

United Way of Metropolitan Dallas

*serving Dallas, Collin, Rockwall Counties
and Greater Lewisville*



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2006 Community Needs Assessment Creating a Healthier Community

Physical Health and Wellness

Physical Health and Wellness – North Texas Overview

There are many possible indicators of Physical Health and Wellness. These include data related to healthy habits and lifestyle, data on various illnesses and conditions, and data on the leading causes of death. Overall, physical health status is worsening as shown by: increasing percentage of people without health insurance coverage, increasing cost of medical care compared to the consumer price index for “all items”, increasing rates of obesity in both children and adults. There are often important disparities in these among racial-ethnic groups. Therefore, for many of the Physical Health and Wellness indicators, data are reported both “all races”, and for specific racial-ethnic groups.

The number and percent of people without health insurance has remained very high in relation to U.S. rates, and rates in other states. In 2005, the percent of persons without insurance in Texas (25.0%) continued to be the highest of all states.

In 2004, the percent of persons without health insurance coverage was especially high among racial-ethnic minority populations—particularly Hispanics; 51.4% of Hispanics and 26.8% of African Americans are without health coverage in Texas, compared to 13.8% of Anglos.

In 2005, the Consumer Price Index (CPI) for medical and dental care in the Dallas--Fort Worth Metropolitan Statistical Area continued to increase at a faster rate than the CPI for all items (an increase of 3.4% for All Items from 2004 to 2005, compared to an increase of 4.2% for Medical Care).

The number of children covered under the State Children’s Health Insurance Program (CHIP) decreased by 29% from January 2001 to January 2005. The number decreased slightly from January 2005 to January 2006. (The population of the region increased 11.8 % during the period 2001 to 2005.)

Medicaid enrollment in the North Texas Region continued to increase rapidly, to more than 300,000 persons in October 2005. Medicaid enrollment increased 86.9 % from 2001 to 2005, compared to a population increase of 11.8 %.

In 2004, the Dallas Metropolitan Area had rates that compared unfavorably to U.S. rates on several health indicators, as measured by the Behavioral Risk Factor Surveillance Survey conducted by the Centers for Disease Control & Prevention:

- Lack of health insurance (25.6% in the region compared to 14.8% in the U.S.)
- Colorectal cancer screening (51.0% in the region compared to 47.0% in the U.S.)
- Mammogram (35.1% in the region compared to 25.3 in the U.S.)
- Obesity (24.6% in Dallas compared to 23.1% in the U.S.)
- Persons reporting health status as “fair or poor” (19.7% in the region compared to 15.1% in the U.S.)

Increasing rates of, both children and adults who are overweight or obese are a major concern. The percentage of children and adolescents in the U.S. who are overweight increased from 4% in 1971-74, to 16% in 1999-2002. The percentage of adults in the U.S. who are overweight or obese increased from 47% in 1976-80, to 65% in 1999-2002. Excess body weight is linked with a number of health problems, including diabetes, heart disease, and cancer, and arthritis.

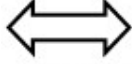
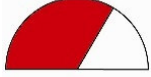
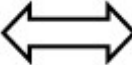


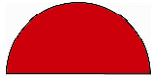

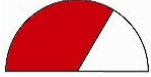






The rate of Type 2 Diabetes among adults (18 years & over) in Texas has increased each year--from 5.0% in 1995 to 8.3% in 2004.

The Centers for Disease Control and Prevention (CDC) indicates that reliable trend data on Type 2 Diabetes among children are not available. However, the CDC states that “clinic based reports and regional studies indicate that Type 2 Diabetes is becoming more common among children and adolescents, particularly in American Indians, African Americans, and Hispanic/Latinos”. Again, the increase in diabetes is related to the increase in obesity.



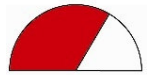





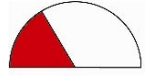
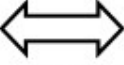
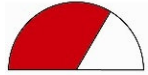
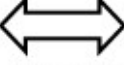
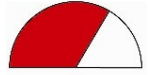
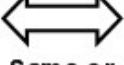

In 2004, child immunization rates remained lower in Texas and in Dallas County than in the U.S (73.1% in Dallas County and 75.4% in Texas, compared to 83.5% in the U.S.)

In 2003, rates of death from leading causes remained higher for African Americans than for other racial/ethnic groups. (Death rates from heart disease, cancer, cerebrovascular disease, accidents, diabetes, and AIDS were higher for African Americans.) There was one exception to this trend: the death rate from motor vehicle accidents was highest for Hispanics.

Physical Health and Wellness: Indicators and Trends

INDICATOR	SUMMARY	TREND	CONDITION
Number and Rate of Persons Unemployed	<p>In the North Texas Region, the number of unemployed persons, and the unemployment rate, continued to decline in 2005. However, the numbers and rates are still higher than in the period 1997-2000.</p> <p>In 2005, Dallas County continued to have the highest unemployment rate in the region.</p>	 Same or Mixed	 Concerned
Percent of Persons Without Health Insurance	<p>The percent of people without insurance in Texas increased slightly in 2004—to 25.0%.</p> <p>The percent of people without insurance in Texas was higher than in the U.S. (25.0% compared to 15.7%).</p> <p>Texas continued to have the highest percent of persons without insurance among all states.</p>	 Same or Mixed	 Critical
Percent of Persons Without Health Insurance by Race/Ethnicity	<p>The percent of persons without health insurance is higher for racial-ethnic minority populations, especially for Hispanics. (51.4% of Hispanics in Texas were uninsured in 2004.)</p>	 Worsening	 Critical
Consumer Price Index (CPI) for All Items and CPI for Medical Care	<p>The CPI for Medical Care increased each year from 1995 through 2005. The rate of increase for Medical Care was higher than the rate for All Items.</p>	 Worsening	 Concerned
Medicaid Enrollment (all ages)	<p>Medicaid enrollment increased rapidly in the North Texas region, from 142,819 in 2000 to more than 300,000 in 2005.</p>	 Worsening	 Concerned
Medicaid Enrollment (0-18 years)	<p>The number of children in the North Texas region enrolled in Medicaid increased from 81,014 in 2000 to more than 215,000 in 2005.</p>	 Worsening	 Concerned
Children's Health Insurance Program (CHIP) Enrollment	<p>CHIP enrollment in the North Texas region declined steeply from 2003 to 2005. The number declined slightly from 2005 to 2006.</p>	 Worsening	 Critical

Physical Health and Wellness: Indicators and Trends (cont.)

INDICATOR	SUMMARY	TREND	CONDITION
Percentage of Adults Reporting Selected Health Risks	Compared to the U.S., Texas and the Dallas Metropolitan Area have high percentages on three risk factors: people with no health insurance, people not screened for cancer, and people reporting health as poor or fair.	N/A	 Critical
Percentage of Children & Adolescents Who Are Overweight	The percentage of children and adolescents in the U.S. who are overweight increased from 4% in 1971-74, to 16% in 1999-2002.	 Worsening	 Concerned
Age-adjusted Prevalence of Overweight & Obesity Among U.S. Adults	The percentage of adults in the U.S. who are overweight or obese increased from 47% in 1976-80, to 65% in 1999-2002.	 Worsening	 Concerned
Prevalence of Diagnosed Diabetes among Adults	The percentage of adults in Texas with diabetes increased from 5.1 % in 1995 to 8.3 in 2005.	 Worsening	 Critical
Births with No Prenatal Care	The percentage of births with no prenatal care decreased from 2002 to 2003. Rates continue to be higher among African Americans and Hispanics.	 Improving	 Manageable
Sexually Transmitted Diseases (STD)-- Case Rates	STD rates have generally remained stable or decreased. In Dallas County, syphilis rates declined from 2002 through 2005, but continued to be relatively high.	 Same or Mixed	 Concerned
Estimated Immunization Rates—Children 19-35 Months	Texas and Dallas County child immunization rates are somewhat lower than U.S. rates. Immunization rates for African-Americans and Latinos are lower than for Anglos and Asians	 Same or Mixed	 Concerned
Deaths from Leading Causes by Race/Ethnicity	In 2003, death rates from several leading causes of death continued to be higher for minority populations, especially African Americans.	 Same or Mixed	 Concerned

Physical Health and Wellness: By County

Collin County

- Sexually transmitted diseases:
 - Chlamydia cases increased from 147.0 in 2003 to 156.7 in 2004 (rates per 100,000 population).
 - Gonorrhea cases increased from 38.4 in 2003 to 41.2 in 2004 (rates per 100,000 population).
 - Syphilis cases decreased from 5.4 in 2003 to 4.7 in 2004 (rates per 100,000 population)
- Medicaid enrollment increased steadily from 2000 through 2005. The number of recipients exceeded 21,000 in October 2005. (During this period, the population of the county increased 32.8 %.)
- Enrollment in CHIP decreased 16% from 4,172 in 2003 to 3,404 in 2005, and remained stable at 3,499 in 2006. (During this period, the population of the county increased 12.1 %.)

Dallas County

- Sexually transmitted diseases:
 - Chlamydia cases decreased from 414.0 in 2003 to 362.6 in 2004 (rates per 100,000 population).
 - Gonorrhea cases decreased from 203.0 in 2003 to 176.5 in 2004 (rates per 100,000 population).
 - Syphilis cases decreased from 45.1 in 2003 to 40.9 in 2004 (rates per 100,000 population)
 - Rates of sexually transmitted diseases were higher in Dallas County than in the State of Texas.
- The rate of sexually transmitted diseases (Chlamydia, gonorrhea, and syphilis) decreased from 2002 to 2003. However, Dallas continued to have higher rates than other counties in the region, and higher than the State rate.
- IN 2004, Dallas continued to have lower child immunization rates than Texas and the U.S.
- Medicaid enrollment increased over 100%--from 125,631 in 2000 to more than 254,000 in 2005. (During this period, the population of the county increased 6.3 %.)
- Enrollment in CHIP decreased 32% from 48,126 in 2003 to 32,422 in January 2006. (During this period, the population of the county increased 4.9 %.)

