

How Healthy Are We?

Selected Measures for El Paso, Texas 2008



Author: Hector Reyes, Jr., MPH(c), BS

Co-authors:

Michael Hill, DHA(c), MPH, MPA, FACHE
Health Director

Bobby R. Jones, DVM, MPH, DACVPM
Deputy Director of Community Health

Sue Beatty, BS
Health Education & Training Manager

Yvonne Vasquez, MPH
Epidemiologist

Joanne Bates, MPA, MPH, CHES
Training Specialist

Editor:

Carolyn Life, BA, cjlif@knology.net

A special thanks go to:

*Randy Gutierrez, Health Education Specialist,
For assisting with editing*

*Martha Trejo, Graphics Technician,
for assisting with layout*

*Health Education & Promotion staff
for welcoming a Masters of Public Health Intern onto your team.*



Where Health Knows No Borders

JOHN COOK
MAYOR

JOYCE WILSON
CITY MANAGER

MICHAEL HILL
HEALTH DIRECTOR



CITY COUNCIL
ANN MORGAN LILLY, DISTRICT 1
SUSANNAH M. BYRD, DISTRICT 2
EMMA ACOSTA, DISTRICT 3
MELINA CASTRO, DISTRICT 4
RACHEL QUINTANA, DISTRICT 5
EDDIE HOLGUIN JR., DISTRICT 6
STEVE ORTEGA, DISTRICT 7
BETO O'ROURKE, DISTRICT 8

DEPARTMENT OF PUBLIC HEALTH

The mission of the City of El Paso Department of Public Health (DPH) is to promote, ensure and improve the health and wellness of El Paso County residents.

The City of El Paso Department of Public Health (DPH) has contractual agreements with the County and five municipalities within the County (Anthony, Clint, Horizon, Socorro and Vinton).



Administrative Office:
City of El Paso Department of Public Health
5115 El Paso Drive, El Paso, TX 79905
Tel.: (915) 771-5702
Fax: (915) 771-5729

You may obtain a copy of *How Healthy Are We? Selected Health Measures for El Paso, Texas 2008* at www.elpasotexas.gov/health



Where Health Knows No Borders

Table of Contents

EXECUTIVE SUMMARY	i
INTRODUCTION	1
BACKGROUND	2
DEMOGRAPHICS	3
METHODS	8
RESULTS	9
ACCESS TO QUALITY HEALTH SERVICES	
<i>Health Insurance Coverage</i>	10
CANCER	
<i>Overall Cancer Mortality</i>	12
<i>Lung Cancer Mortality</i>	14
<i>Female Breast Cancer Mortality</i>	16
DIABETES	
<i>Prevalence</i>	18
ENVIRONMENTAL HEALTH	
<i>Elevated Lead Levels in Children</i>	20
HEART DISEASE AND STROKE	
<i>Coronary Heart Disease Mortality</i>	22
<i>Stroke Mortality</i>	24
IMMUNIZATION AND INFECTIOUS DISEASES	
<i>Immunizations Rate</i>	26
<i>Hepatitis A</i>	28
<i>Pertussis (Whooping Cough)</i>	30
MATERNAL, INFANT, AND CHILD HEALTH	
<i>Perinatal Mortality</i>	32
<i>Fetal Mortality</i>	34
<i>All Infant Mortality</i>	36
<i>Neonatal Mortality</i>	38
<i>Post-neonatal Mortality</i>	40
<i>Prenatal Care</i>	42
<i>Low Birth Weight</i>	44
<i>Preterm Births</i>	46
NUTRITION AND OVERWEIGHT	
<i>Adult Obesity</i>	48
RESPIRATORY DISEASES	
<i>Tuberculosis</i>	50
TOBACCO USE	
<i>Adult Tobacco Use</i>	52
ADDITIONAL OBJECTIVES	
<i>Births to Teen Mothers</i>	54
<i>Adult Asthma</i>	56
SUMMARY	58
REFERENCES	64

Executive Summary

The City of El Paso Department of Public Health promotes, ensures, and improves the health and well being of the community. El Paso, Texas, is located along the border between New Mexico and Texas and serves as the international boundary of the United States and Mexico.

Health, however, has no borders. El Paso has a unique public health situation because it shares immediate geographical proximity to Ciudad Juárez, Chihuahua, Mexico, and has a high percentage of Hispanics. El Paso is a bi-national metropolis, one of the largest in the Americas. Monitoring health is vital in preventing disease and essential in agenda setting, policy making, health promotion, and education.

Healthy People 2010, a national agenda for selected health issues, sets the framework for local, state, and federal public health efforts. To establish this framework, we have evaluated the most current, readily available data taken from various epidemiological information infrastructures.

This effort has several goals. First, we have prepared a document to inform, educate, and empower the community with respect to local, state, and federal health measures. This document compares El Paso's health indices to similar Texas Border Counties along the 2,000 mile U.S. – Mexico border. Second, we have assessed El Paso, relative to the Healthy People 2010 objectives. Third, we anticipate that the report will serve as a resource for public health professionals, policy makers, and the community.

Introduction

The City of El Paso Department of Public Health (DPH) has the mission to promote, ensure, and improve the health and wellness of El Paso County residents. The department has contractual agreements with the County and five municipalities (Anthony, Clint, Horizon, Socorro and Vinton) within the County. The DPH has an annual operating budget of more than \$22 million, with state, federal, and private grants funding approximately half that amount. The DPH works in partnership with various multi-sector entities at local, regional, state, national, and international levels to effectively safeguard the public's health. El Paso County's strategic location provides a seamless border between the state of New Mexico and Ciudad Juárez, Chihuahua, Mexico. This location creates unique health-related exposure risks that require a distinct approach to health monitoring and surveillance efforts.

The first of its kind for the El Paso community, this document provides a close look at the health of our community by comparing El Paso to other regions of Texas and those along the U.S. border of Mexico. It does not address every health issue, but serves as a starting point for the DPH as we move forward to protect the health of El Paso. Our hope is that the information will be used to inspire additional research, to pursue funding for health initiatives, to educate the public, and to serve as a resource for anyone with interests in the health field.

Background

Healthy People 2010 (HP 2010) is a set of national health objectives released in 2000 to assess progress during a 10-year period. The framework set forth in these objectives made possible the unification and creation of local, state, and federal health efforts. Healthy People 2010 was preceded by two manuscripts—*Promoting Health/Preventing Disease: Objectives for the Nation* and *Healthy People 2000: National Health Promotion and Disease Prevention Objectives*, written in 1980 and 1990, respectively. The first goal of HP 2010 is to increase people's quality of life and age span by promoting healthy living. Second, HP 2010 seeks to eliminate health disparities. The specific health objectives are grouped into 28 focus areas.

Healthy People 2010 influenced the creation of Healthy Border 2010, a United States and Mexico coalition, whose aim is health promotion and disease prevention. Objectives pertain to communities located within 62 miles (north or south) of the U.S. – Mexico Border. The program provides a foundation for bi-national public health efforts. Healthy Border 2010 builds upon the guiding principles established in HP 2010. In addition, it identifies the uniqueness of the U.S. – Mexico Border and sets realistic, relevant goals on both sides of the border.

