Health in San Antonio: The Current State and Challenges

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Chief of Informatics
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CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

"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
⋮

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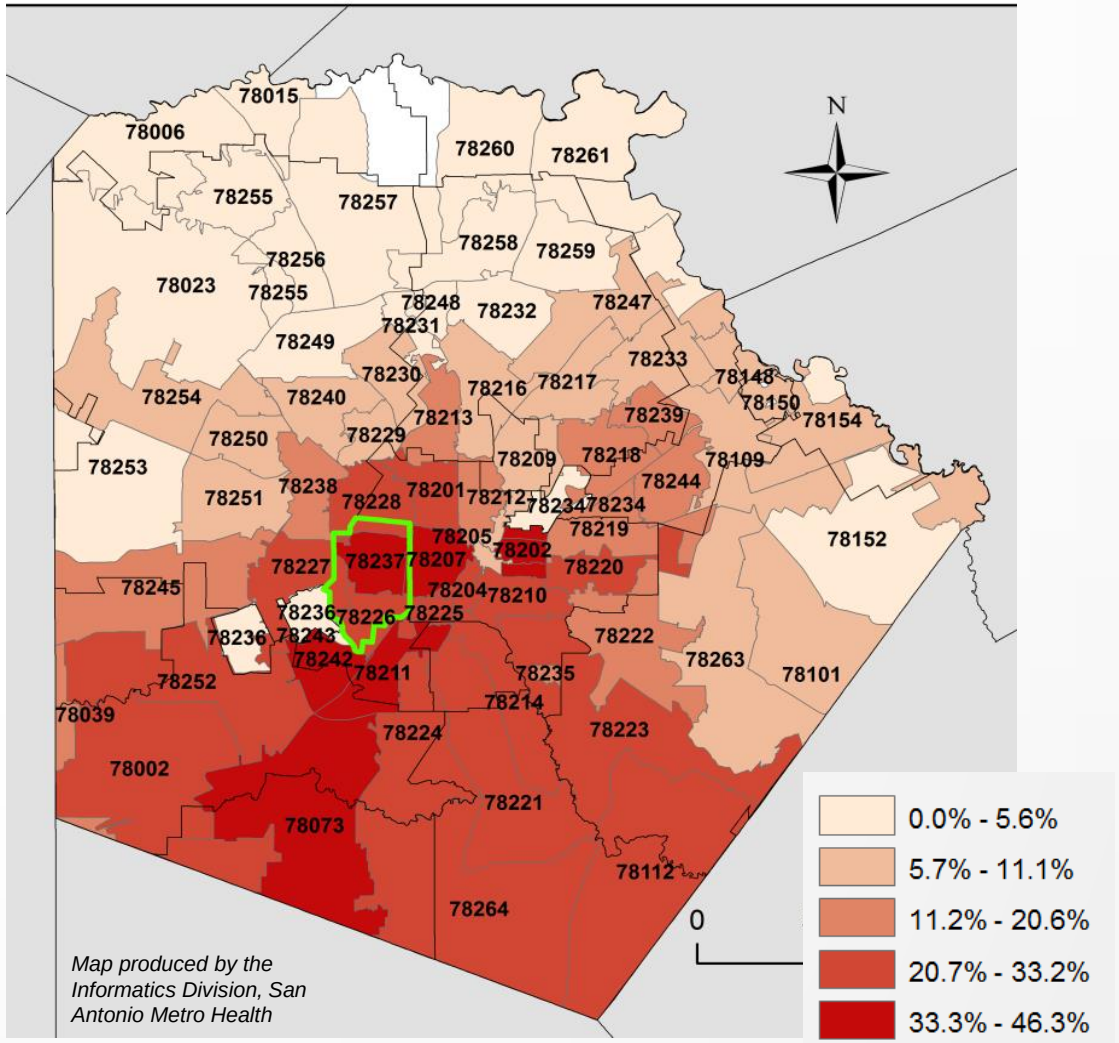
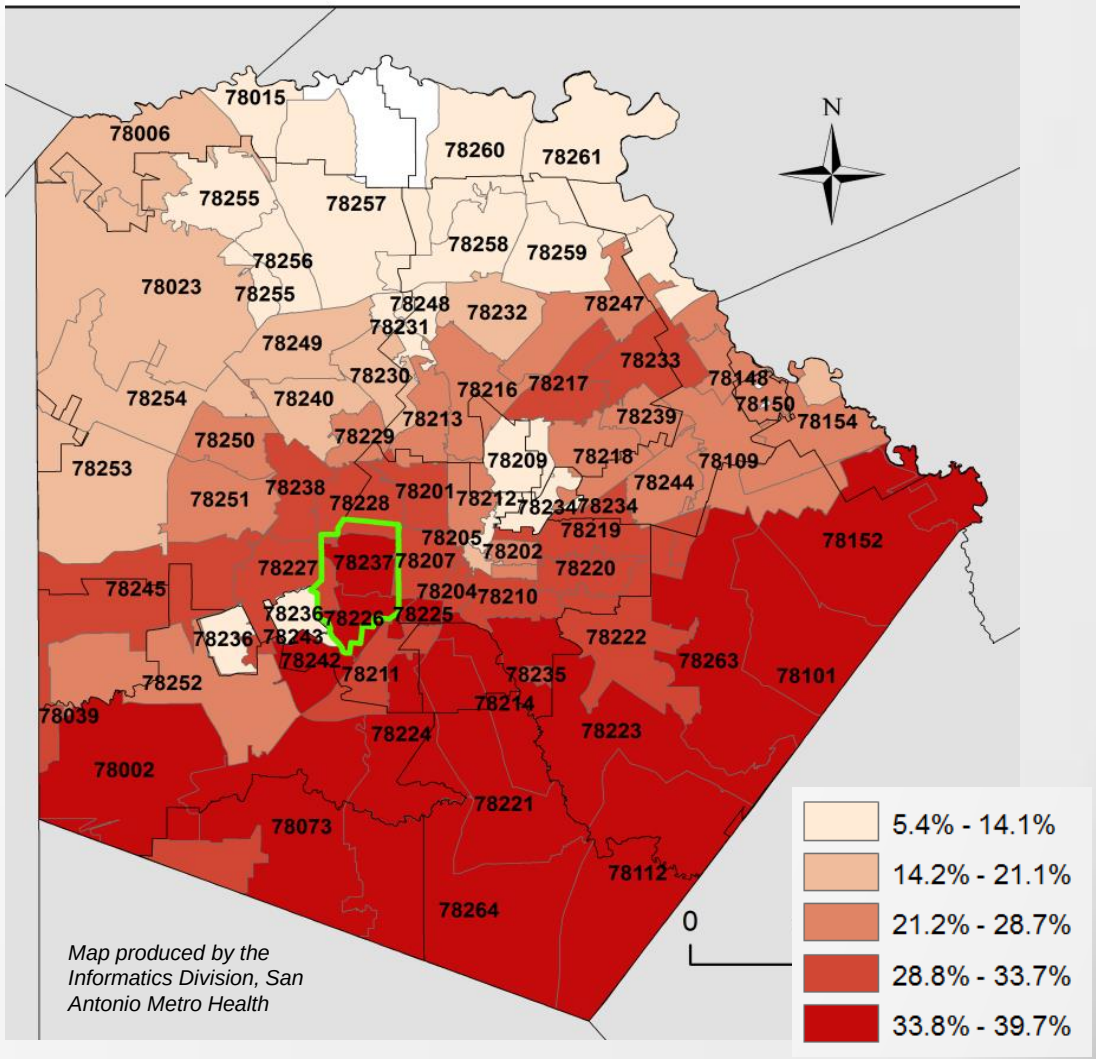
Proportion of Adults (25+) With Less Than a High School Education, 2017