Denton County

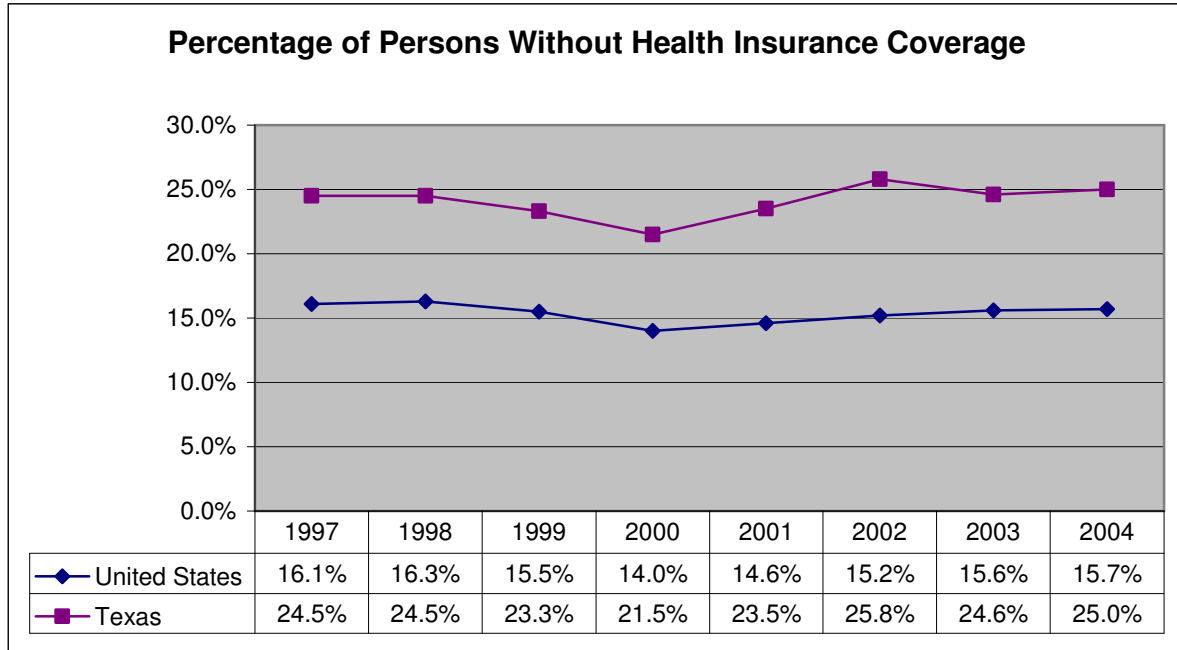
- Sexually transmitted diseases:
 - Chlamydia cases decreased from 151.0 in 2003 to 138.2 in 2004 (rates per 100,000 population).
 - Gonorrhea cases decreased from 42.2 in 2003 to 41.7 in 2004 (rates per 100,000 population).
 - Syphilis cases increased from 3.3 to 5.2 (rates per 100,000 population)
- From 2003 to 2004, rates of Chlamydia and gonorrhea decline, while syphilis rates increased.
- Medicaid enrollment increased 165% from 8,683 in 2000 to nearly 23,000 in 2005. (During this period, the population of the county increased 29.4 %.)

- Enrollment in CHIP decreased from 5,135 in 2003 to 3,793 in 2005. Enrollment increased slightly to 3,931 in January 2006. (During this period, the population of the county increased 10.4 %.)

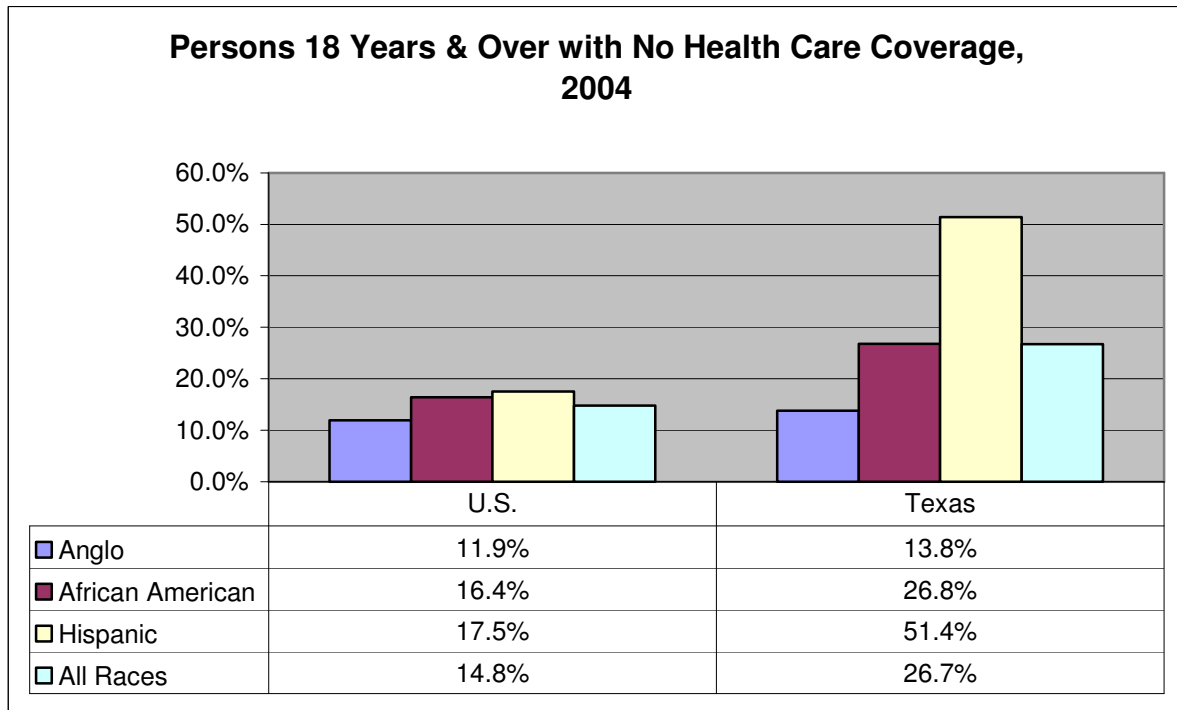
Rockwall County

- Sexually transmitted diseases:
 - Chlamydia cases decreased from 111.0 in 2003 to 104.2 in 2004 (rates per 100,000 population).
 - Gonorrhea cases increased from 26.0 in 2003 to 27.1 in 2004 (rates per 100,000 population).
 - Syphilis cases decreased from 9.1 to 3.6 (rates per 100,000 population)
- Medicaid enrollment increased 167% from 1,159 in 2000 to more than 3,100 in October 2005. (During this period, the population of the county increased 46.1 %.)
- Enrollment in CHIP continued to decline (20%), from 694 in 2003 to 558 in January 2006.

Physical Health and Wellness: Supporting Data

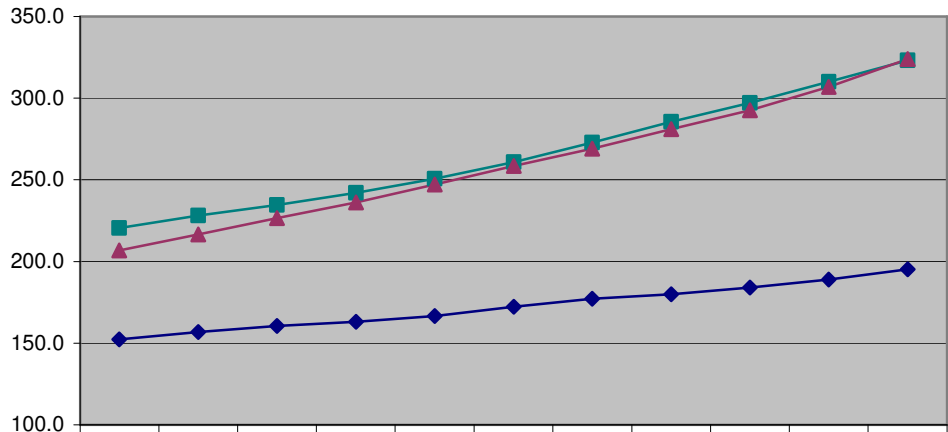


Source: U.S. Census Bureau, Current Population Survey, Annual Demographic Survey, March Supplement, 2004.



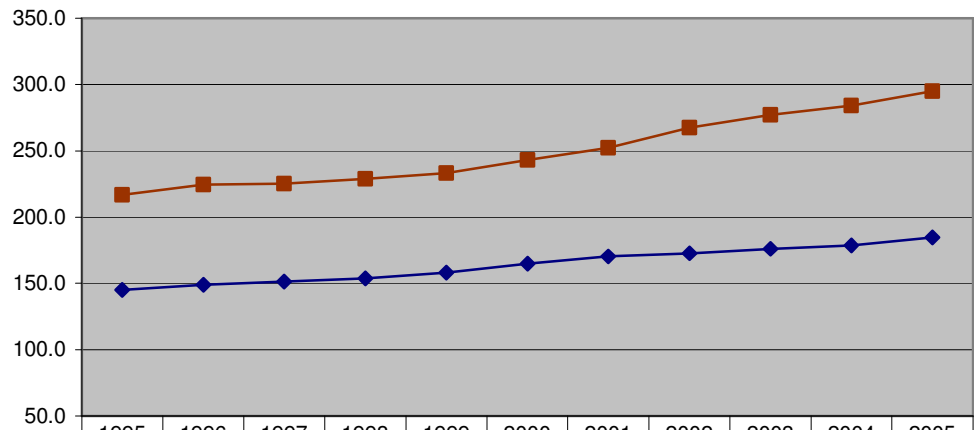
Source: Centers for Disease Control, Behavioral Risk Factor Surveillance System

Consumer Price Index (CPI-U) All Items and CPI Medical Care, U.S. City Average



	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
◆ CPI All Items	152.4	156.9	160.5	163.0	166.6	172.2	177.1	179.9	184.0	188.9	195.3
■ CPI Medical Care	220.5	228.2	234.6	242.1	250.6	260.8	272.8	285.6	297.1	310.1	323.2
▲ CPI Dental Services	206.8	216.5	226.6	236.2	247.2	258.5	269.0	281.0	292.5	306.9	324.0