The current document, *How Healthy Are We? Selected Health Measures for El Paso, Texas 2008*, evaluates the progress toward goals set forth by HP 2010. Twenty-two health measures are evaluated across ten different HP 2010 focus areas. Two additional health conditions have been added for a total of 24 selected health measures.

How Healthy Are We? Selected Health Measures for El Paso, Texas 2008 considers the distinctiveness of the U.S. – Mexico Border as proposed by Healthy Border 2010 and evaluates various communities located along the U.S. – Mexico Border as well as non-border communities. The current document evaluates border counties such as El Paso County against HP 2010 objectives, Texas border and non-border counties, and non-Texas border counties. Comparisons across various geographical locations contribute to the understanding of the public health situation of El Paso County.

Demographics

Counties

El Paso County, Texas, differs demographically from other major U.S. cities. To help establish the uniqueness of the public health situation in El Paso, selected health measures were evaluated and compared with national, state, and local statistics. United States – Mexico border states included Arizona, California, New Mexico, and Texas. The Texas border counties included El Paso, Cameron, Hidalgo, Starr, and Webb. Non-border counties included Bexar, Dallas, Harris, Tarrant, and Travis. Non-Texas border counties included Pima and Yuma, Arizona; San Diego and Imperial, California; and Dona Ana, New Mexico.

Hispanic Population

Approximately 6.6 million people live in 48 U.S. counties located along the U.S. – Mexico border, according to Healthy Border 2010. Most residents, however, are concentrated in large urban communities such as San Diego, California; Pima, Arizona; and El Paso, Texas. The border population is young and Hispanic. In 2000, Hispanics composed 50 percent of the border population, compared to only 12.5 percent of the population of the United States. Today, Hispanics make up 14.7 percent of the U.S. population. Hispanics residing along the border are usually of Mexican ancestry.

Figure 1 compares the percentage of Hispanics in various Texas border and non-border counties. Higher percentages of Hispanics are usually found in Texas border counties such as El Paso County.

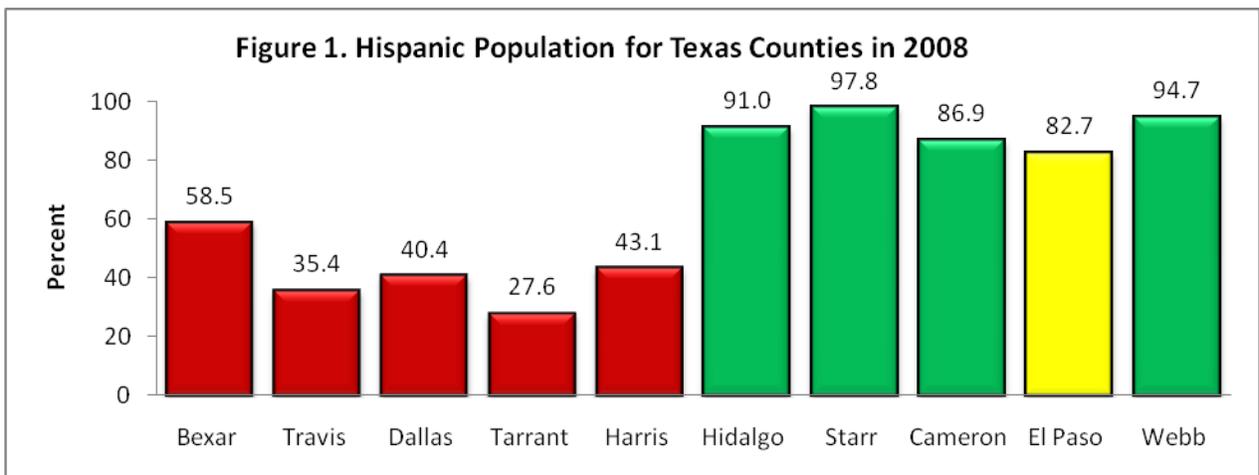


Figure 1. Texas border counties (green) had a higher percentage of Hispanics than non-border counties (red) in 2008. Source: U.S. Bureau of Labor Statistics, 2008.

Socioeconomic Indicators

Table 1 provides socioeconomic indicators for U.S. – Mexico border states and the United States in 2007. Compared to border states and the United States, Texas had the second-lowest per-capita income and the second-highest poverty level. New Mexico ranked lowest for per-capita income and highest in poverty level. The differences among state socioeconomic indicators for U.S. – Mexico border states are relatively small and mimic federal socioeconomic characteristics.

Table 1. Socioeconomic Indicators for U.S. – Mexico Border States and the United States, 2007

State	Hispanic by Percent	Per-Capita Income	Individuals Below the Poverty Level
Arizona	29.0%	\$24,110	14.2%
California	35.7%	\$26,974	13.1%
<i>Texas</i>	<i>35.5%</i>	<i>\$22,501</i>	<i>15.2%</i>
New Mexico	44.1%	\$20,913	18.5%
United States	15.0%	\$25,267	13.3%

Table 1. Texas had the second-lowest per capita income and the second-highest poverty level of the U.S. – Mexico border states in 2007. New Mexico was first for both socioeconomic indicators. Source: U.S. Bureau of Labor Statistics, 2007; U.S. Census Bureau, 2007.

Figure 2 exhibits annual per-capita income for Texas counties, Texas, and the United States in 2007. El Paso ranked lower than Texas non-border counties, Texas, and the United States, but higher than Texas border counties for average annual per-capita income.

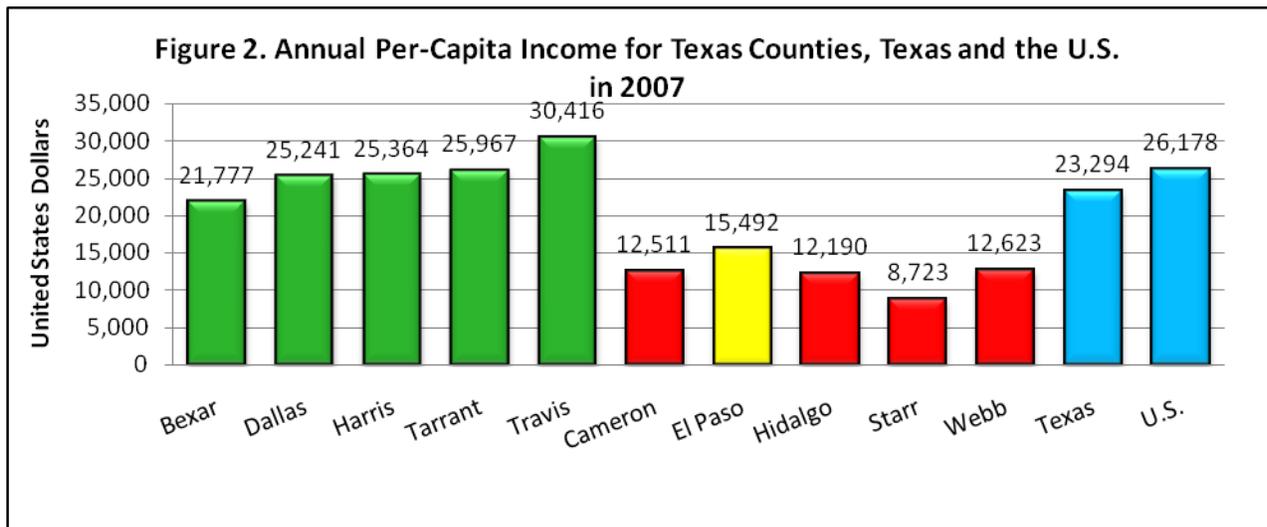


Figure 2. Border counties are in green and non-border counties are in red. State and National statistics are in blue. El Paso County had a per-capita income less than Texas and the United States in 2007. Source: U.S. Bureau of Labor Statistics, 2007.