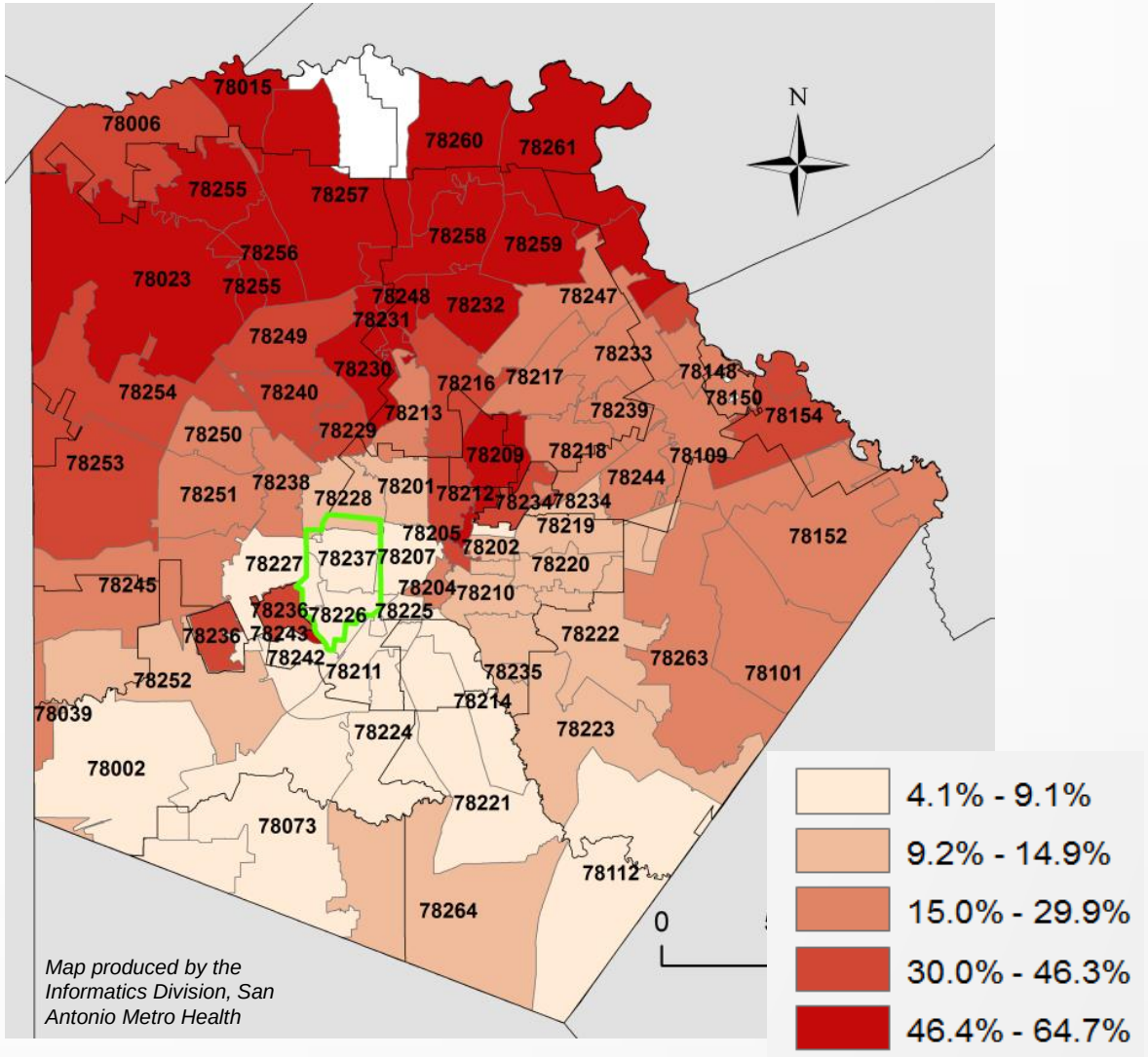


Proportion of Adults (25 +) With High School as the Highest Level of Completed Education, 2017

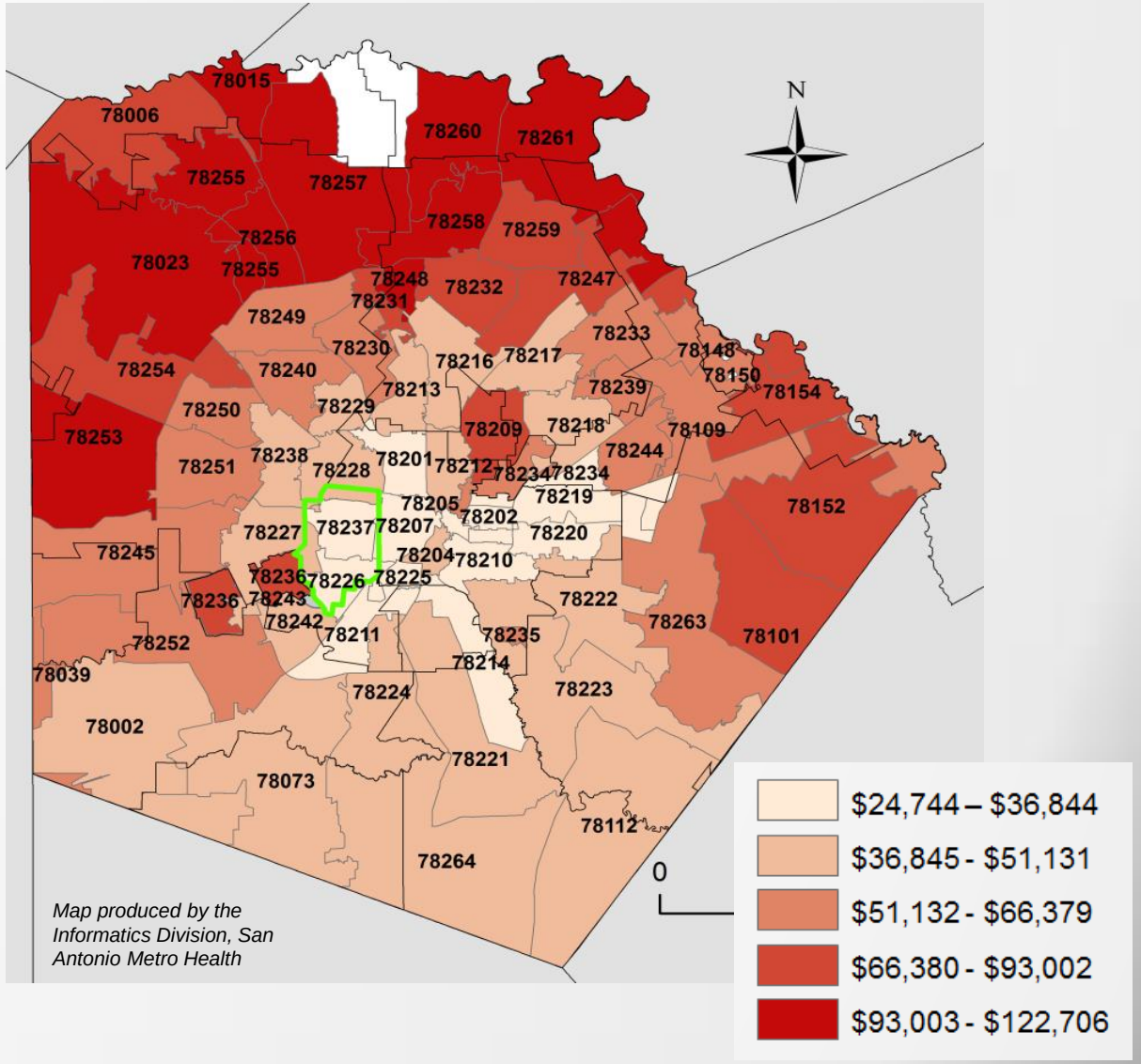


DATA SOURCE: Population data source: US Census, 2013-2017 American Community Survey 5-Year Estimates