Consumer Price Index (CPI-U) All Items and CPI Medical Care--Dallas-Fort Worth

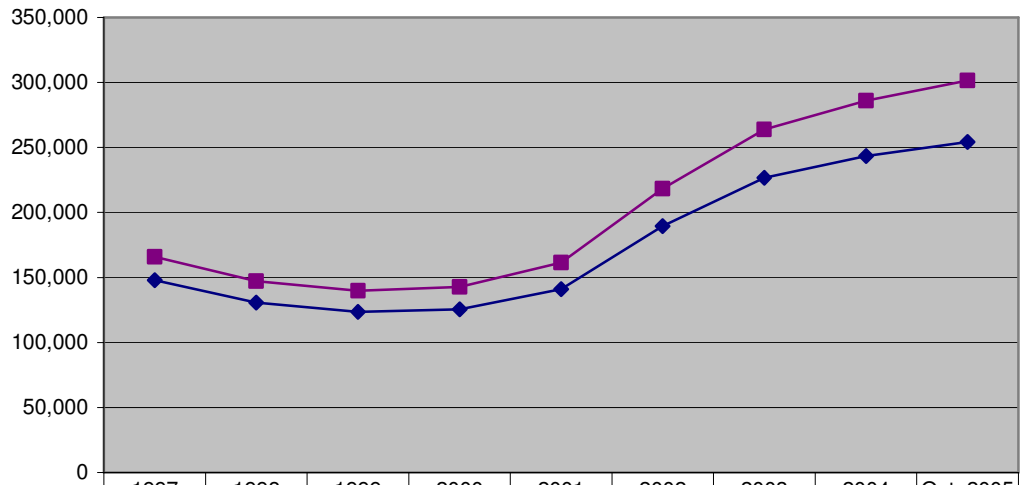


	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005
◆ CPI All Items	144.9	148.8	151.4	153.6	158.0	164.7	170.4	172.7	176.2	178.7	184.7
■ CPI Medical Care	216.9	224.6	225.3	229.0	233.2	243.2	252.4	267.6	277.1	284.1	295.0

Source: Bureau of Labor Statistics (both charts above)

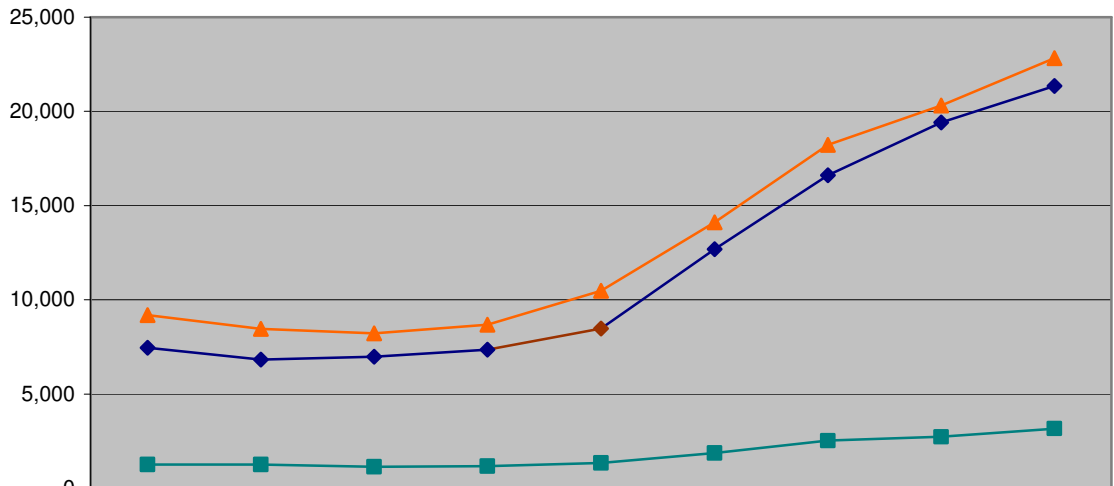
* Dallas—Fort Worth Metropolitan Area includes Collin, Dallas, Delta, Denton, Ellis, Hunt, Kaufman, Rockwall, Johnson, Parker, Tarrant, and Wise counties.

Medicaid Enrollment (all ages)



	1997	1998	1999	2000	2001	2002	2003	2004	Oct. 2005
◆ Dallas	148,001	130,760	123,588	125,631	141,095	189,574	226,601	243,497	254,250
■ UWMD service area	165,883	147,291	139,914	142,819	161,388	218,239	263,947	285,945	301,587

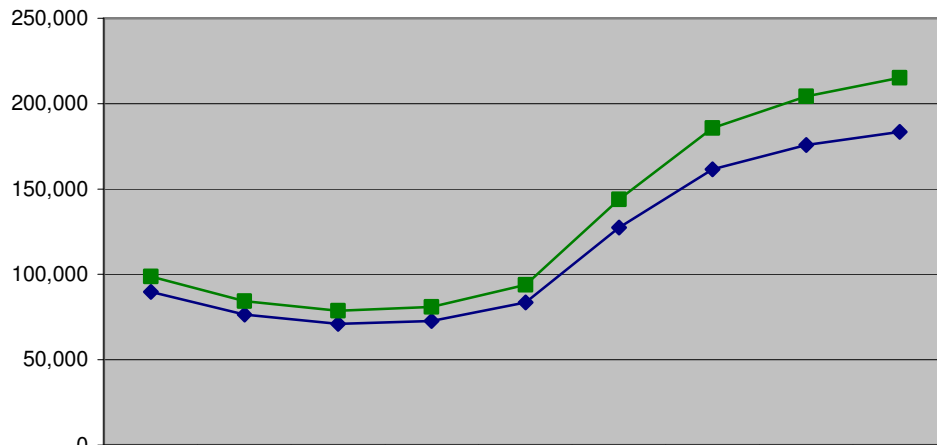
Medicaid Enrollment (all ages)



	1997	1998	1999	2000	2001	2002	2003	2004	Oct. 2005
◆ Collin	7,455	6,828	6,987	7,346	8,482	12,694	16,603	19,416	21,342
▲ Denton	9,187	8,466	8,219	8,683	10,479	14,115	18,227	20,314	22,834
■ Rockwall	1,240	1,237	1,120	1,159	1,332	1,856	2,516	2,718	3,161

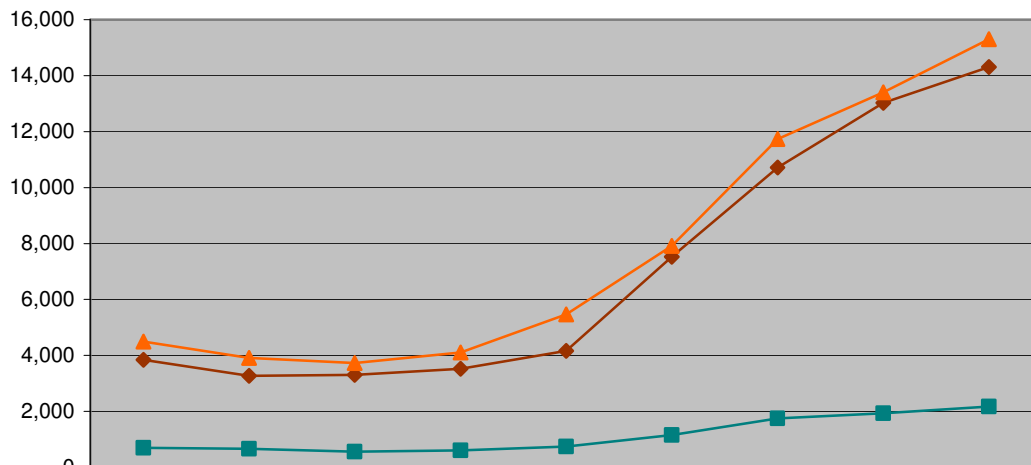
Source: Texas Health & Human Services Commission (both charts above)

Medicaid Enrollment (ages 0-18)



	1997	1998	1999	2000	2001	2002	2003	2004	Oct. 2005
◆ Dallas	89,767	76,502	71,101	72,788	83,497	127,395	161,587	175,857	183,428
■ UWMD service area	98,800	84,347	78,697	81,014	93,877	143,991	185,783	204,225	215,205

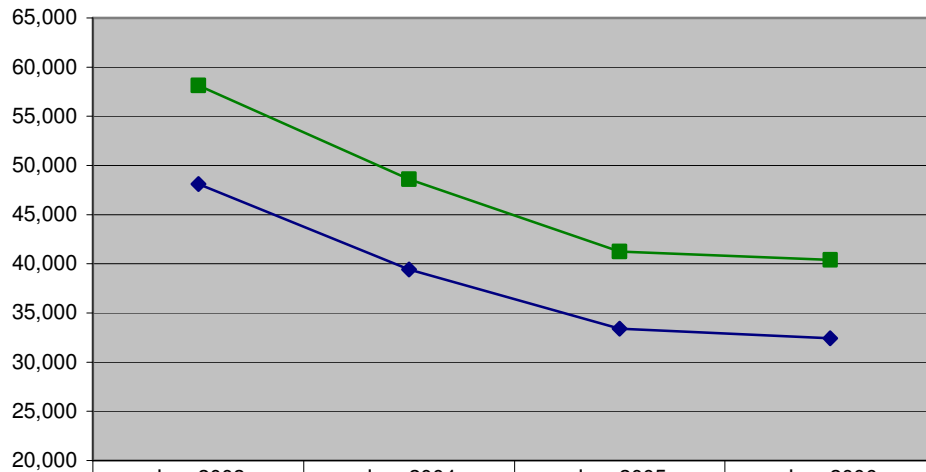
Texas Medicaid Enrollment (ages 0-18)



	1997	1998	1999	2000	2001	2002	2003	2004	Oct. 2005
◆ Collin	3,840	3,268	3,306	3,518	4,167	7,530	10,715	13,031	14,307
▲ Denton	4,493	3,912	3,726	4,105	5,468	7,915	11,729	13,401	15,298
■ Rockwall	700	665	564	603	745	1,151	1,752	1,936	2,172