Poverty Level

Compared to Texas non-border counties, Texas, and the United States in 2007, El Paso County had a higher percentage of individuals living below the federal poverty level. However, compared to Texas border counties, El Paso County had the lowest percentage of individuals living below the federal poverty level, as seen in figure 3.

Texas had a higher poverty rate than the United States. Some of the poorest counties in the United States lie along the border. Healthy Border 2010 states that 19 percent of U.S. border residents live below the poverty level, compared to 13 percent of all U.S. residents. Limited land-use restrictions, socioeconomic hardships, and a desire for home ownership have contributed to the development of dilapidated housing communities called *colonias*. *Colonias* are often substandard housing structures, lacking running water and public sewer systems.

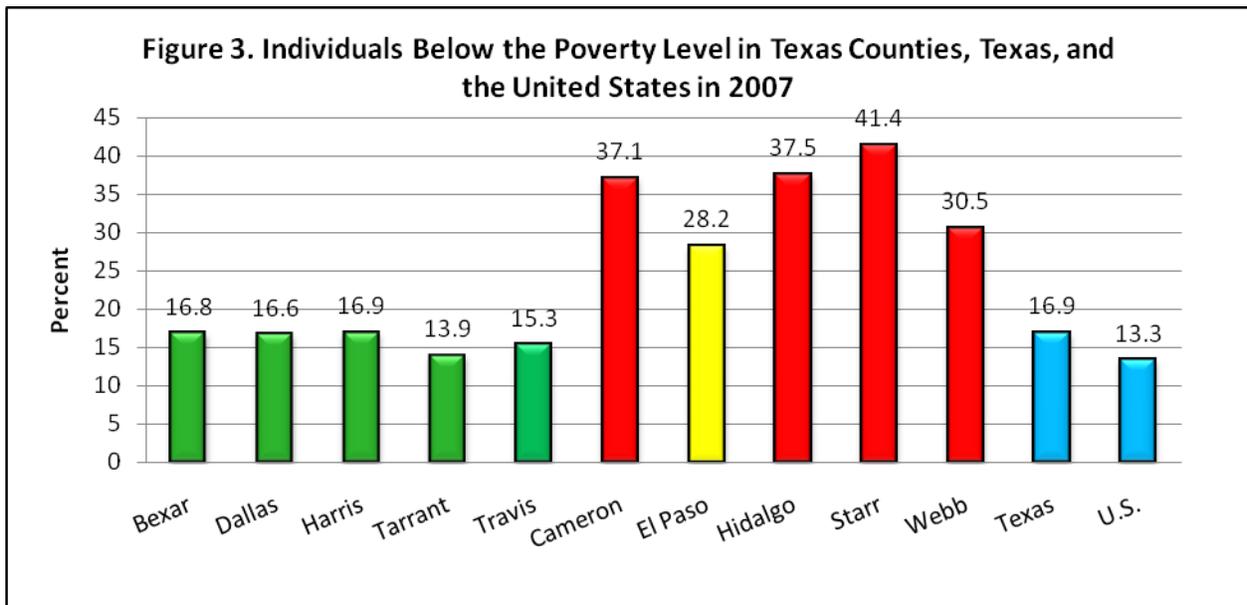


Figure 3. El Paso County had more than twice the national rate of individuals living below the federal poverty level in 2007. Source: U.S. Census Bureau, 2007.

Non-Texas Border Counties

El Paso County had the highest percentage of Hispanics and individuals living below the poverty level when compared to non-Texas border counties. Of the non-Texas border counties included for comparisons, Imperial, California was the only county to rank lower than El Paso, Texas, for average annual per-capita income.

In 2007, San Diego, California, had the highest average annual per-capita income of all non-Texas border counties and higher than the United States. Although the largest border county in the United States, San Diego does not exhibit the socioeconomic characteristics and disparities that Texas border counties do. For example, San Diego County had a smaller percentage of individuals living in poverty when compared to both El Paso County and the United States. El Paso County, on the other hand, had the highest poverty level, reflected in table 2, and was higher than that of San Diego and the United States combined.

Table 2. Socioeconomic Indicators for Non-Texas Border Counties in 2007

Location	Hispanic or Latino	Per Capita Income	Individuals Below the Poverty Level
Pima, Arizona	32.3%	\$24,144	15.1%
Yuma, Arizona	55.0%	\$18,318	18.5%
Imperial, California	75.5%	\$15,231	20.5%
San Diego, California	29.9%	\$29,685	11.3%
Dona Ana, New Mexico	64.6%	\$16,479	25.0%
<i>El Paso, Texas</i>	<i>81.3%</i>	<i>\$15,492</i>	<i>28.2%</i>
United States	14.7%	\$25,267	13.3%

Table 2. El Paso County had the highest percentage of Hispanics and individuals living below the poverty level in comparison to non-Texas border counties in 2007. Source: U.S. Bureau of Labor Statistics 2007.

El Paso County

According to the U.S. Census Bureau (2007), the average age in El Paso County is 31 years. More than 80 percent of the population is Hispanic, as seen in figure 4, and the median annual household income is about \$34,000, far below the national average of \$50,000. About 69 percent of the population 25 years and older have completed a high school education or higher as compared to 84 percent of the U.S. population. An estimated 18 percent of adults 25 and older have completed a bachelor's degree or higher, compared to 27 percent of the U.S. population.

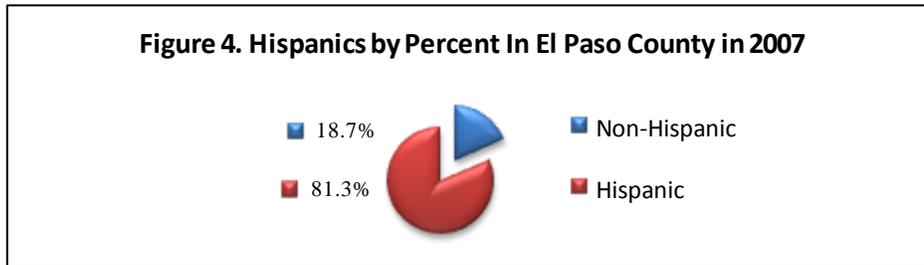


Figure 4. El Paso has a large percentage of Hispanics. Source: U.S. Census Bureau, 2007.