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

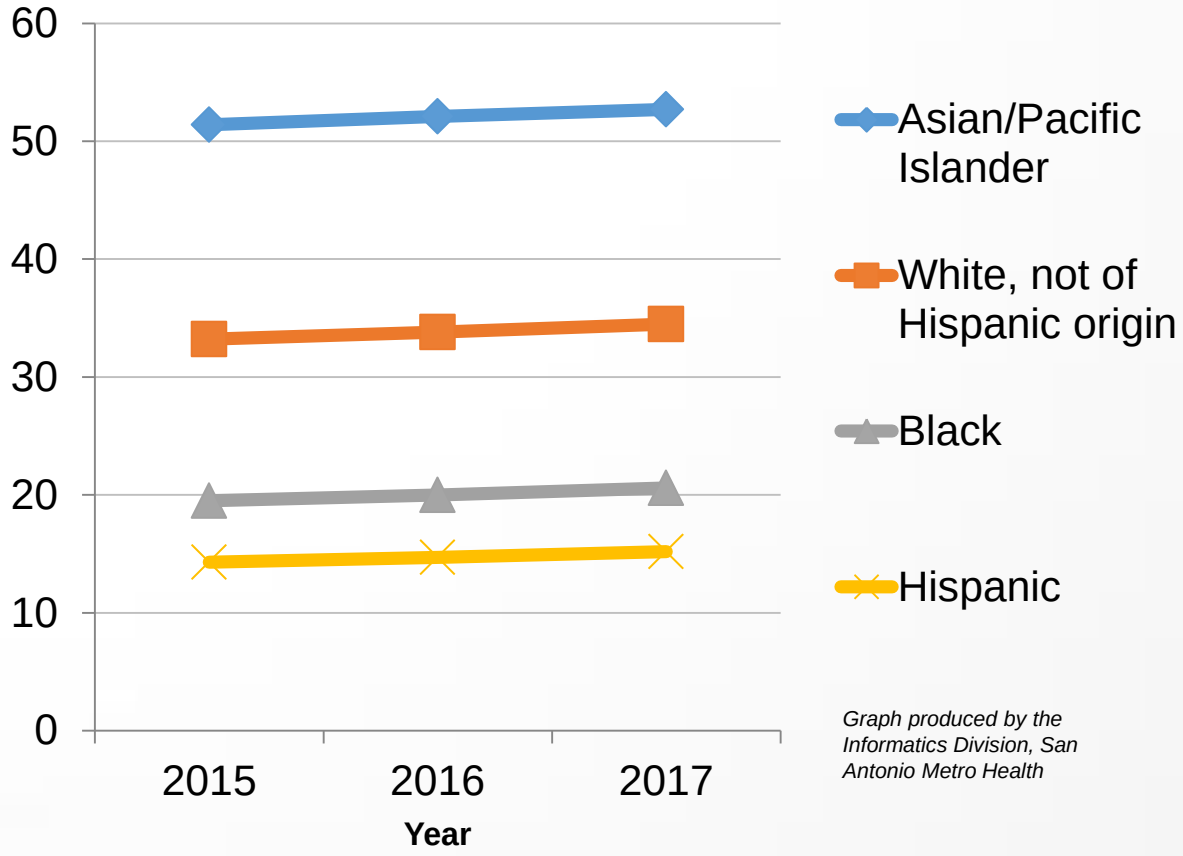


Median Household Income



DATA SOURCE: Population data source: US Census, 2013-2017 American Community Survey 5-Year Estimates

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

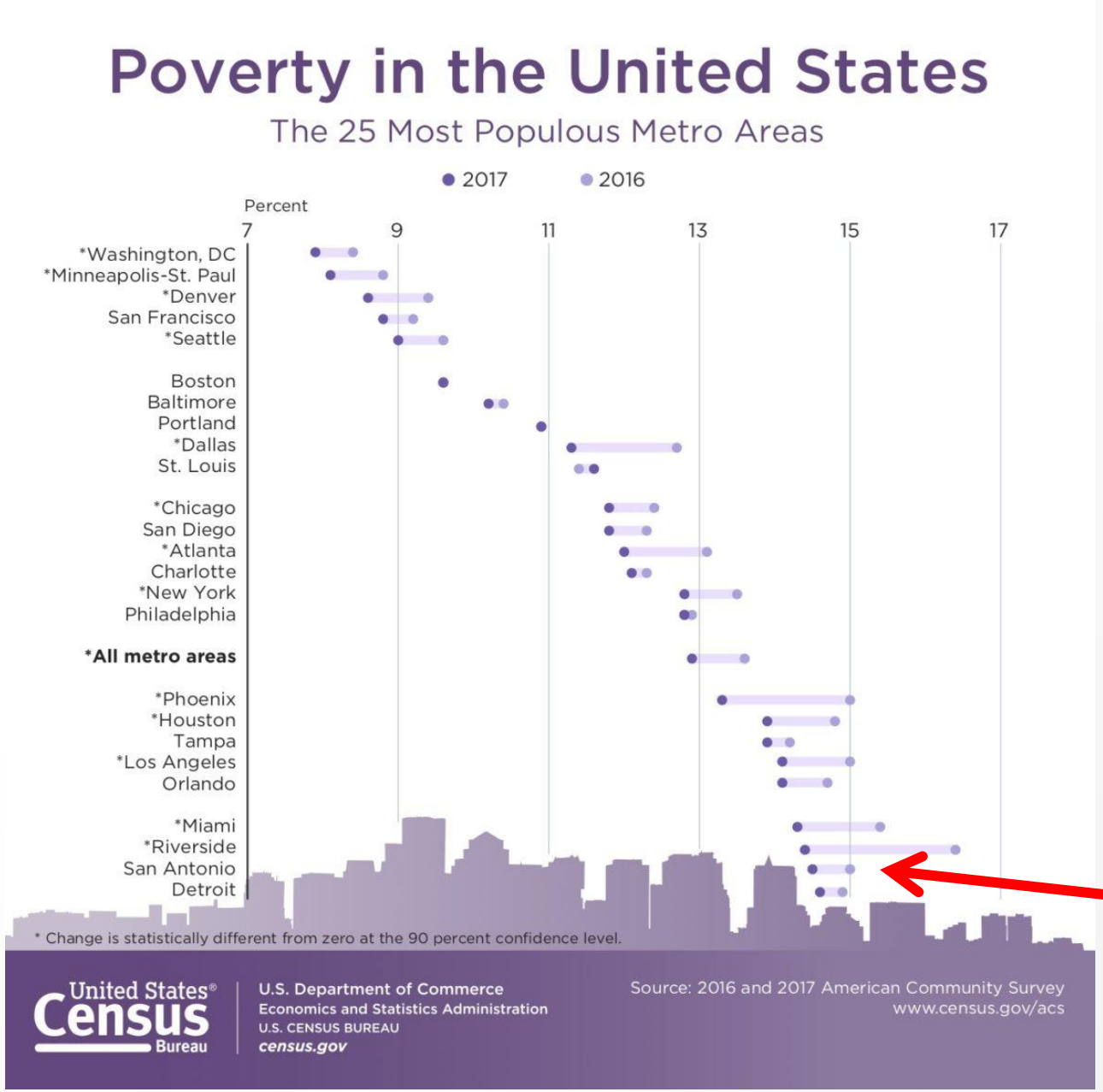


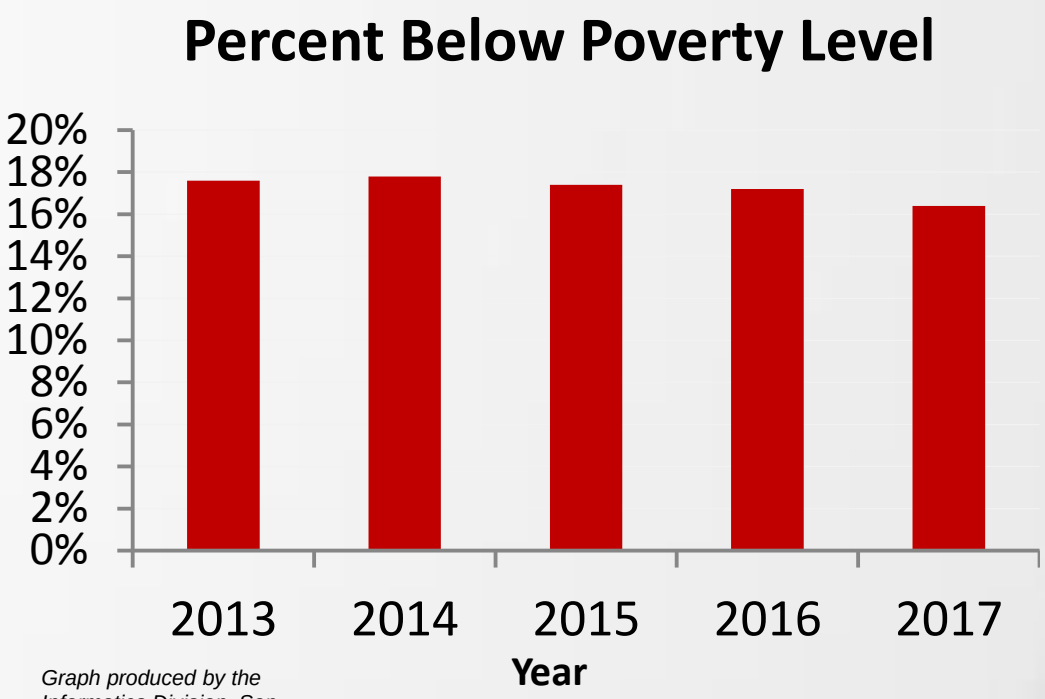
Graph produced by the Informatics Division, San Antonio Metro Health