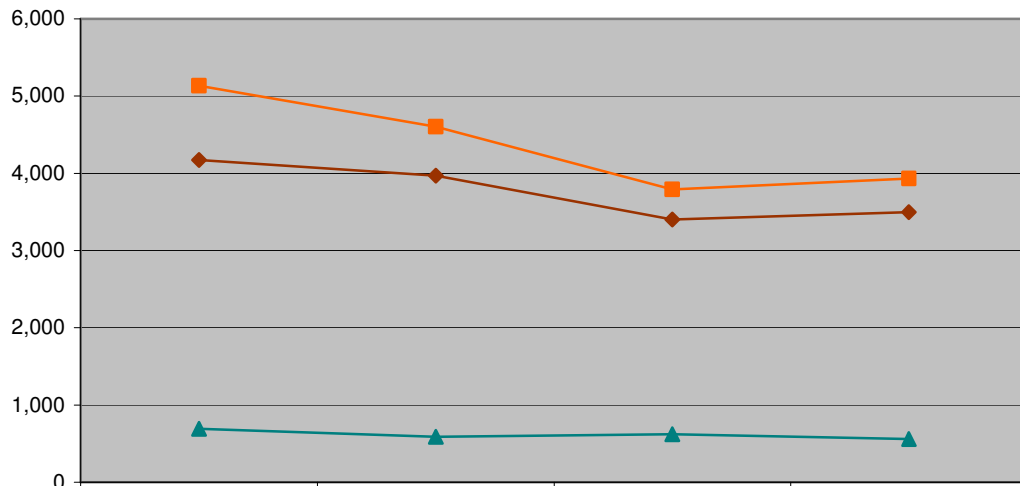
Source: Texas Health and Human Services Commission (both charts above)

Children's Health Insurance Program Enrollment (CHIP)



	Jan. 2003	Jan. 2004	Jan. 2005	Jan. 2006
Dallas	48,126	39,440	33,418	32,422
UWMD service area	58,127	48,603	41,237	40,410

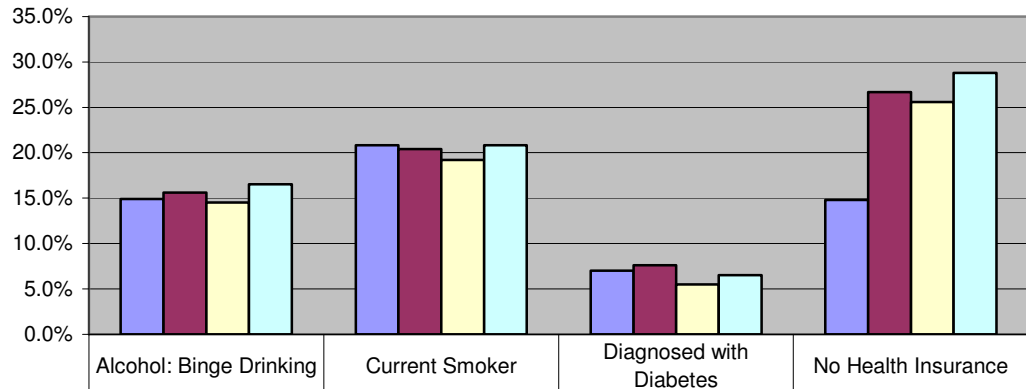
Children's Health Insurance Program Enrollment (CHIP)



	Jan. 2003	Jan. 2004	Jan. 2005	Jan. 2006
Collin	4,172	3,968	3,404	3,499
Denton	5,135	4,605	3,793	3,931
Rockwall	694	590	622	558

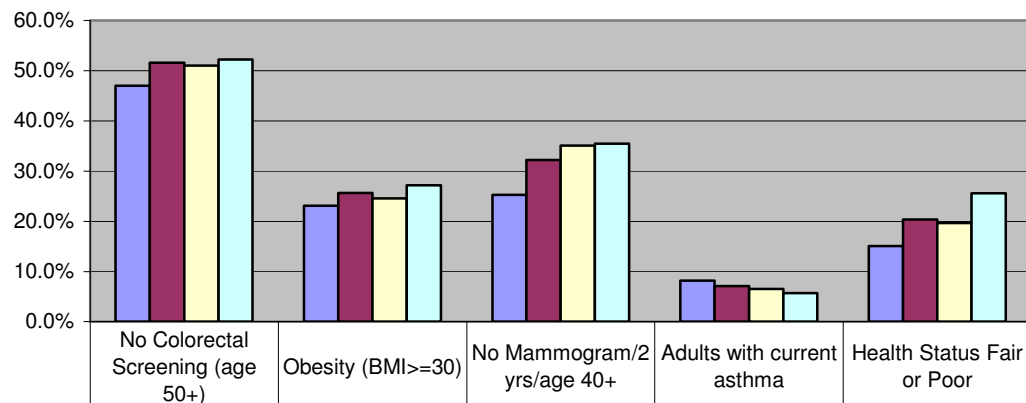
Source: Texas Health and Human Services Commission (both charts above)

Percentage of Adults Reporting Selected Health Risks, 2004



	Alcohol: Binge Drinking	Current Smoker	Diagnosed with Diabetes	No Health Insurance
■ U.S.	14.9%	20.8%	7.0%	14.8%
■ Texas	15.6%	20.4%	7.6%	26.7%
■ Dallas Metro. Division	14.5%	19.2%	5.5%	25.6%
■ Dallas Co.	16.5%	20.8%	6.5%	28.8%

Percentage of Adults Reporting Selected Health Risks, 2004



	No Colorectal Screening (age 50+)	Obesity (BMI >=30)	No Mammogram/2 yrs/age 40+	Adults with current asthma	Health Status Fair or Poor
■ U.S.	47.0%	23.1%	25.3%	8.2%	15.1%
■ Texas	51.6%	25.7%	32.2%	7.1%	20.4%
■ Dallas Metro. Division	51.0%	24.6%	35.1%	6.5%	19.7%
■ Dallas Co.	52.2%	27.2%	35.5%	5.7%	25.6%

Source: Centers for Disease Control, Behavioral Risk Factor Surveillance System (SMART BRFSS)

*Metropolitan Division includes Collin, Dallas, Delta, Denton, Ellis, Hunt, Kaufman, & Rockwall Counties.

Survey Definitions:

No Health Insurance—Percentage of adults reporting no health care coverage in the past year.

Current Smoking—Percentage of adults reporting having smoked at least 100 cigarettes in lifetime & currently smoking.

Obesity—Percentage of adults reporting Body Mass Index greater than or equal to 30.0.

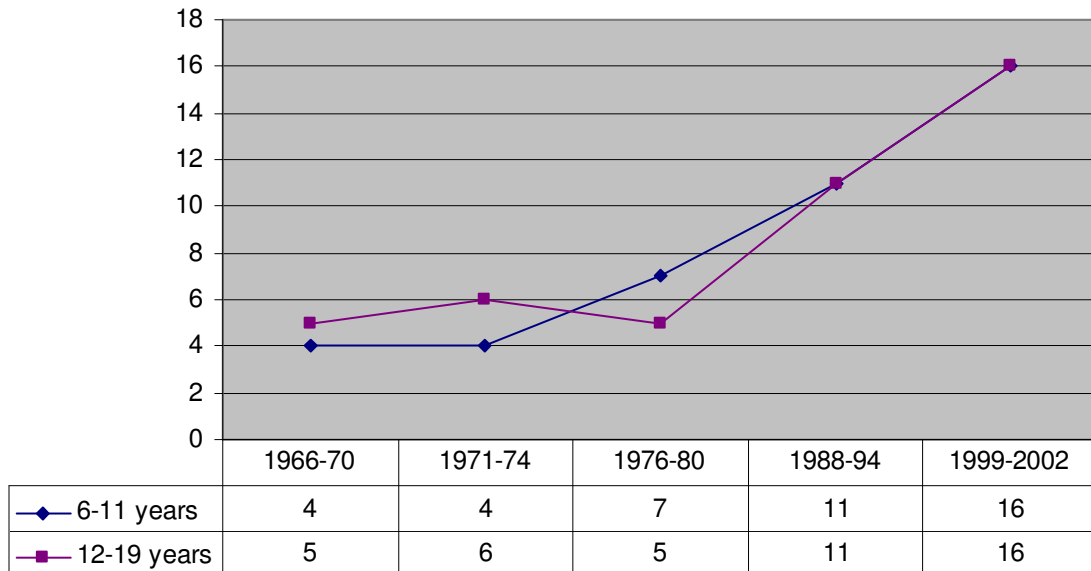
Diabetes—Percentage of adults told by doctor they have diabetes.

Colorectal Cancer Screening—% of adults 50 yrs. & over reporting having had sigmoidoscopy or colonoscopy exam.

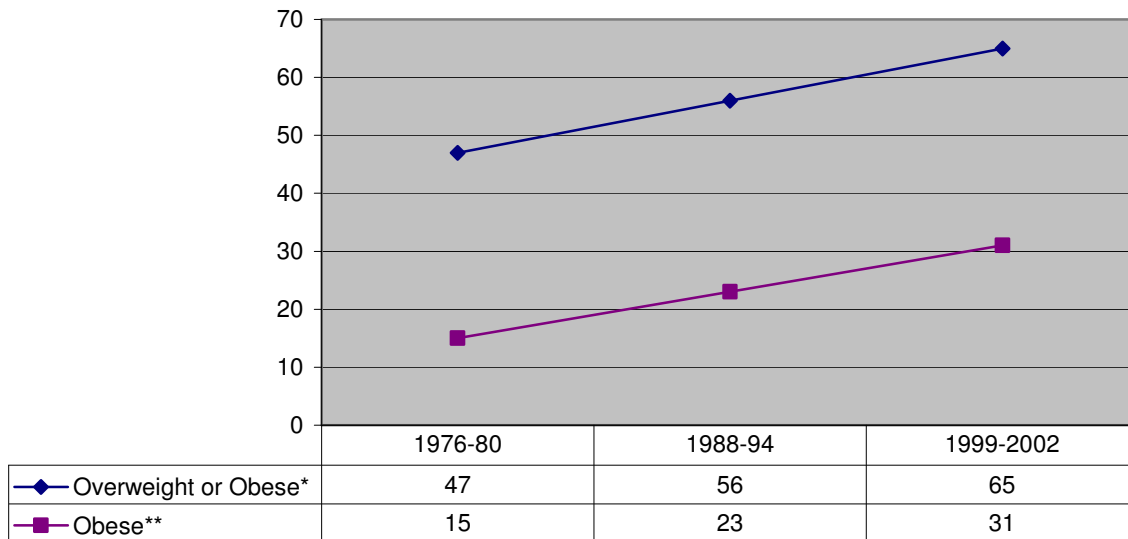
Binge Drinking—Percent of adults reporting having five or more drinks on an occasion, one or more times past month.