El Paso County parallels the economic situation seen in many border communities. Border health may be a reflection of the socioeconomic disparities found in this unique population. Border populations are at risk for chronic and communicable diseases such as diabetes and hepatitis A. With a low per-capita income and high poverty levels, healthcare access among border communities is difficult and complicated. Health and social disparities at the county level are masked by collective state statistics. Considering border counties individually is important to identifying the magnitude and quality of public health.

Methods

The current document provides a snapshot of the most readily available health data for comparisons across various locations in reference to Healthy People 2010 (HP 2010) objectives. The focus of this effort was to provide health statistics that are easy to understand and relevant to different areas of public health.

Selected HP 2010 objectives were selected on their relevance to El Paso, Texas. Data was acquired from federal and state online, interactive query systems or epidemiological publications available to the public. The Centers for Disease Control and Prevention (CDC) provides systems such as Wide-ranging Online Data for Epidemiologic Research (WONDER) and the Behavioral Risk Factor Surveillance System (BRFSS). These systems present data obtained from birth and death certificates, medical records, and telephone surveys. Online data queries and written publications were also obtained from state departments of public health. For example, the Texas Department of State Health Services provides an interactive query system under the direction of the Center for Health Statistics and annual publications such as the *Epidemiology in Texas Annual Report 2006*.

All data in this document is accessible to the public and is presented here in an easily read and understood format. Data was not available for all counties across different health conditions. Missing data is acknowledged in the current document when appropriate. Data identified by the reporting source as not statistically significant was also acknowledged when necessary.

Statistics derived from telephone surveys may be underreported in counties where *colonias* exist because many residents do not have home telephones. *Colonias* are present in El Paso, Texas, and in many other counties along the U.S. – Mexico Border. Readers must use caution in drawing conclusions from comparisons where underestimation is possible.

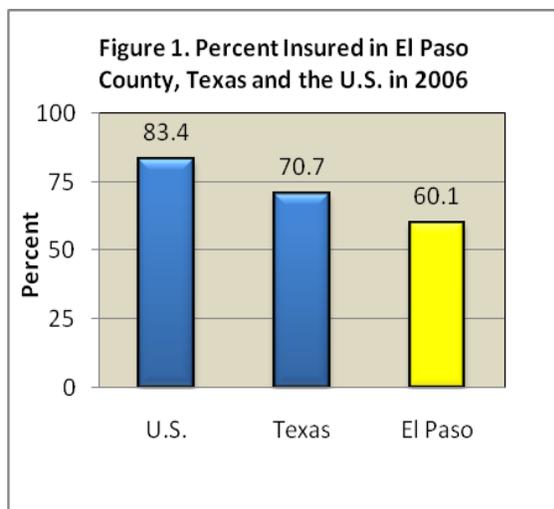
Results

Health Care Coverage¹

Healthy People 2010 Objective: 100.0 Percent

National

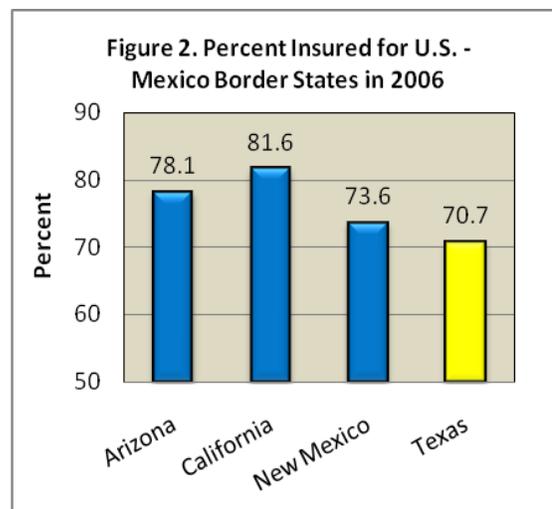
El Paso County had a lower percentage of insured residents when compared to the United States and Texas in 2006.



Source: CDC BRFSS, 2006

State

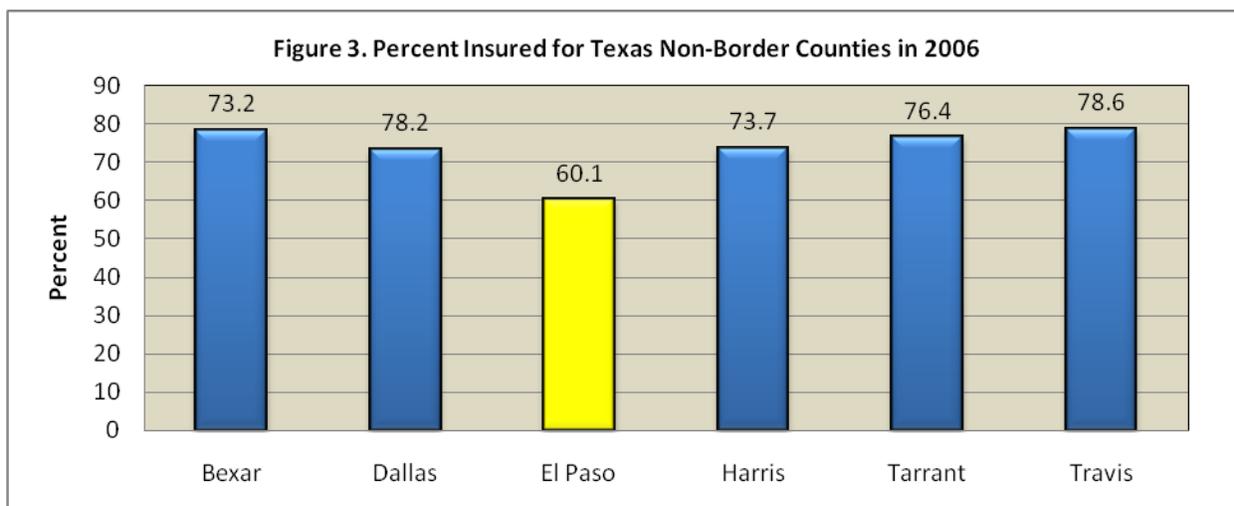
Texas had the lowest percentage of insured residents when compared to all U.S. – Mexico Border States in 2006.



Source: CDC BRFSS, 2006

Texas Non-Border Counties

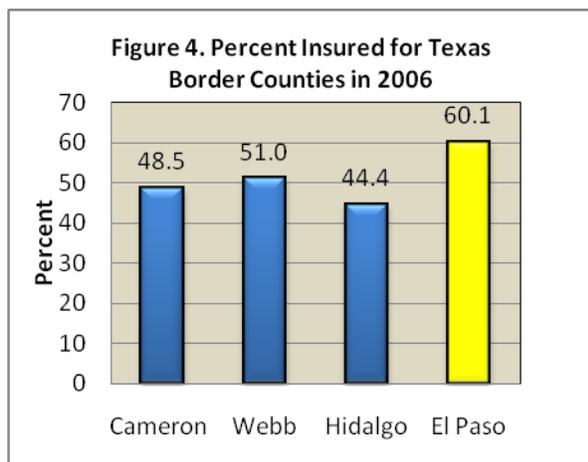
El Paso County had the lowest percentage of insured residents when compared to the Texas Non-Border Counties in 2006.