Household Income by Race/Ethnicity

Household by Race	Percent of Household Income Less than $50,000
Black or African American	55%
Hispanic or Latino	52%
American Indian and Alaska Native	49%
Asian	38%
White Alone	35%

Data Source: U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates





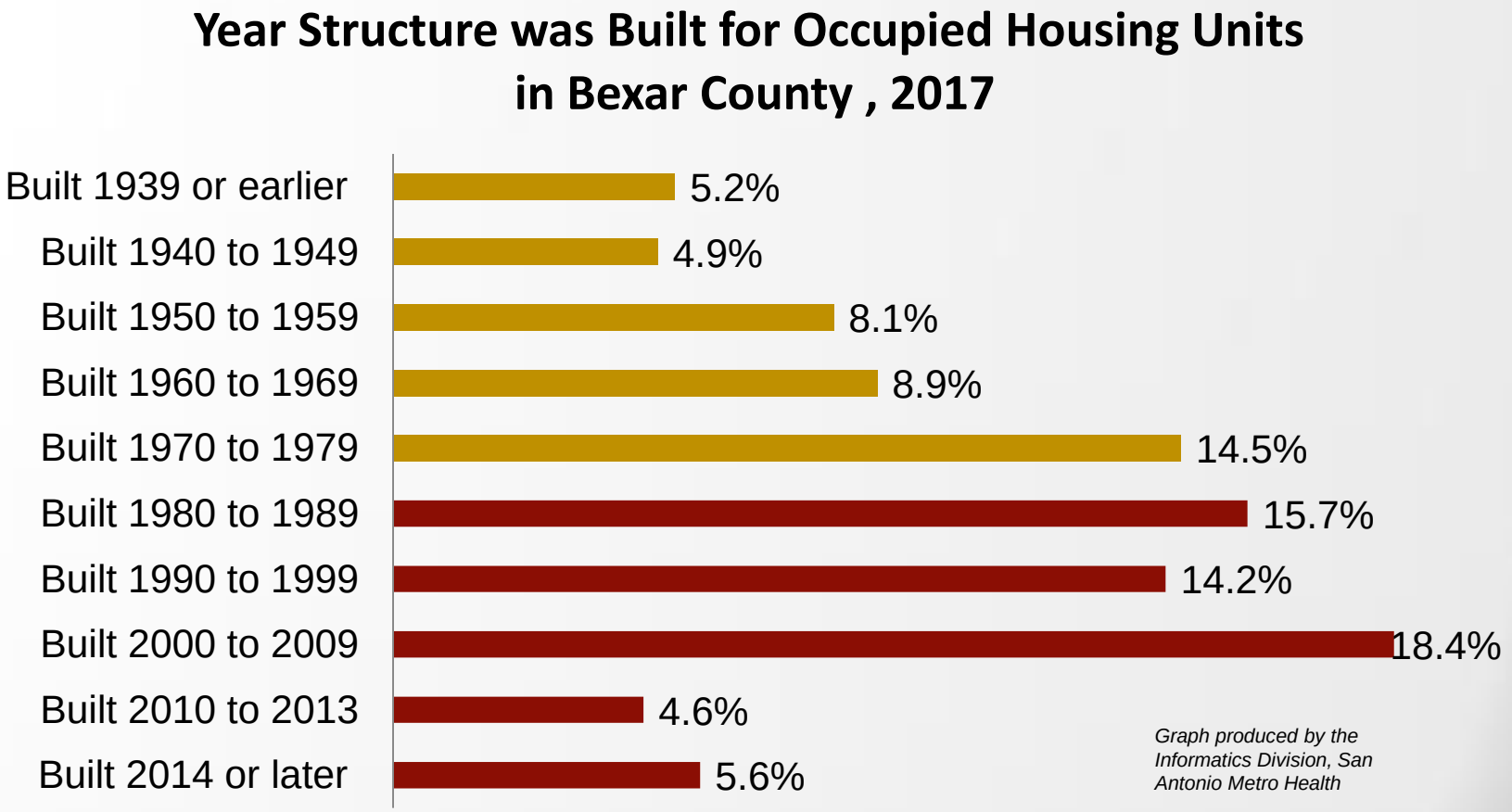
Graph produced by the Informatics Division, San Antonio Metro Health

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.

Housing Issues

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.

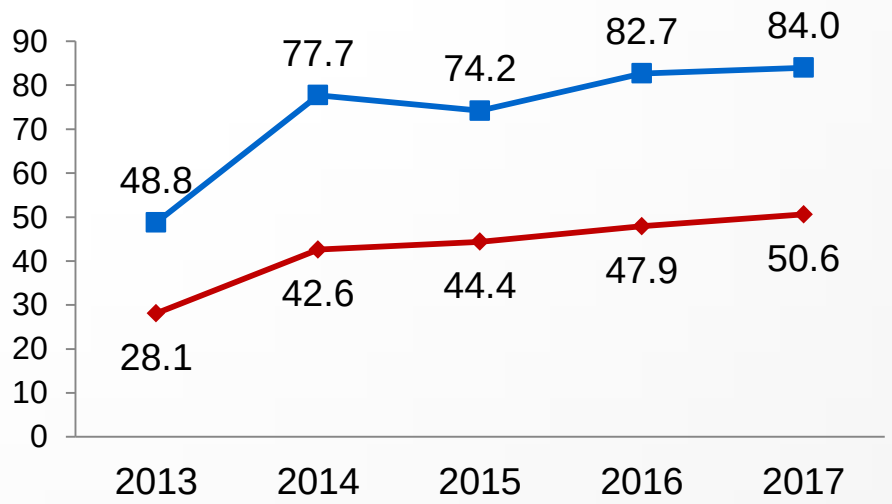
In Bexar County almost 42% of occupied home structures were built before 1980.
(Data source: US Department of Housing and Urban Development)

Violence

Bexar County/San Antonio Data Highlights

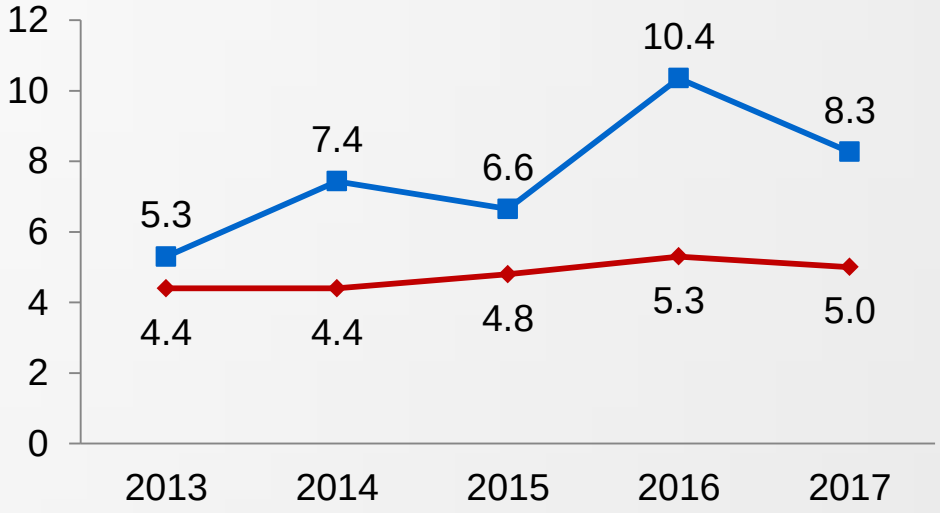
- Ranked 6th for U.S. largest cities for homicides and violent crimes in 2016.
- In 2017, 18 women died due to domestic violence by a male intimate partner; this is up from 11 in 2016

