



CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT

Bexar County



Data Report 2016

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 2016 BRFSS outcomes for Bexar County using analysis of the 2016 Texas state BRFSS questionnaire conducted by the Texas Department of State Health Services (DSHS), Center for Health Statistics as well as 2016 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 2016 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 2016 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 Comparisons of Bexar County Risk Factors to Texas and the United States, 2016

Weighted Percentage for Bexar County Versus Texas and the United States *				
Risk Factors	Bexar County †	Texas †	United States ‡	Significantly Different ¹
Health Status				
Fair or poor health	20.6	18.3	18.0	No
Frequent mental distress ²	11.2	10.6	11.7	No
Health Care Coverage				
No health insurance	18.7	21.7	11.5	Higher than US
Could not see doctor due to cost	17.3	17.9	13.1	No
Weight Status				
Overweight (BMI 25.0 -29.9)	32.7	34.8	35.3	No
Obese (BMI ≥ 30.0)	30.0	28.6	29.9	No
Overweight or Obese (BMI ≥25.0)	70.4	68.4	64.8	Higher than US
Extremely Obese	7.7	5.0	**	No
Physical Activity ³				
Leisure time exercise	77.3	74.8	75.6	No
Tobacco & Alcohol				
Current Smoker	11.1	14.3	16.3	Lower than US
Heavy Drinking ⁴	5.5	6.9	5.9	No
Binge Drinking ⁵	18.7	17.9	16.9	No
Safety				
Always use seatbelt when in car	91.3	90.8	87.0	No
Immunizations				
Influenza Vaccine (Age 18-64)	35.7	33.1	37.4	No
Influenza Vaccine (Age 65+)	59.0	57.3	58.6	No
Pneumococcal Vaccine (Age 65+)	73.5	71.3	72.0	No
Screening & Testing				
Ever tested for HIV (Age 18-64)	45.4	39.5	38.4	Higher than US
Pap test within past 3 years (Age 21-65)	76.5	75.0	80.1	No
Chronic Health Conditions				
Arthritis	20.7	21.6	25.3	No
Current Asthma	7.0	7.6	9.3	No
COPD, Emphysema, or Chronic Bronchitis	5.8	4.8	5.0	No
Diabetes	11.0	11.2	10.8	No
Depressive Disorder	12.3	12.5	16.6	No
Kidney Disease	4.0	2.8	3.0	No
High Blood Pressure	34.0	35.1	32.0	No
Ever had a stroke	2.6	2.6	3.2	No
Heart Disease	5.3	5.9	**	No
Ever had a heart attack	3.9	3.6	4.3	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; †Data source: 2016 Texas Behavioral Risk Factor Surveillance System, Center for Health Statistics, Texas Department of State Health Services; ‡ 2016 BRFSS Web Enabled Analysis Tool (WEAT) Centers for Disease Control and Prevention

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

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

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

**Not available.

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

Weighted Percentage for Bexar County Versus Health People 2020 Objectives*			
Risk Factors	Bexar County †	Healthv People 2020 Objective	Objective Met ¹
Health Care Coverage			
No Health Insurance	18.7	0.0	No
Have a usual primary care provider	66.5	83.9	No
Physical Activity			
No Leisure Activity	22.7	32.6	Yes
Tobacco & Alcohol			
Current Smoker	11.1	12.0	Borderline
Binge Drinking³	18.7	24.2	Yes
Safety			
Always use seatbelt when in car	91.7	92.0	Borderline
Immunizations			
Influenza Vaccine	43.3	70.0	No
Pneumococcal Vaccine (Age 65+)	73.5	90.0	No
Screening & Testing			
Pap test within past three years (Age 21-65)	76.5	93.0	No
Chronic Health Conditions			
High Blood Pressure	34.0	26.9	Borderline

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

¹Objective 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

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

Data Source:

Texas BRFSS, 2016

United States BRFSS, 2016