Source: CDC BRFSS, 2006

Texas Border Counties

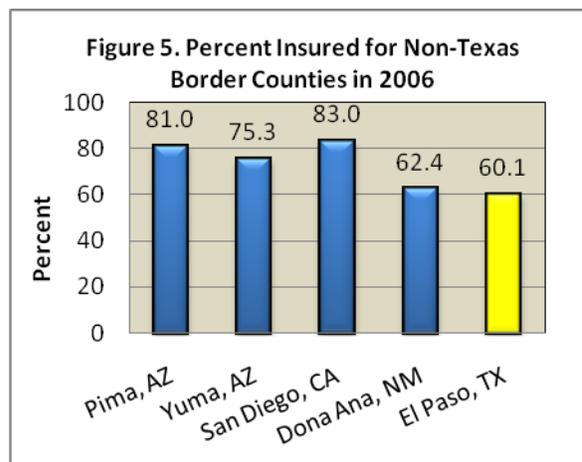
El Paso County had the highest percentage of insured residents when compared to the Texas Border Counties in 2006².



Source: CDC BRFSS, 2006

Non-Texas Border Counties

El Paso County had the lowest percentage of insured residents when compared to the Non-Texas Border Counties in 2006³.



Source: CDC BRFSS, 2006

El Paso County	Healthy People Objective	Goal Met	Year
60.1 Percent	100.0 Percent	No	2006

¹Persons 18 to 64 years of age without health insurance

²Data for Starr, Texas was unavailable for figure 4.

³Data for Imperial, California was unavailable for figure 5.

Quick Facts

Consequences of Being Uninsured

- Less preventive care
- Advanced stages of disease at diagnosis

Advantages of Being Insured

- Reduce mortality rates for uninsured by 10 to 15 percent
- Improve potential annual earning and educational attainment

Source: *The Kaiser Commission on Medicaid and the Uninsured, 2008*

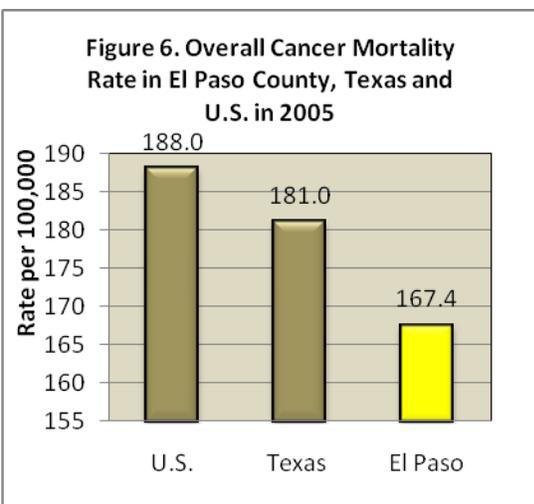


Overall Cancer Mortality¹

Healthy People 2010 Objective: 158.6 deaths per 100,000 people

National

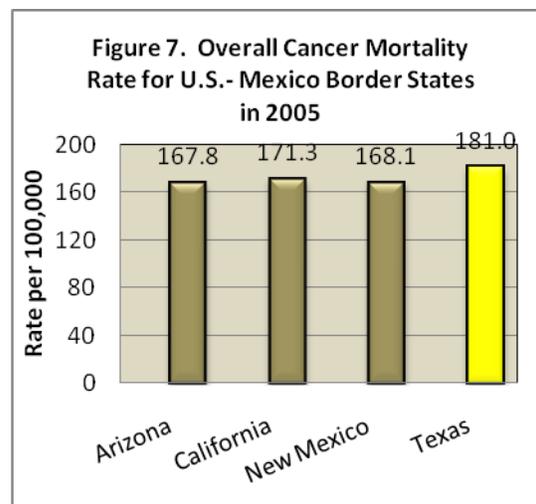
El Paso County had a lower overall cancer mortality rate than the United States and Texas in 2005.



Source: CDC Wonder, 2005

State

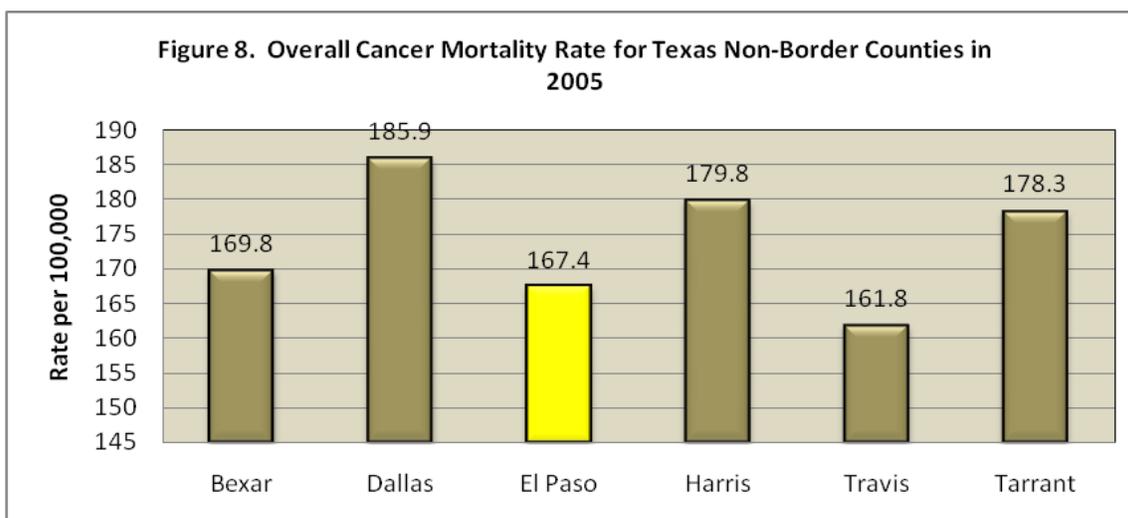
Texas had the highest overall cancer mortality rate of the Border States in 2005.



Source: CDC Wonder, 2005

Texas Non-Border Counties

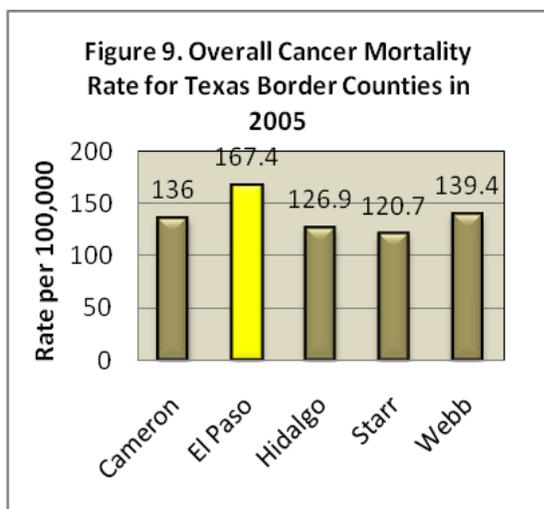
El Paso County had the second-lowest overall cancer mortality rate of the Texas Non-Border Counties in 2005. Travis County had the lowest.