Rape per 100,000 Population, 2013-2017



Graph produced by the Informatics Division, San Antonio Metro Health

Homicide per 100,000 Population, 2013-2017

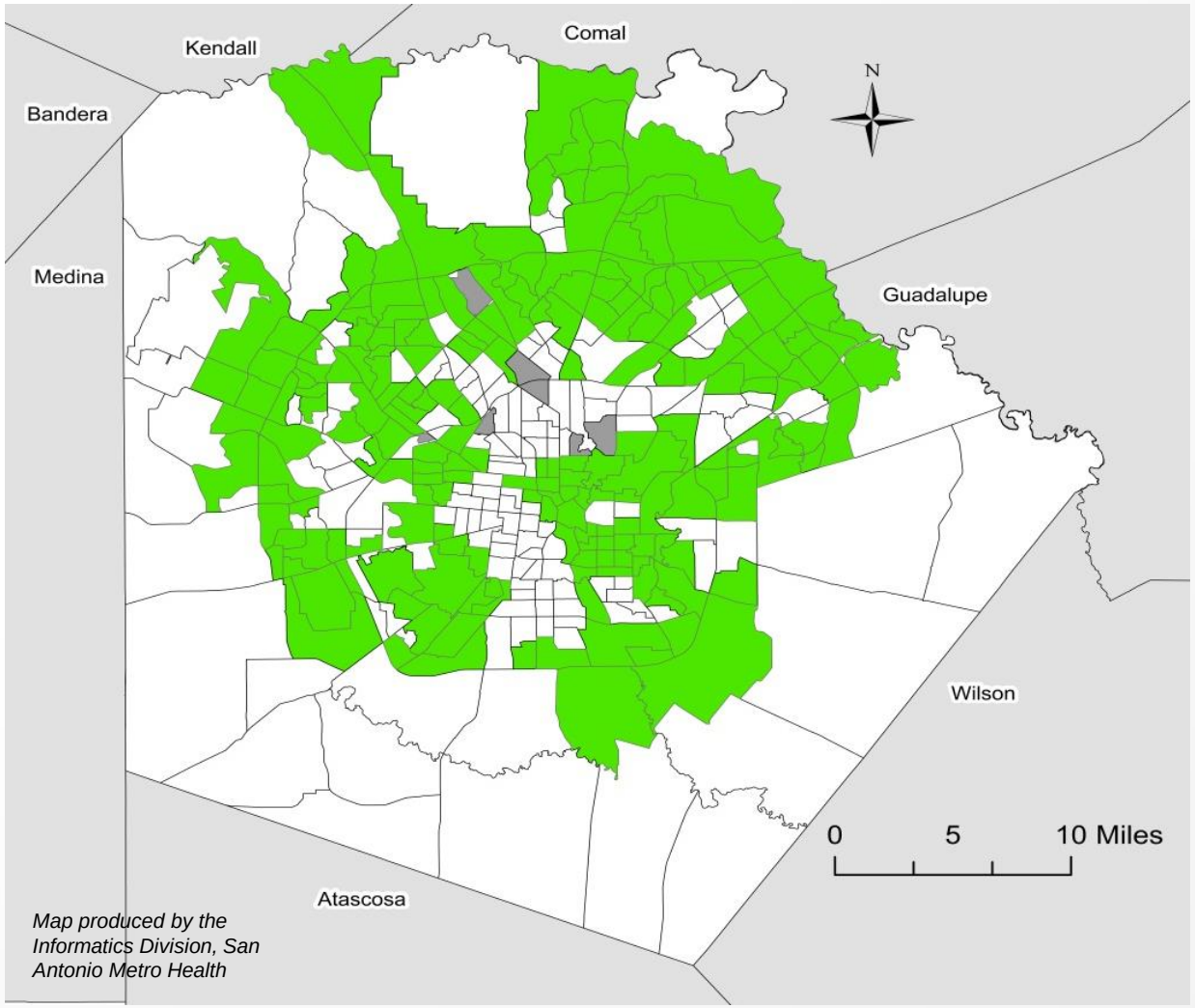


Graph produced by the Informatics Division, San Antonio Metro Health

San Antonio Texas

Data sources: Texas Department of Public Safety, Uniform Crime Reports; Texas Council on Family Violence

Food Access Within 10 Miles by Census Tract, 2015 data



=Food Desert

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

"Picture of Health"

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Risk factors experienced

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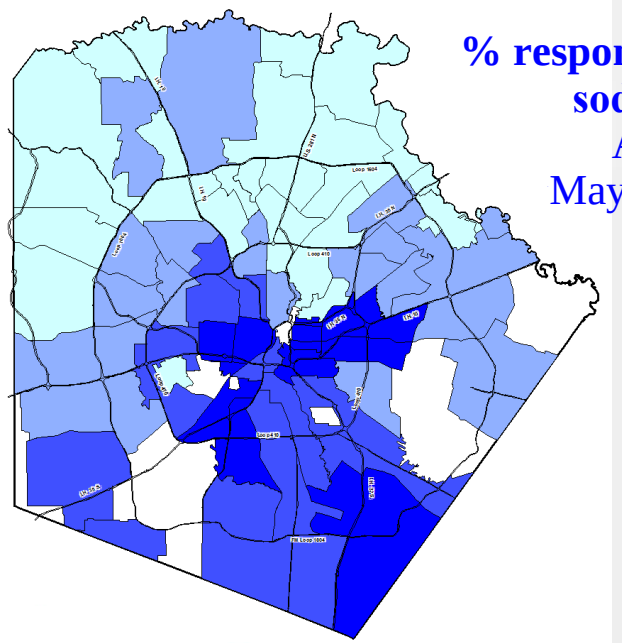
Nutrition

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

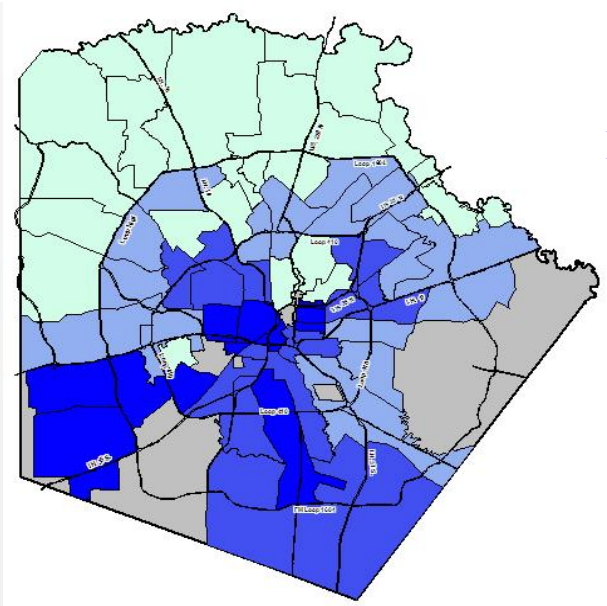
- Unhealthy diet is a major risk factor for diabetes, cancer, heart disease – which are consistently among top 5 causes of death in Bexar County.



% responding that they drink soda '2+ per day'
Ages 8-18 yrs
May 2014-May 2017

- 23.6 to 28.7
- 19.4 to 23.5
- 13.8 to 19.3
- 7.6 to 13.7
- Not included/<20 sampled

