prevalence of certain health behaviors may be too low to be adequately characterized via this survey method.

In general, the Bexar County BRFSS Data Report serves to provide a reliable analysis of health-related behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases among non-institutionalized Bexar County residents aged at least 18 years. By benchmarking data from Bexar County against the state of Texas, the United States, and Healthy People 2020 objectives, organizations can better evaluate current local intervention efforts. Similarly, information presented in this report can assist in policy development as well as program planning efforts aimed at the reduction of chronic disease among citizens of Bexar County.

**Table 1.1 Comparison of Bexar County Risk Factors to Texas and the United States, 2015**

<b>Weighted Percentage for Bexar County Versus Texas and the United States*</b>				
<b>Risk Factors</b>	<b>Bexar County<sup>†</sup></b>	<b>Texas<sup>†</sup></b>	<b>United States<sup>‡</sup></b>	<b>Significantly Different<sup>1</sup></b>
<b>Health Status</b>				
Fair or poor health	20.4	19.4	17.7	No
Frequent mental distress <sup>2</sup>	8.5	10.0	11.5	No
<b>Health Care Coverage</b>				
<b>No health insurance</b>	<b>19.3</b>	23.4	12.2	<b>Higher than US</b>
<b>Could not see doctor due to cost</b>	16.3	18.3	13.3	No
<b>Weight Status</b>				
Overweight (BMI 25.0 -29.9)	35.4	36.3	35.7	No
<b>Obese (BMI ≥ 30.0)</b>	<b>35.6</b>	32.4	28.9	<b>Higher than US</b>
<b>Overweight or Obese (BMI ≥ 25.0)</b>	<b>71.0</b>	68.7	64.6	<b>Higher than US</b>
<b>Physical Activity<sup>3</sup></b>				
<b>Met aerobic recommendations</b>	<b>44.2</b>	44.3	50.7	<b>Lower than US</b>
Met muscle strengthening recommendations	32.4	29.3	30.2	No
Met both recommendations	19.6	18.8	20.3	No
<b>Tobacco &amp; Alcohol</b>				
<b>Current Smoker</b>	<b>11.6</b>	15.2	16.7	<b>Lower than US</b>
Heavy Drinking <sup>4</sup>	4.1	5.8	5.8	No
Binge Drinking <sup>5</sup>	12.9	15.9	16.3	No
<b>Safety</b>				
Always use seatbelt when in car	91.9	91.5	88.2	No
<b>Immunizations</b>				
<b>Influenza Vaccine</b>	<b>47.3</b>	43.2	40.3	<b>Higher than US</b>
Pneumococcal Vaccine (Age 65+)	74.9	70.9	71.3	No
<b>Screening &amp; Testing</b>				
Ever had cholesterol checked	81.3	76.4	81.4	No
<b>Ever tested for HIV (Age 18-64)</b>	<b>47.3</b>	40.7	38.0	<b>Higher than US</b>
<b>Chronic Health Conditions</b>				
Arthritis	20.9	20.0	24.7	No
Current Asthma	9.2	7.6	8.8	No
COPD, Emphysema, or Chronic Bronchitis	4.9	5.1	6.3	No
Diabetes	10.6	11.4	10.5	No
Depressive Disorder	15.9	16.4	17.6	No
Kidney Disease	3.7	2.7	2.7	No
<b>High Blood Pressure</b>	<b>26.6</b>	29.5	32.0	<b>Lower than US</b>
High Blood Cholesterol <sup>6</sup>	34.4	36.1	36.5	No
<b>Heart Disease</b>	<b>3.6</b>	6.1	6.4	<b>Lower than TX &amp; US</b>
<b>Ever had a heart attack</b>	<b>1.7</b>	4.3	4.3	<b>Lower than TX &amp; US</b>
Ever had a stroke	3.2	3.0	3.0	No

**Red** = Bexar County is doing **worse**/**Green** = Bexar County is doing **better** compared to Texas or the United States

\*Estimates weighted to population characteristics; <sup>†</sup>Data source: 2015 Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services; <sup>‡</sup> 2015 BRFSS Web Enabled Analysis Tool (WEAT) Centers for Disease Control and Prevention

<sup>1</sup>Bexar County difference from either Texas or the United States is statistically significant at the 95% confidence level

<sup>2</sup>Mental health not good for 14+ days during the past 30 days; <sup>3</sup>U.S. Health & Human Services recommendations.

<sup>4</sup>Women more than one drink/Men more than two drinks per day; <sup>5</sup>Women 4+ drinks/Men 5+ drinks on an occasion in the past 30 days.

<sup>6</sup>Prevalence of high blood cholesterol among those tested

**Table 1.2 Comparison of Bexar County Risk Factors to  
Healthy People 2020 Objectives**

<b>Weighted Percentage For Bexar County Versus Health People 2020 Objectives*</b>			
<b>Risk Factors</b>	<b>Bexar County<sup>†</sup></b>	<b>Healthy People 2020 Objective</b>	<b>Objective Met<sup>1</sup></b>
<b>Health Care Coverage</b>			
<b>No Health Insurance</b>	<b>19.3</b>	0.0	<b>No</b>
<b>Have a usual primary care provider</b>	<b>69.9</b>	83.9	<b>No</b>
<b>Physical Activity</b>			
No Leisure Activity	30.1	32.6	Borderline
Met aerobic recommendations <sup>2</sup>	44.2	47.9	Borderline
<b>Met muscle strengthening recommendations<sup>2</sup></b>	<b>32.4</b>	24.1	<b>Yes</b>
Met both recommendations <sup>2</sup>	19.6	20.1	Borderline
<b>Tobacco &amp; Alcohol</b>			
Current Smoker	11.6	12.0	Borderline
<b>Binge Drinking<sup>3</sup></b>	<b>12.9</b>	24.4	<b>Yes</b>
<b>Safety</b>			
Always use seatbelt when in car	91.9	92.0	Borderline
<b>Immunizations</b>			
<b>Influenza Vaccine</b>	<b>47.3</b>	70.0	<b>No</b>
<b>Pneumococcal Vaccine (Age 65+)</b>	<b>74.9</b>	90.0	<b>No</b>
<b>Screening &amp; Testing</b>			
Had cholesterol checked within past 5 years	79.1	82.1	Borderline
<b>Pap test within past three years (Age 21-65)</b>	<b>68.7</b>	93	<b>No</b>
<b>Chronic Health Conditions</b>			
<b>Activities limited due to arthritis</b>	<b>59.2</b>	35.5	<b>No</b>
High Blood Pressure	26.6	26.9	Borderline

\*Estimates weighted to population characteristics and are among adults aged 18 years and older unless otherwise noted

<sup>1</sup>Objective met/not met if Healthy People Objective is outside the Bexar County 95% confidence interval; Objective designated Borderline if Healthy People Objective is within the Bexar County 95% confidence interval

<sup>2</sup>U.S. Health & Human Services recommendations; <sup>3</sup>Women 4+ drinks/Men 5+ drinks on an occasion in the past 30 days.