Source: CDC Wonder, 2005

Texas Border Counties

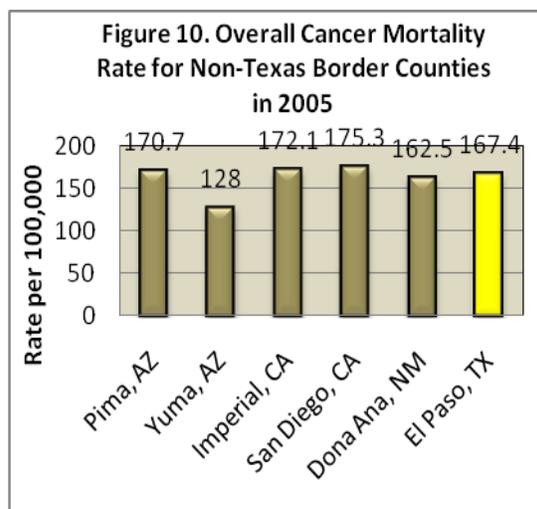
El Paso County had the highest overall cancer mortality rate of the Texas Border Counties in 2005.



Source: CDC Wonder, 2005

Non-Texas Border Counties

El Paso County had the third-lowest overall cancer mortality rate of the Non-Texas Border Counties in 2005.



Source: CDC Wonder, 2005

El Paso County	Healthy People Objective	Goal Met	Year
167.4	158.6	No	2005

¹Rate per 100,000 people

Cancer Prevention

- Avoid tobacco use and exposure
- Avoid ultraviolet ray exposure by using sunscreen
- Avoid cancer-causing agents
- Have regular physical medical exams
- Make healthy food choices

Source: Centers for Disease Control and Prevention, 2008

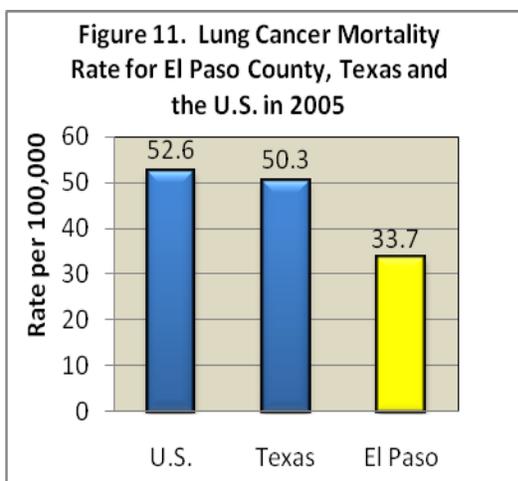


Lung Cancer Mortality¹

Healthy People 2010 Objective: 43.3 deaths per 100,000 people

National

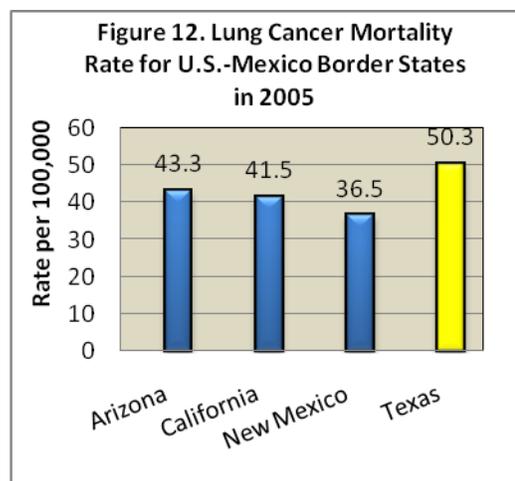
El Paso County had a lower lung cancer mortality rate than the United States and Texas in 2005.



Source: CDC Wonder, 2005

State

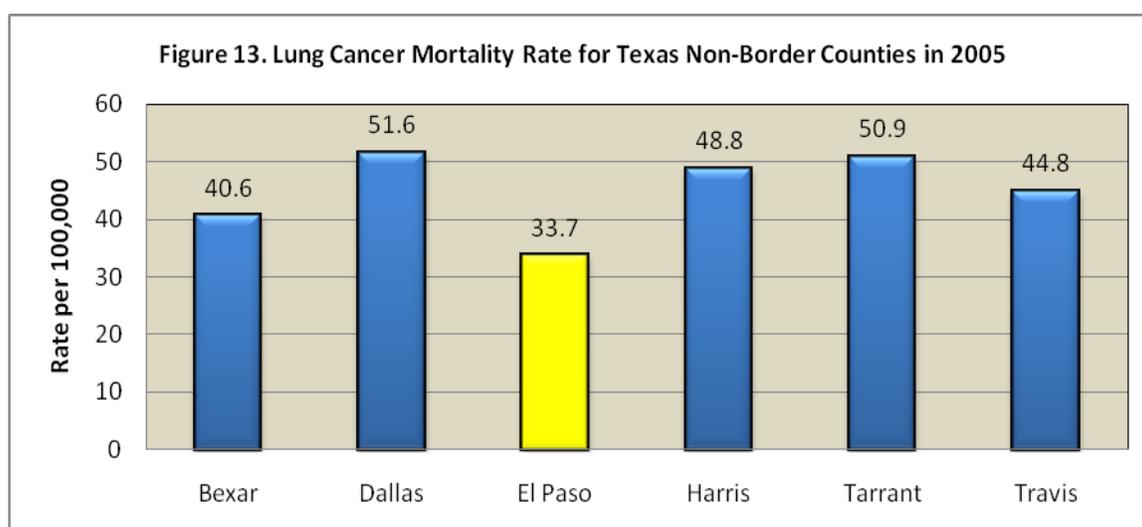
Texas had the highest lung cancer mortality rate of all Border States in 2005.



Source: CDC Wonder, 2005

Texas Non-Border Counties

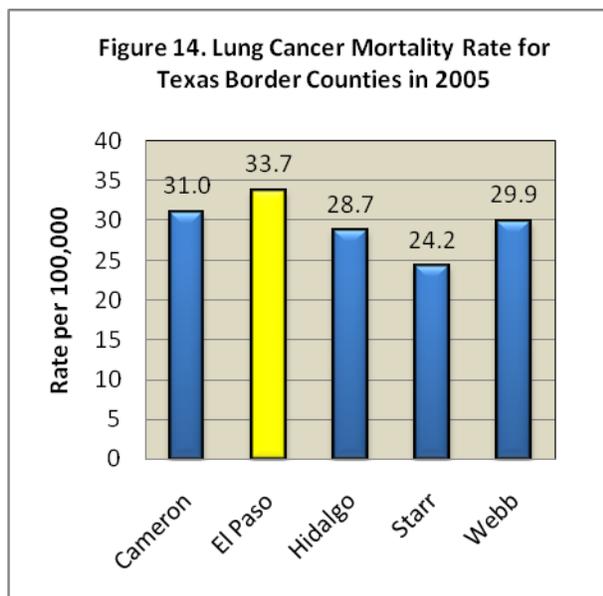
El Paso County in 2005 had a lower lung cancer mortality rate in comparison to all major Texas Non-Border Counties.