Health Status—Percentage of adults reporting general health as fair or poor.

Prevalence of Overweight among Children & Adolescents in the U.S. (percents)



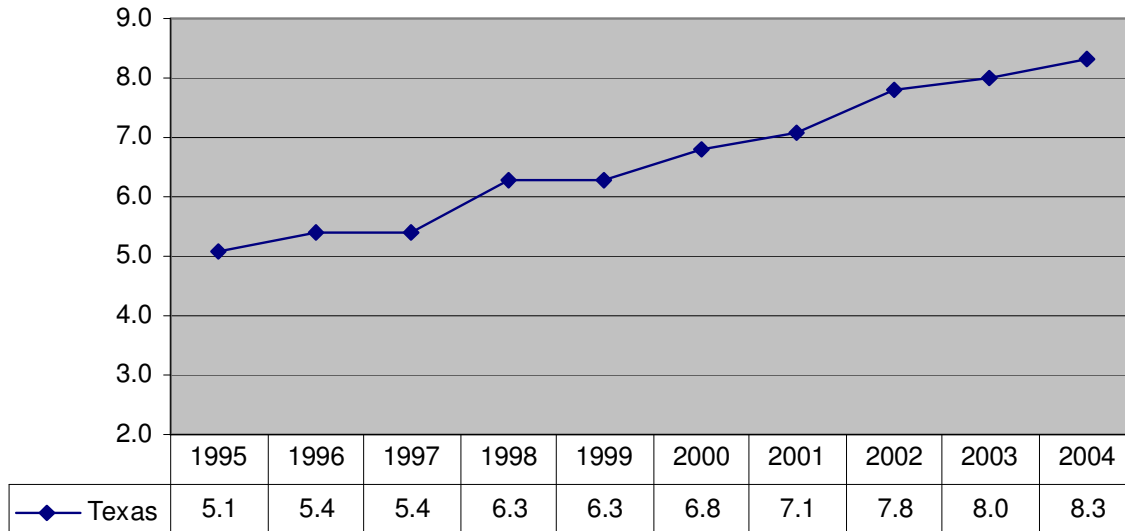
Age-adjusted Prevalence of Overweight & Obesity among U.S. Adults, Age 20-74 Years (percents)



Source: National Health & Nutrition Examination Survey (NHANES), Centers for Disease Control and Prevention

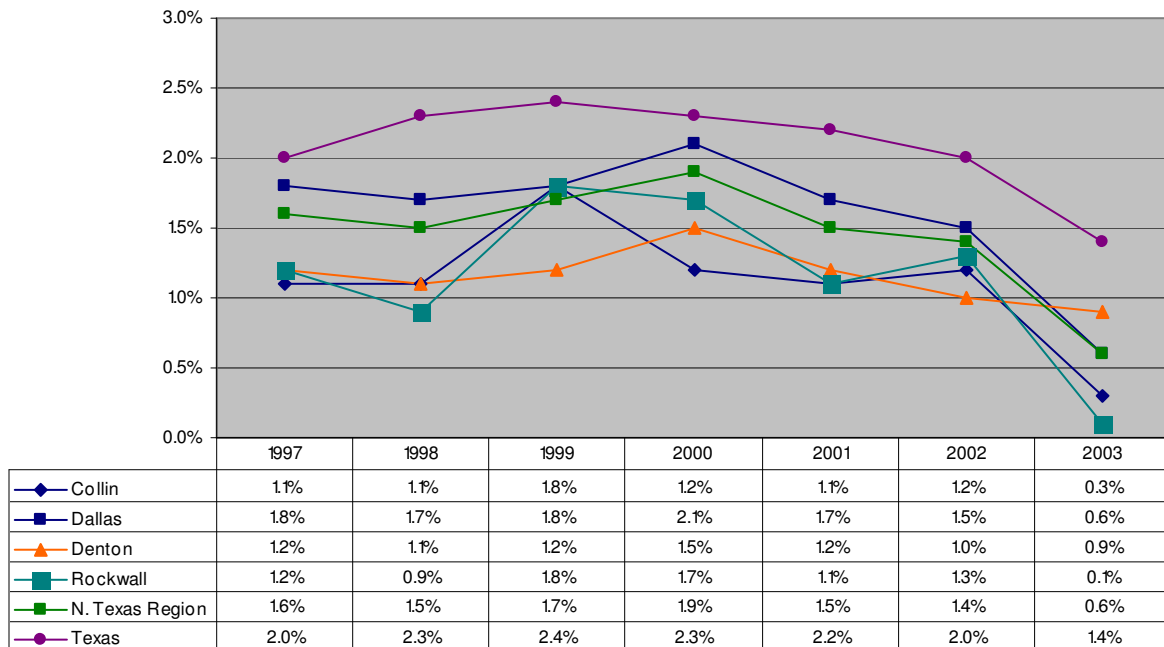
*Overweight defined as greater than or equal to 95th percentile of age- and sex- specific BMI

Prevalence of Diagnosed Diabetes per 100 Adult Population in Texas (age adusted rates)

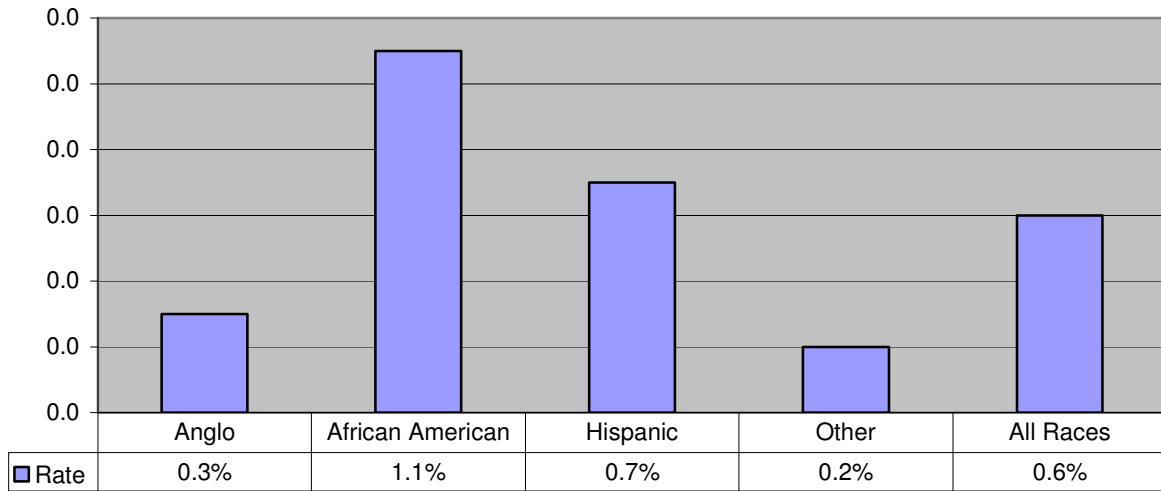


Source: Centers for Disease Control & Prevention; Diabetes Surveillance System

Percent of Births with No Prenatal Care

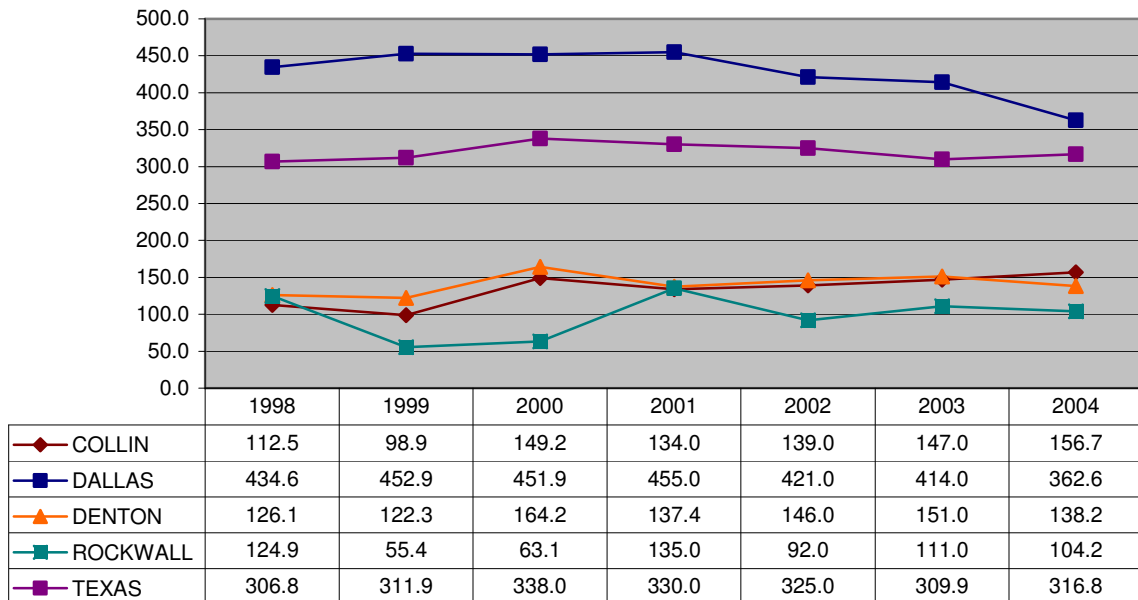


Births with No Prenatal Care in the UWMD service area, 2003 (percents)