Overall: 16%

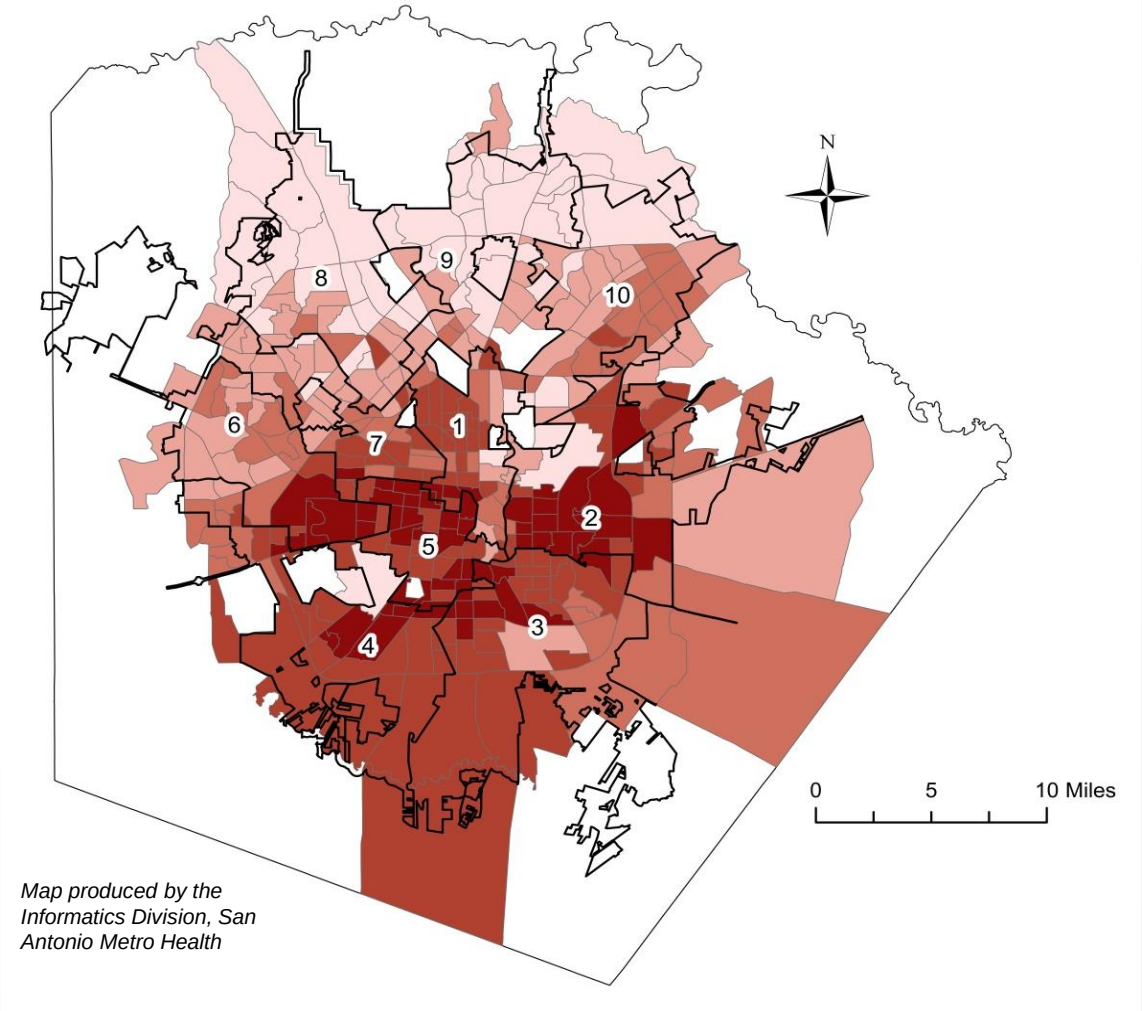


% Obese
Ages 8-18 yrs
May 2014-May 2017

- 38.8% to 54.2%
- 32.9% to 38.7%
- 25.9% to 32.8%
- 6.8% to 25.8%
- Not included < 20

Overall: 27%

Obesity Among Adults (≥ 18 Years Old) by Census Tract with a Council District Overlay, San Antonio 2016



Legend

- Bexar County
- CoSA Council Districts

Crude Prevalence (%)

- 21.9 – 31.6
- 31.7 – 35.4
- 35.5 – 39.6
- 39.7 – 44.0
- 44.1 – 51.2

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

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

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Risk factors experienced

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Low physical activity
Alcohol/substance abuse
Unplanned pregnancy
Domestic violence
Stress, anxiety
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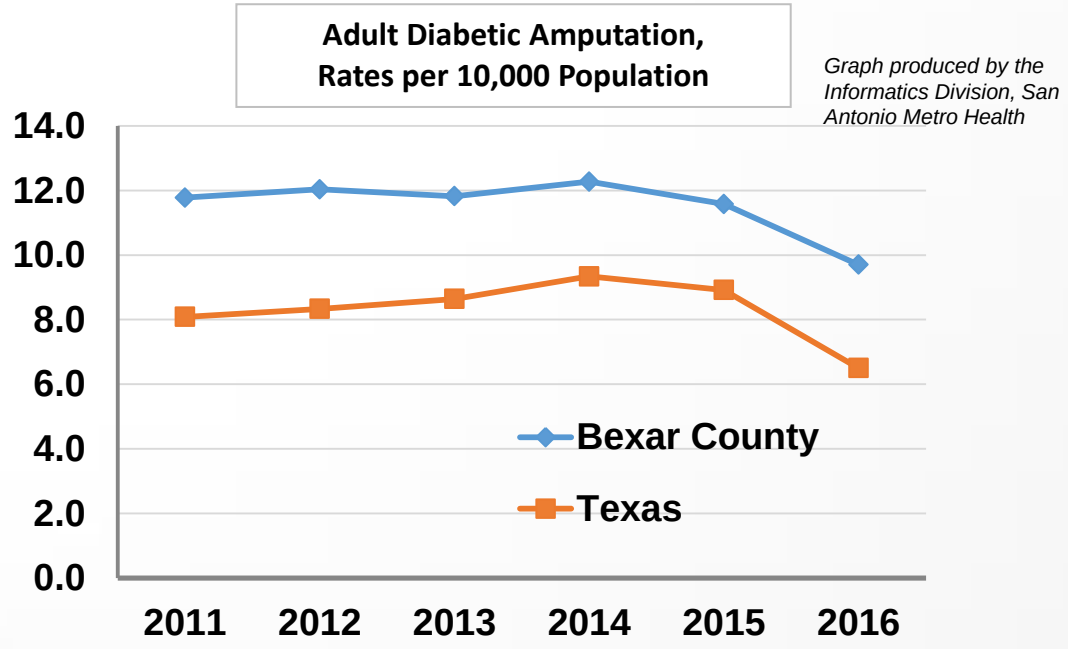
Premature death
⋮

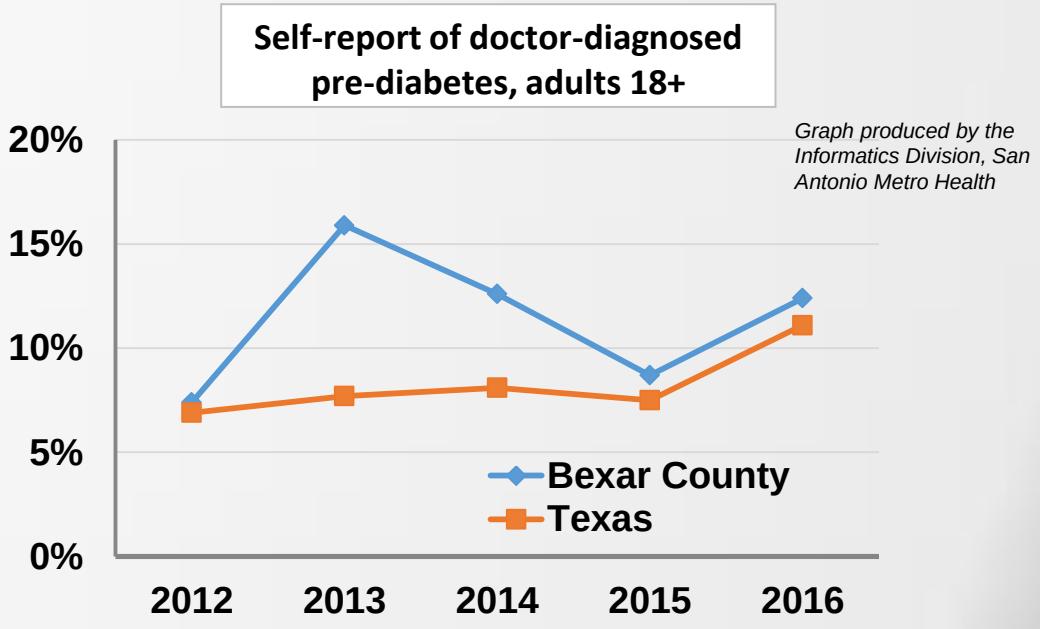
Diabetes

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.