Source: CDC Wonder, 2005

Texas Border Counties

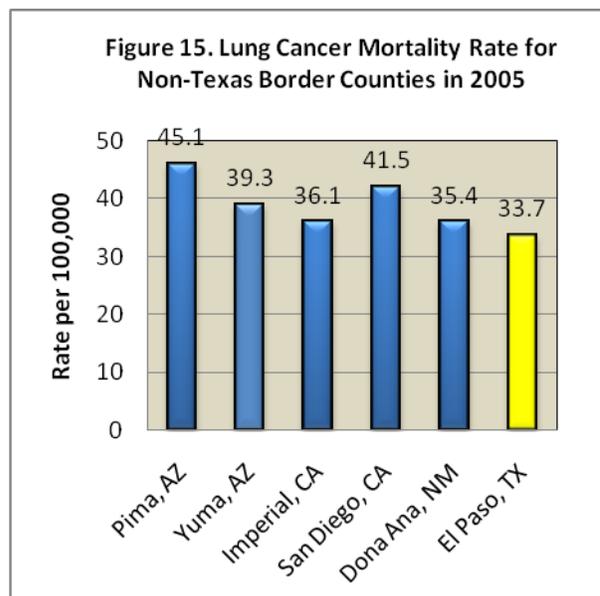
El Paso County had the highest lung cancer mortality rate of all major Texas Border Counties in 2005.



Source: CDC Wonder, 2005

Non-Texas Border Counties

Of all major Non-Texas Border Counties, El Paso had the lowest lung cancer mortality rate in 2005.



Source: CDC Wonder, 2005

El Paso County	Healthy People Objective	Goal Met	Year
33.7	43.3	Yes	2005

¹Rate per 100,000 people

Lung Cancer Prevention

- Avoid
 - Smoking tobacco products (cigarettes, cigars, hookahs, etc.)
 - Second-hand smoke
 - Cancer-causing agents such as asbestos, radon, arsenic, chromium, nickel, tar, and soot
 - Heavy alcohol drinking
- Eat a diet rich in fruits and vegetables
- Be physically active

Source: National Cancer Institute, 2008



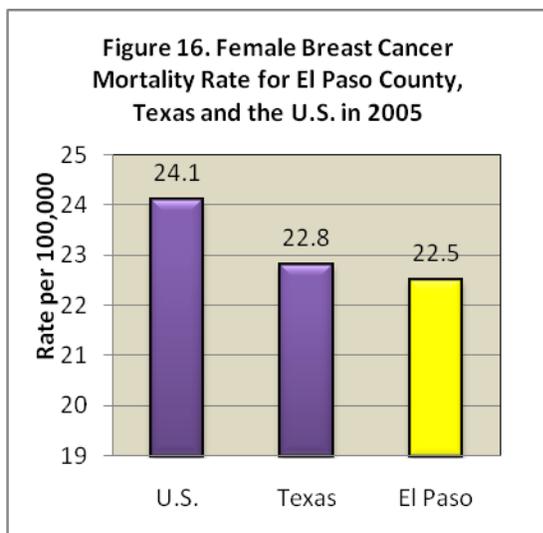
Where Health Knows No Borders

Female Breast Cancer Mortality¹

Healthy People 2010 Objective: 21.3 deaths per 100,000 people

National

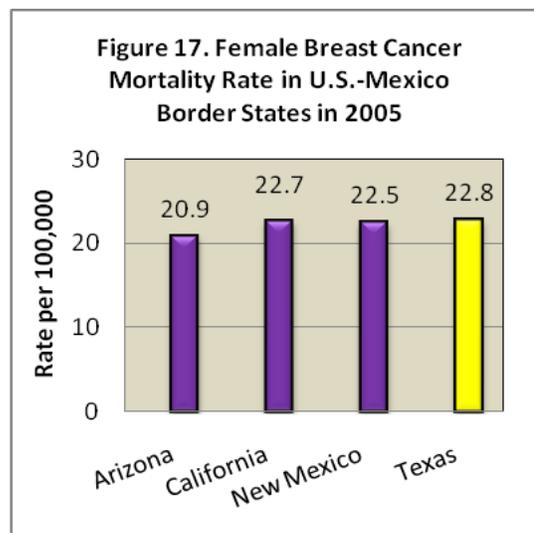
El Paso County had a lower female breast cancer mortality rate than the United States and Texas in 2005.



Source: CDC Wonder, 2005

State

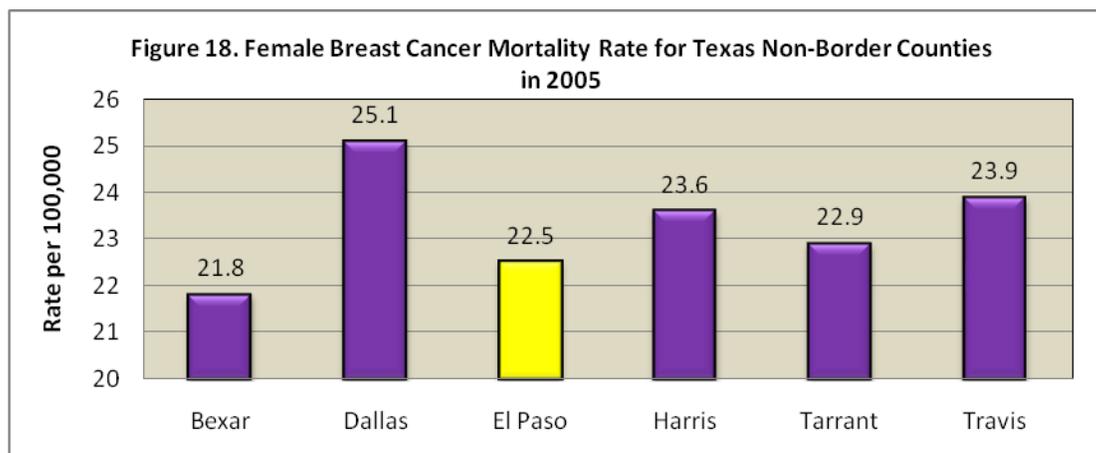
Texas had the highest female breast cancer mortality rate of all Border States in 2005.



Source: CDC Wonder, 2005

Texas Non-Border Counties

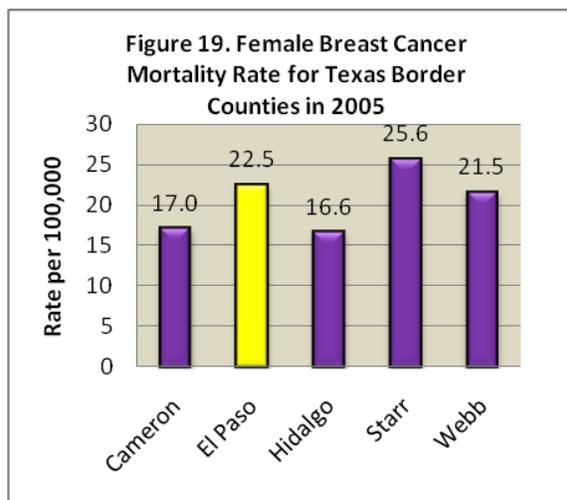
El Paso County had the second-lowest female cancer mortality rate in 2005. Bexar County had the lowest.