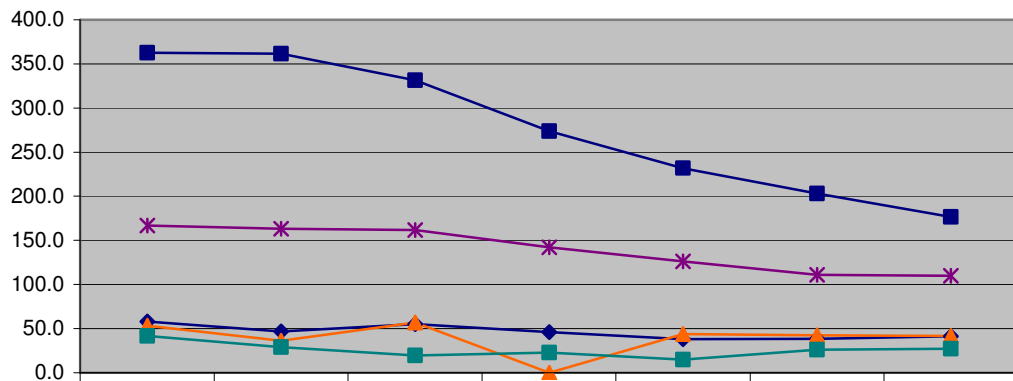


Source: Texas Department of State Health Services (both charts above)

Chlamydia Case Rates (rates per 100,000 persons)



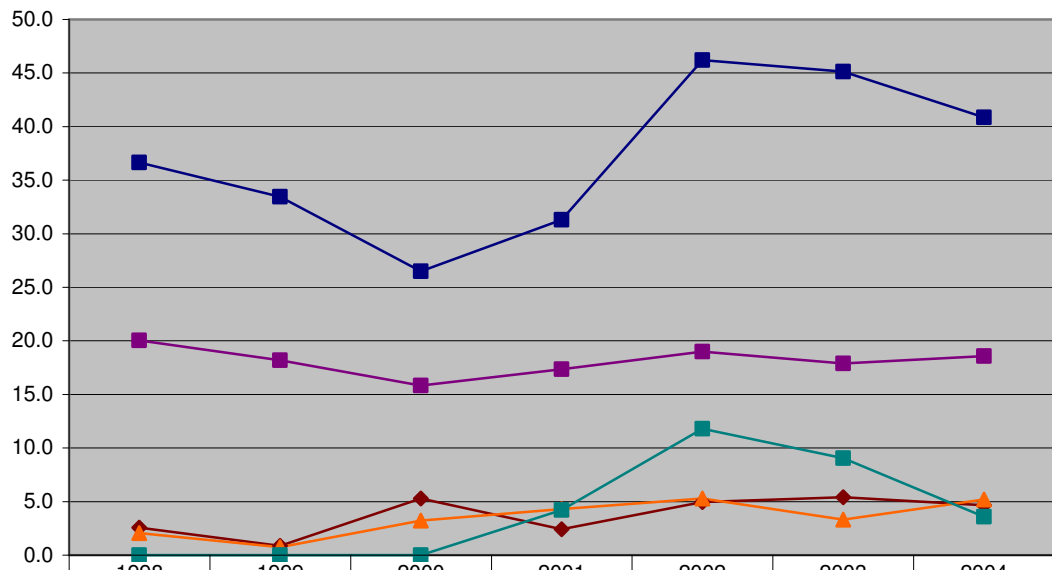
Gonorrhea Case Rates (rates per 100,000 persons)



	1998	1999	2000	2001	2002	2003	2004
COLLIN	58.0	46.6	55.2	46.0	38.0	38.4	41.2
DALLAS	362.7	361.7	331.4	274.0	232.0	203.0	176.5
DENTON	53.2	36.3	57.0	0.0	44.0	42.2	41.7
ROCKWALL	41.6	28.9	19.4	23.0	15.0	26.0	27.1
TEXAS	166.7	163.0	161.7	142.0	126.0	111.0	109.8

Source: Texas Department of State Health Services (both charts above)

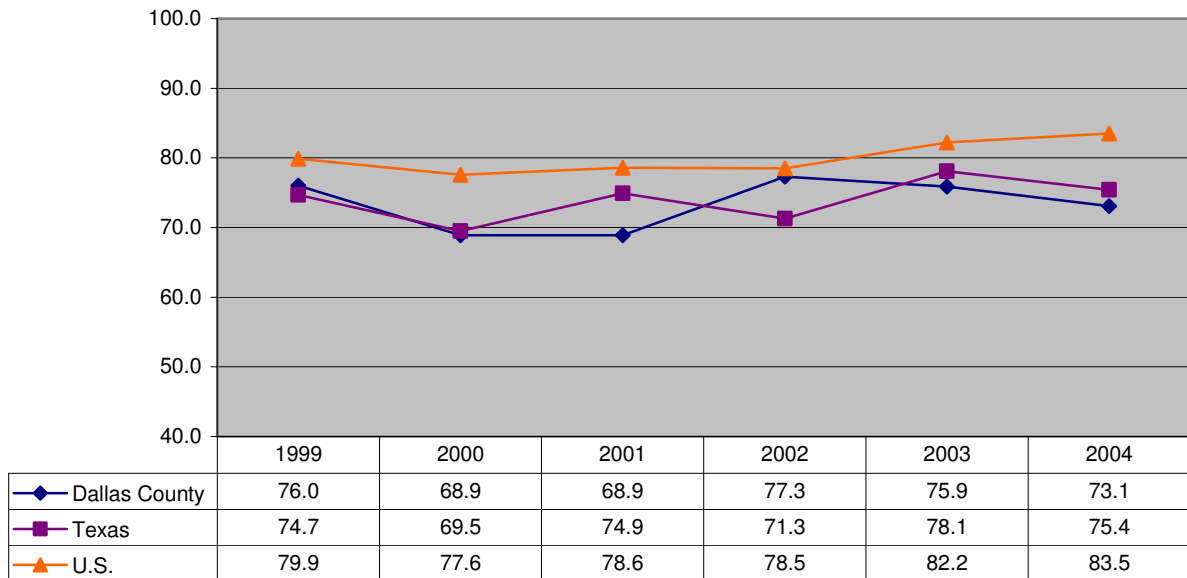
Syphilis Case Rates (rates per 100,000 persons)



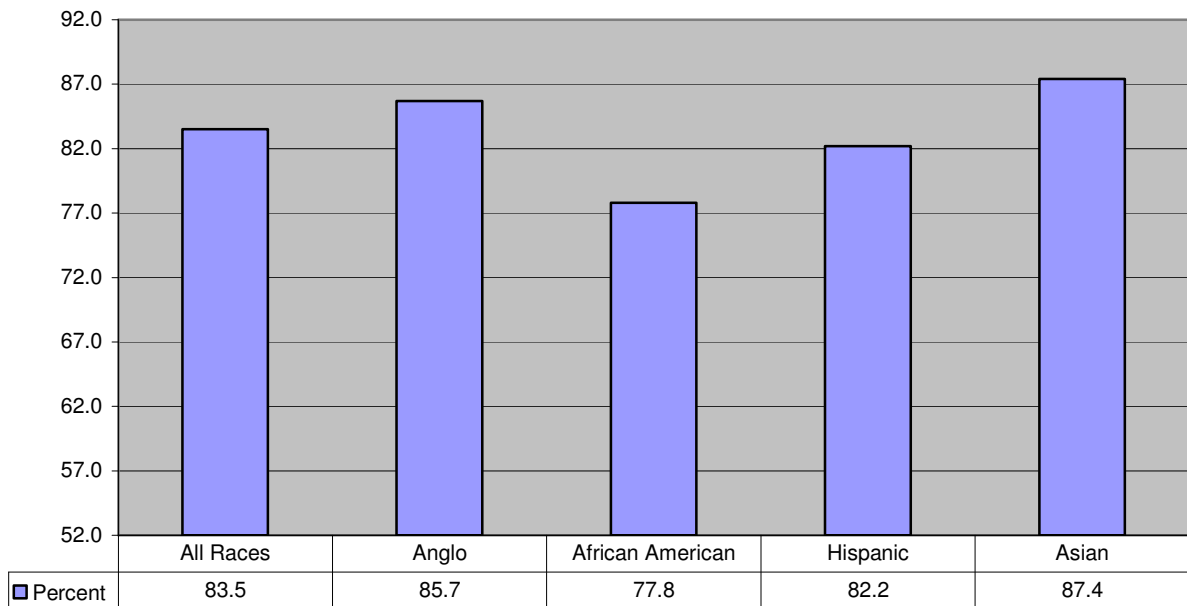
	1998	1999	2000	2001	2002	2003	2004
—◆— COLLIN	2.6	0.9	5.3	2.4	5.0	5.4	4.7
—■— DALLAS	36.6	33.4	26.5	31.3	46.2	45.1	40.9
—▲— DENTON	2.0	0.7	3.2	4.3	5.3	3.3	5.2
—■— ROCKWALL	0.0	0.0	0.0	4.2	11.8	9.1	3.6
—■— TEXAS	20.1	18.2	15.8	17.4	19.0	17.9	18.6