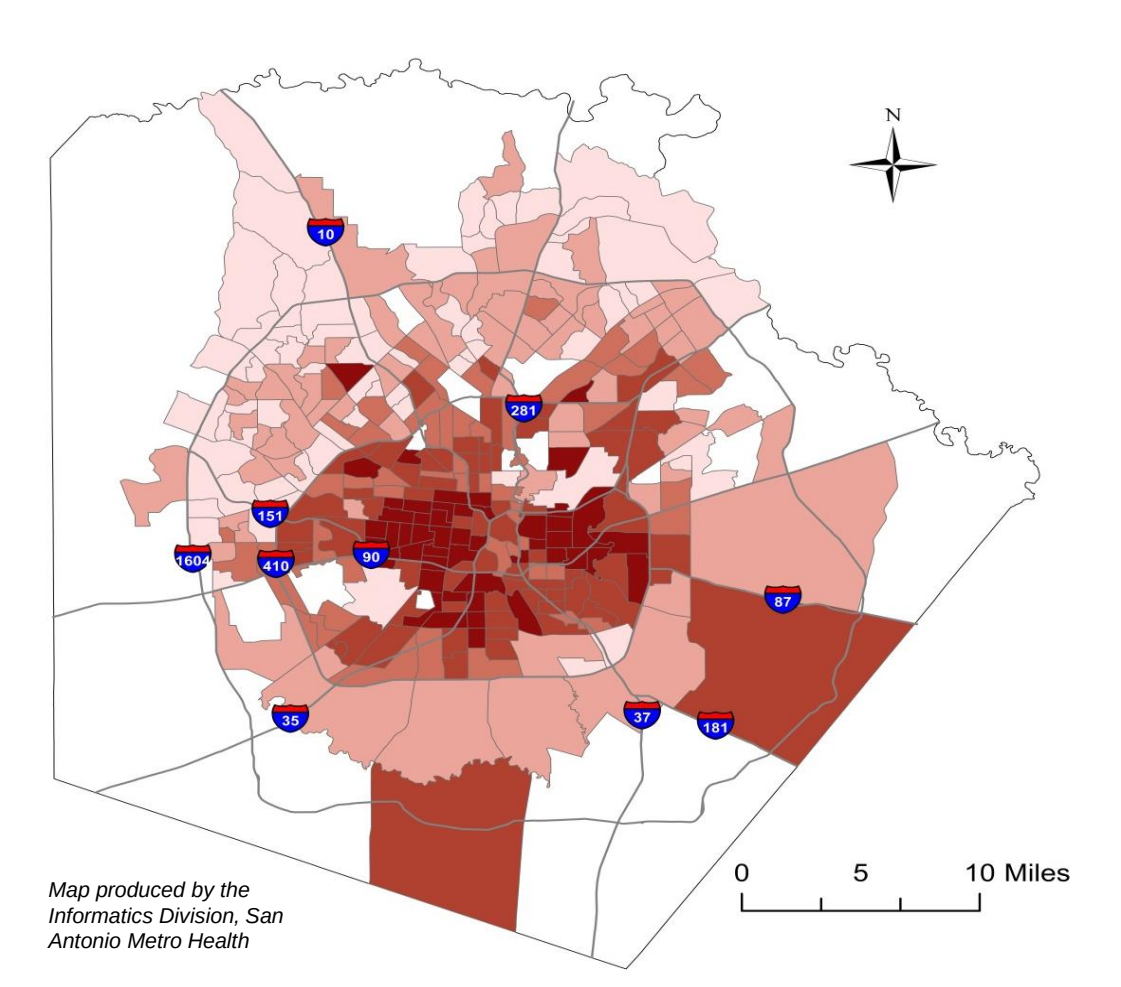


Diabetic amputation rates are consistently high in Bexar county

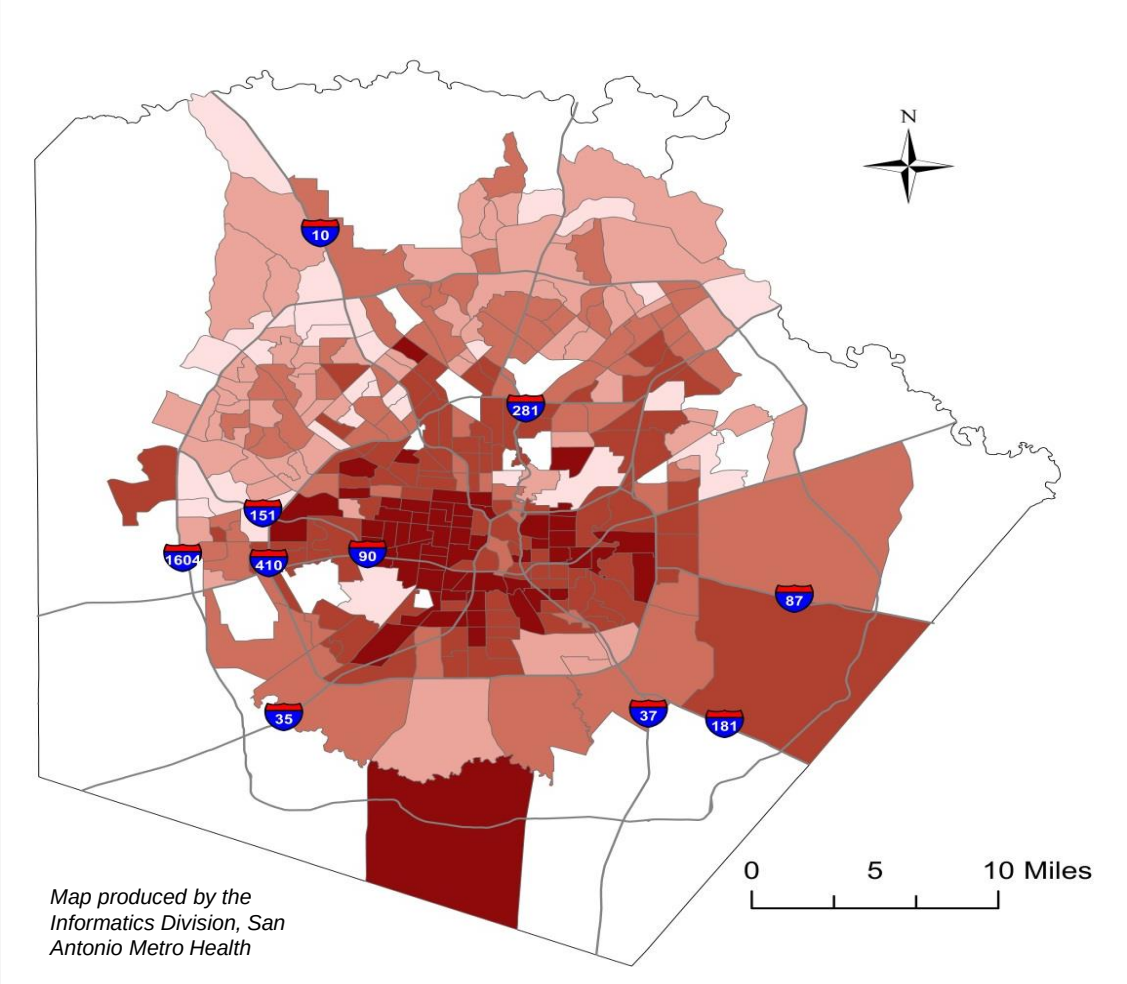


Pre-diabetes is trending up, and a major concern for future burden of diabetes in Bexar County