Source: Texas Department of State Health Services

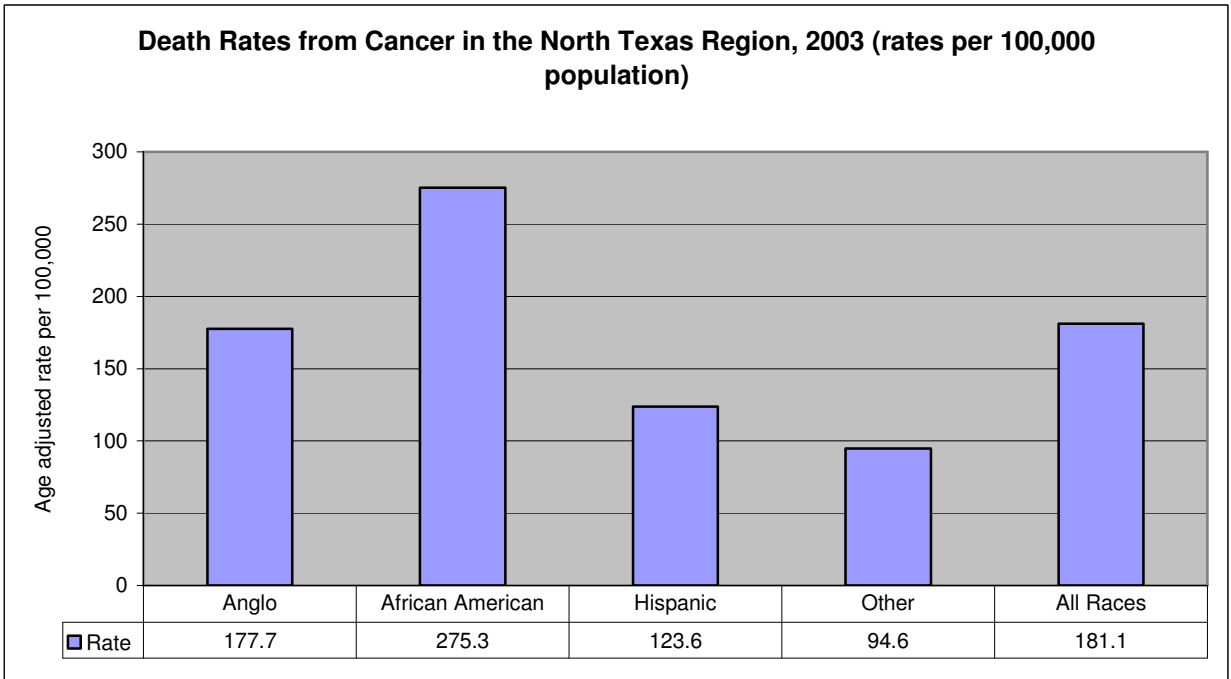
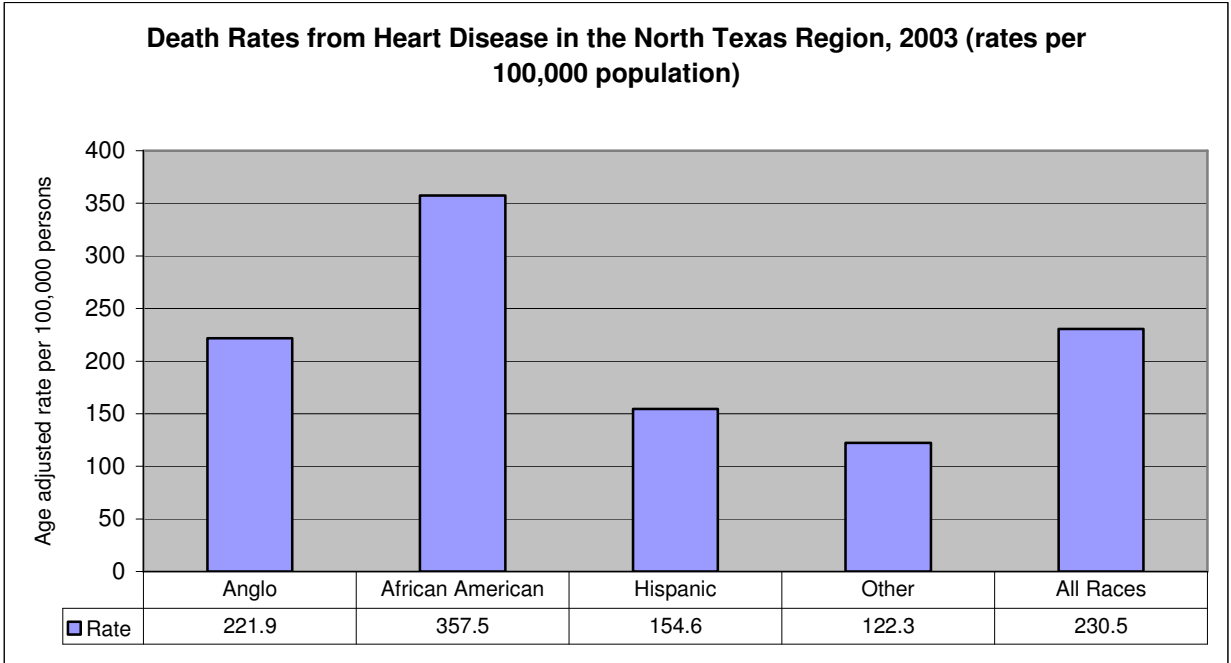
Estimated Immunization Rates--Children 19-35 months (percents)



Estimated Immunization Rates in the U.S.: Children 19-35 months, 2004

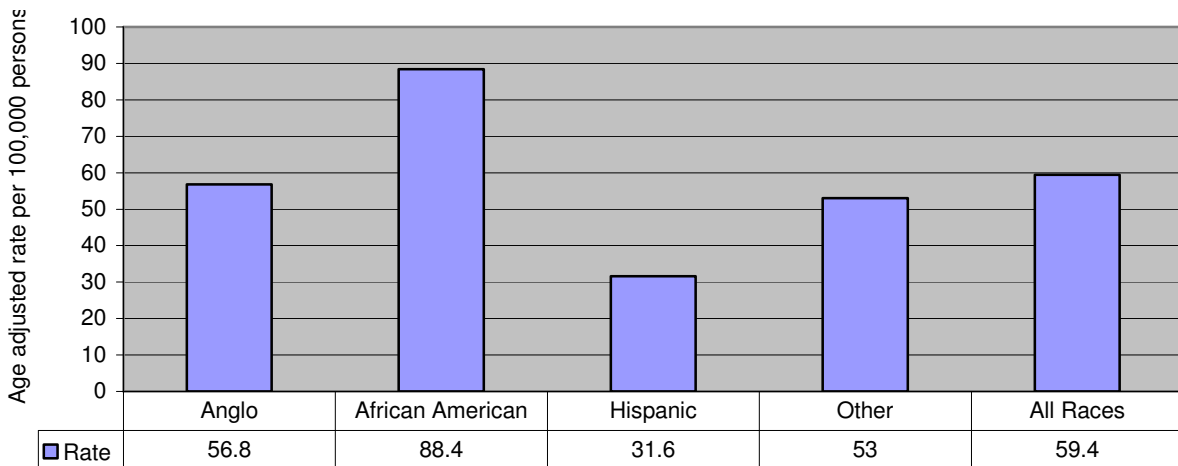


Source: Centers for Disease Control, National Immunization Survey (both charts above)
 4:3:1 = four or more doses of DTP, three or more of poliovirus, & one or more of MCV

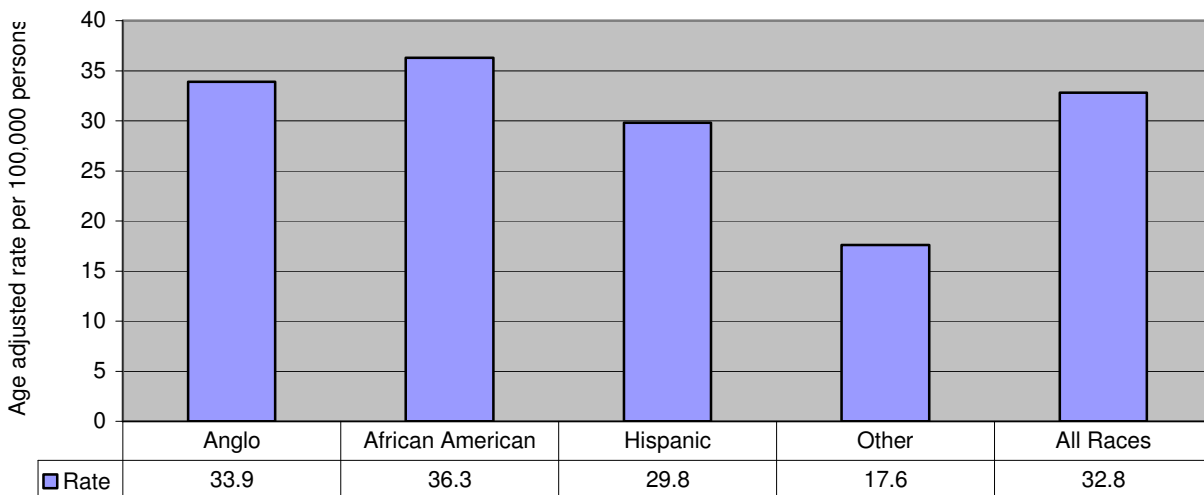


Source: Texas Department of State Health Services (both charts above)

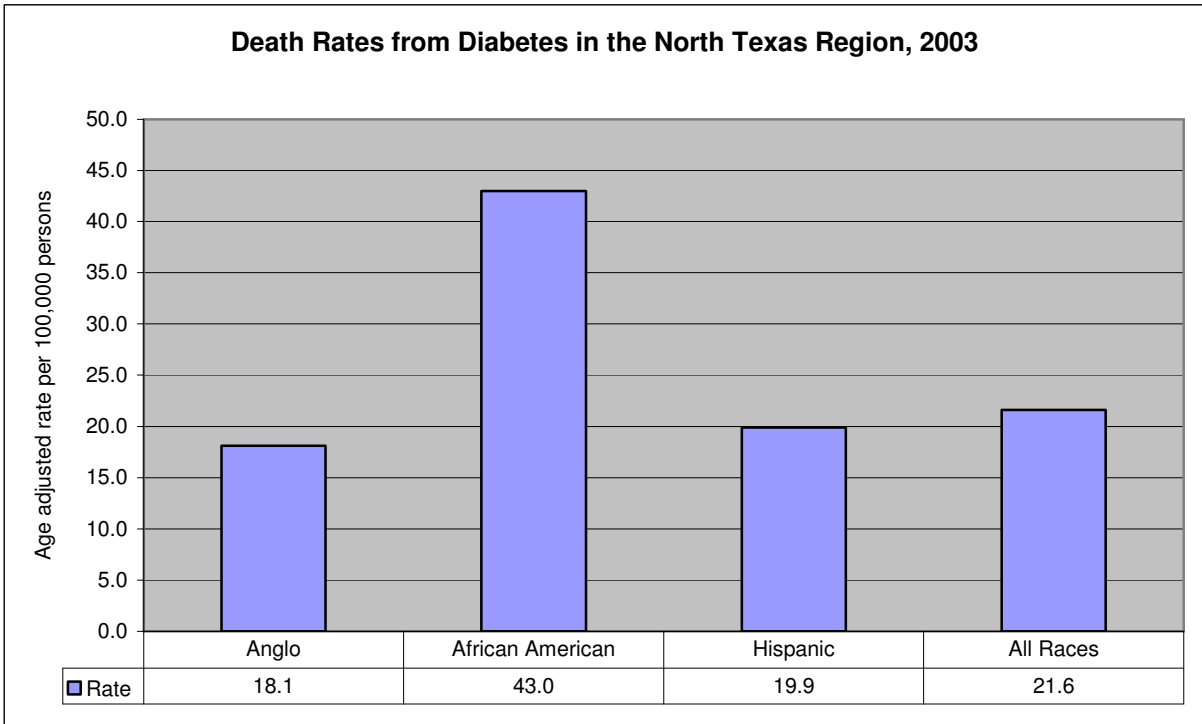
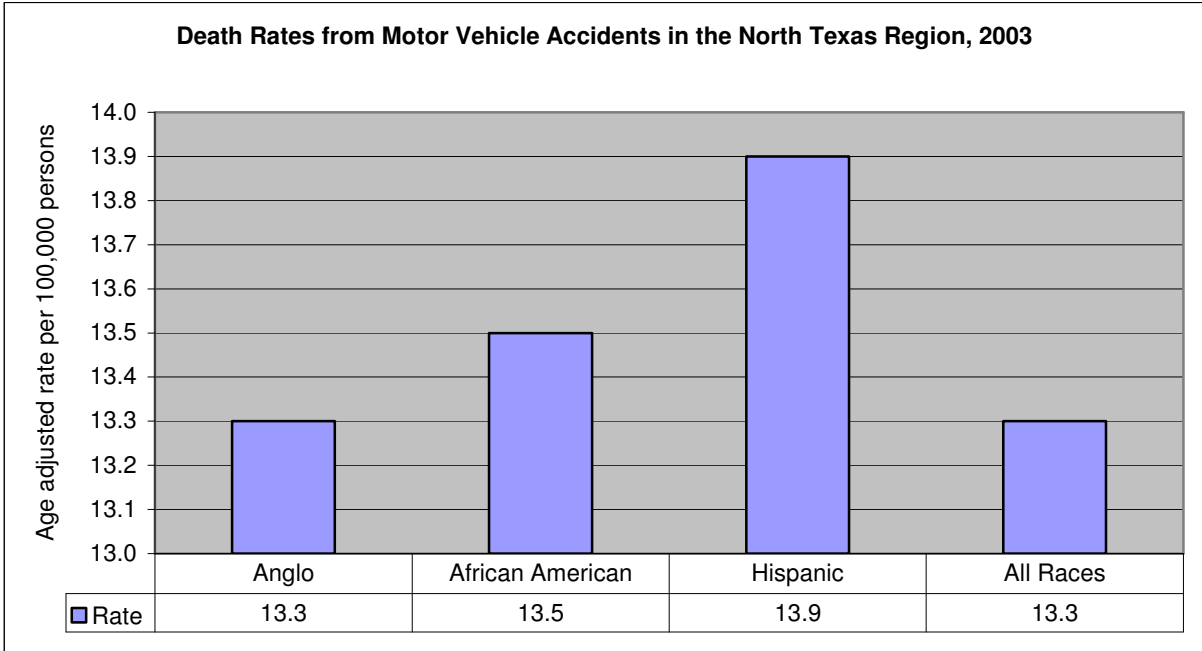
Death Rates from Cerebrovascular Diseases in the North Texas region, 2003



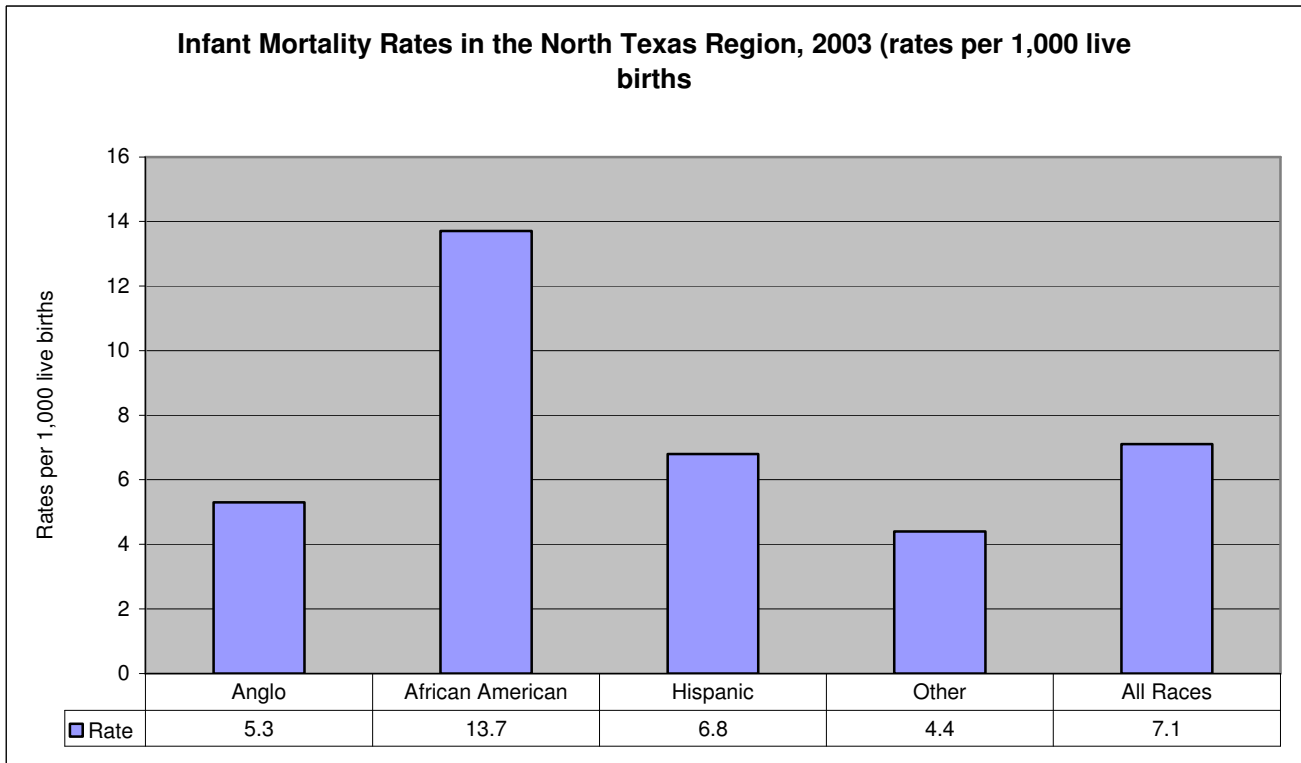
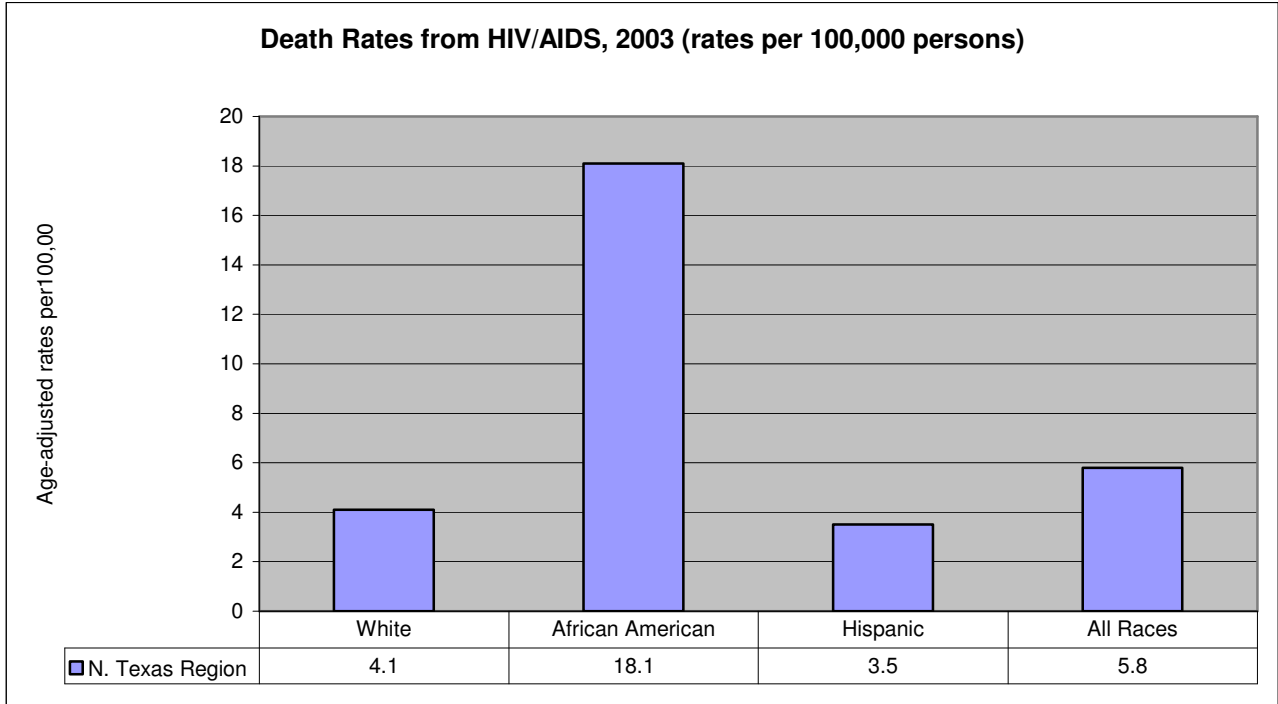
Death Rates from Accidents in the North Texas Region, 2003



Source: Texas Department of State Health Services (both charts above)



Source: Texas Department of State Health Services (both charts above)



Source: Texas Department of State Health Services (both charts above)