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

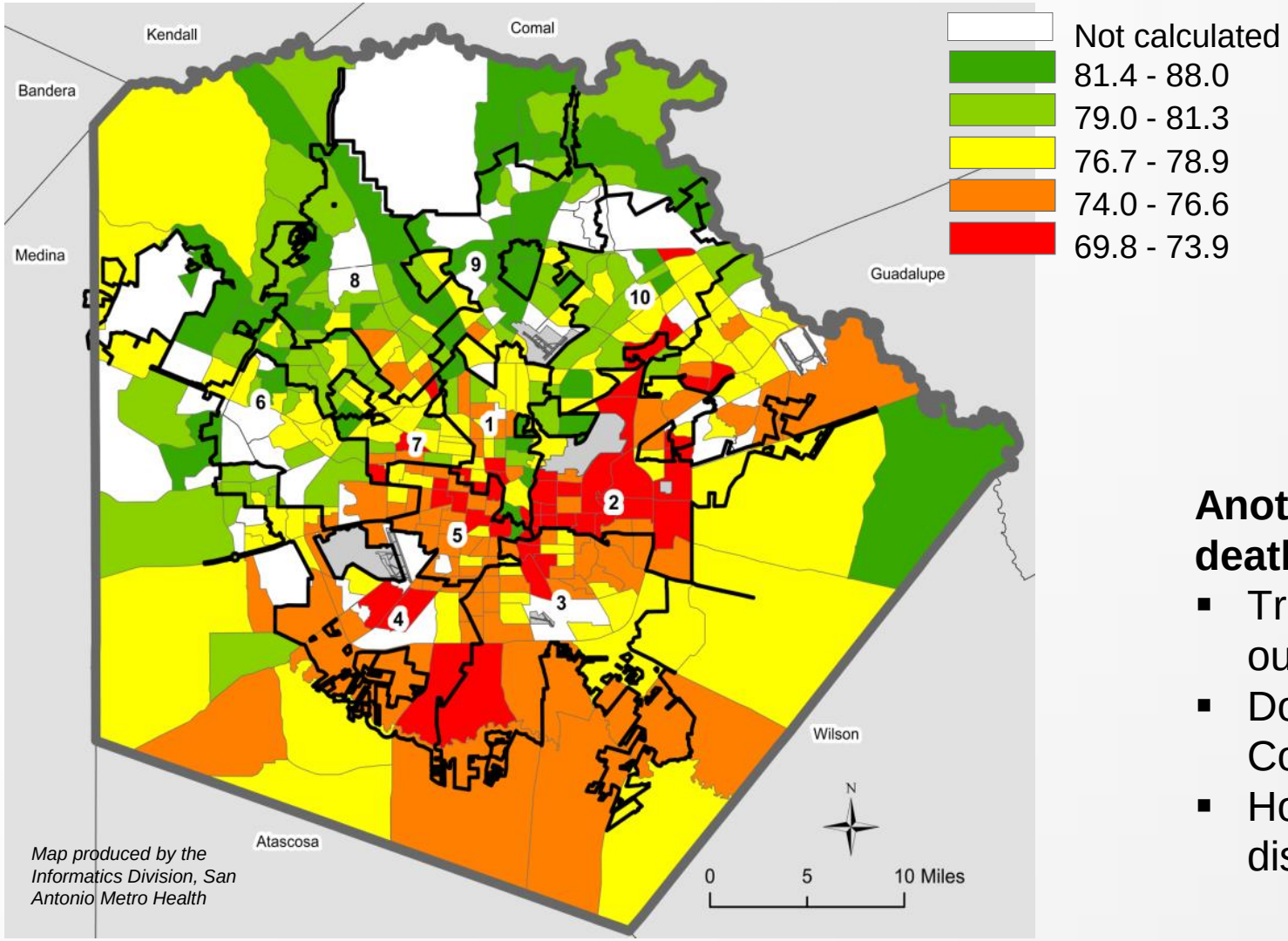
Leading Causes of Death for Each Race (Age-Adjusted Mortatliy Rates)

	NH White	NH Black	Hispanic
1	Heart Disease	Heart Disease	Heart Disease
2	Cancer	Cancer	Cancer
3	Chronic Lower Respiratory Disease	Stroke	Stroke
4	Accidents	Accidents	Alzheimer's Disease
5	Alzheimer's Disease	Diabetes mellitus	Accidents

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.

DARA SOURCE: CDC. U.S. Small-area Life Expectancy Estimates Project (USALEEP)

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)

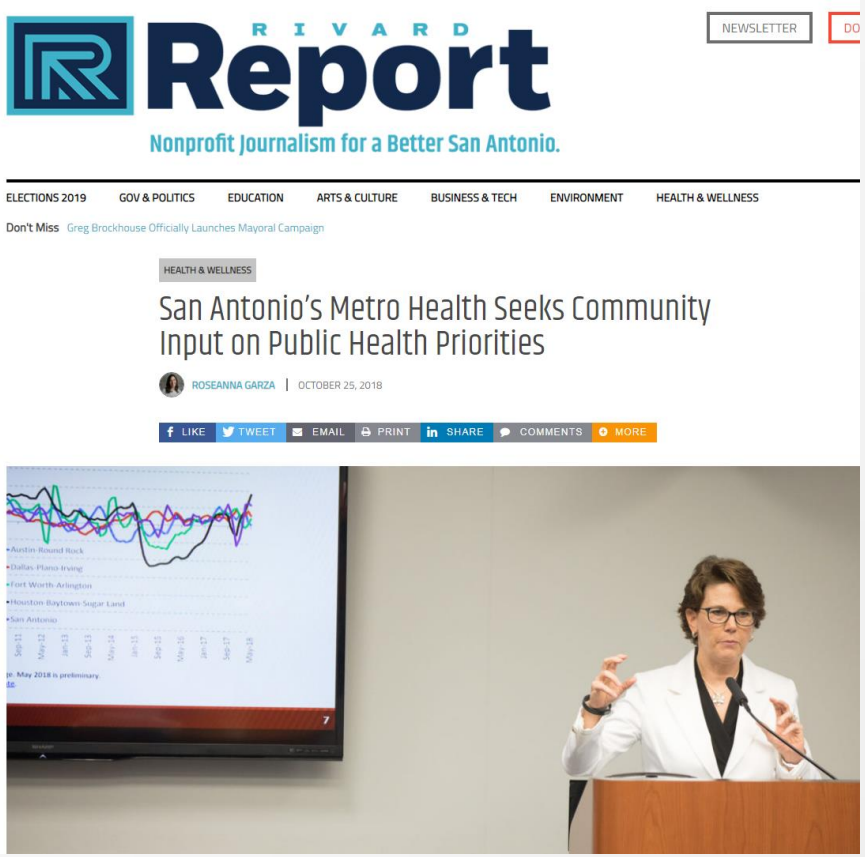
- ✓ Teen pregnancy has dropped
- ✓ Alcohol-impaired driving deaths have gone down
- ✓ We're improving in premature death rate and fare better than most other Texas Counties
- ✓ Based on data from County Health Rankings, we're actually doing better than all other Texas Counties and Texas overall for our 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



Flow chart of overall process

List of 25 major health issues

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

Narrowed down to top 10 health issues

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

Selection of top 3-4 for strategic priorities

Results from the 2018 Priority Health Issues Survey

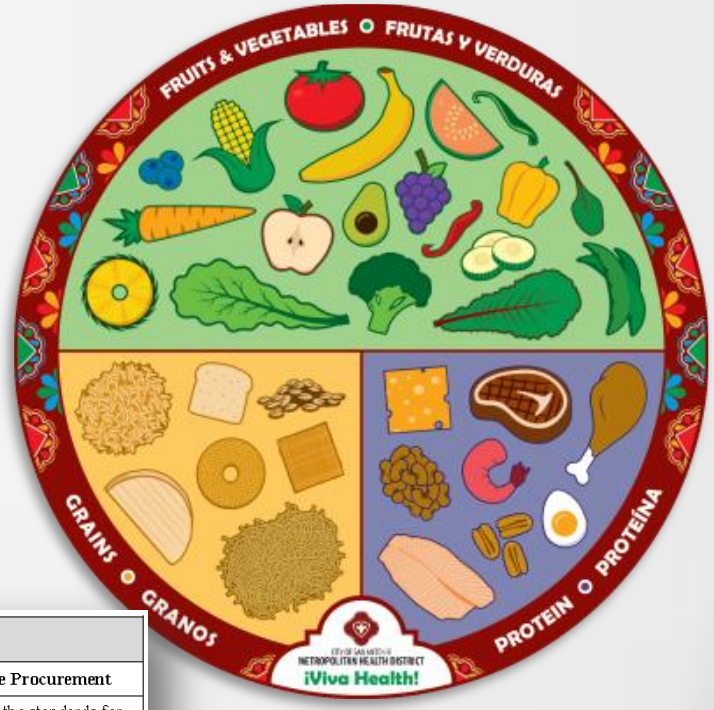
Metro Health's new strategic priorities

Overall Top 10 Health Issues selected by Participants
Access to Health Services
Aging Issues
Dental Health
Diabetes
Drug and Alcohol Abuse
Housing issues
Mental Health
Nutrition
Traumatic Childhood Events
Violence

Health Challenges in San Antonio

ChallengeAccepted! (i.e. what we're doing about it)

Healthy Corner Store



GET STRONG WITH MAYOR RON

STANDUPSA!

CITY OF SAN ANTONIO	
Administrative Directive	AD 11.1 Healthy Food and Beverage Procurement
Procedural Guidelines	Guidelines to ensure compliance with the standards for City of San Antonio Healthy Food and Beverage Procurement
Department/Division	San Antonio Metropolitan Health District
Effective Date	February 15, 2019
Review Date	N/A
Owner(s)	Chronic Disease Prevention Program Manager San Antonio Metropolitan Health District

CITY OF SAN ANTONIO EST. 1718

¡Por Vida! Healthy Restaurants Coalition "A Better Choice "For Life"

Fit City SA .com
Mayor's Fitness Council

CHEF RECIPE FOR LIFE

Diabetes Prevention & Control

Thank you. Any Questions?

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METROPOLITAN HEALTH DISTRICT

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