Source: CDC Wonder, 2005

Texas Border Counties

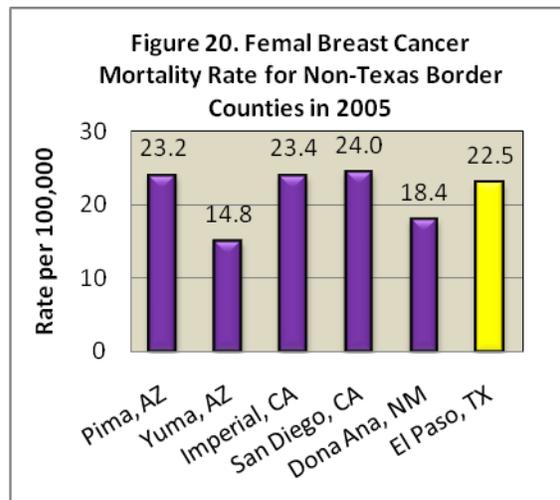
El Paso County had the second-highest female breast cancer mortality rate of all Texas Border Counties in 2005². Starr County had the highest.



Source: CDC Wonder, 2005

Non-Texas Border Counties

El Paso County had the third-lowest female breast cancer mortality rate after Yuma, Arizona and Dona Ana, New Mexico³.



Source: CDC Wonder, 2005

El Paso County	Healthy People Objective	Goal Met	Year
22.5	21.3	No	2005

¹Rate per 100,000 people

²Data for Starr Texas in figure 19 was statistically unreliable.

³Data for Yuma, Arizona; Imperial, California; and Dona Ana, New Mexico in figure 20 was statistically unreliable.

Breast Cancer Prevention

- Exercise Regularly
- Conduct breast self exams

Unavoidable Risk Factors

- Early menstruation
- Late menopause
- Pregnancy after age 35
- Family history

Preventable Risk Factors

- Hormone replacement therapy
- Obesity
- Alcohol use

Source: National Cancer Institute, 2008; National Breast Cancer Foundation, Inc., 2008

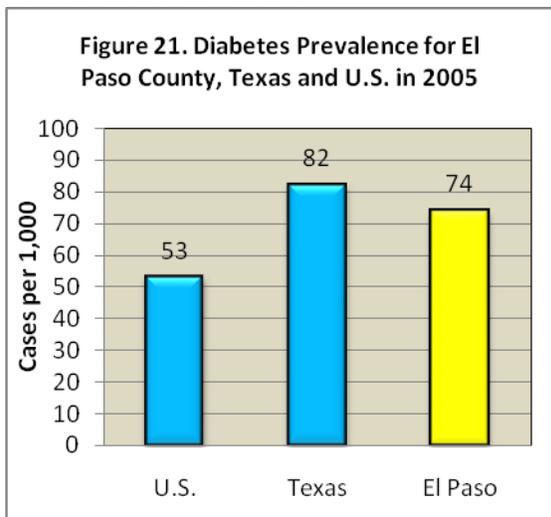


Diabetes Prevalence¹

Healthy People 2010 Objective: 25 cases per 1,000 people

National

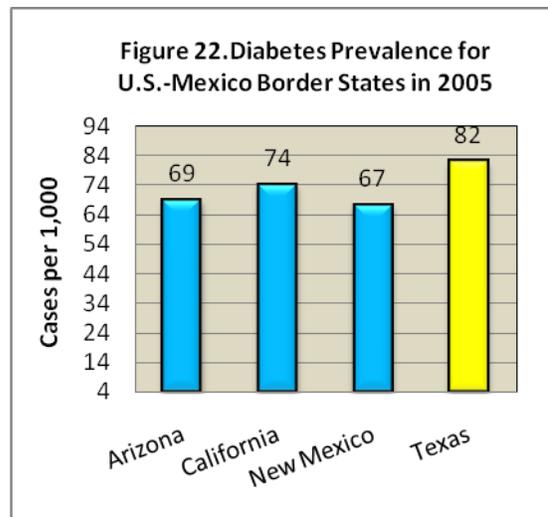
El Paso County had a higher prevalence of diabetes than the United States, but lower than Texas in 2005.



Source: NDSS, 2005

State

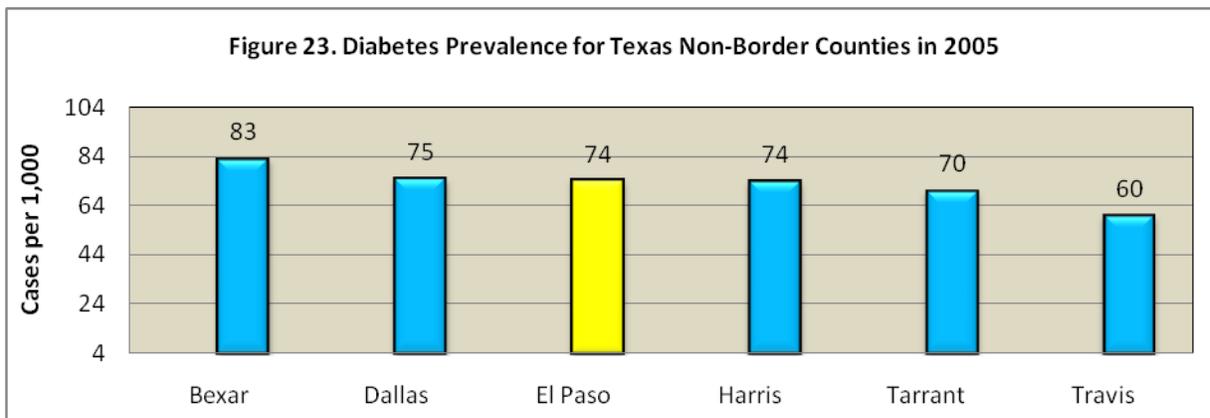
Texas had the highest diabetes prevalence of all Border States in 2005.



Source: NDSS, 2005

Texas Non-Border Counties

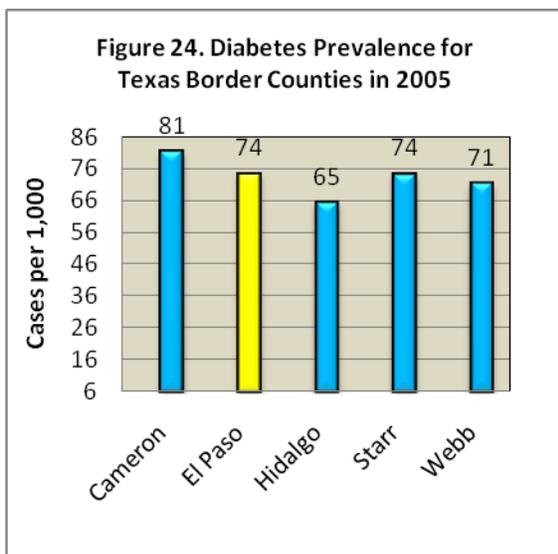
El Paso County and Harris County had the same diabetes prevalence in 2005 and ranked third for the highest prevalence of diabetes of all Texas Non-Border Counties. Bexar and Dallas Counties were first and second, respectively.



Source: NDSS, 2005

Texas Border Counties

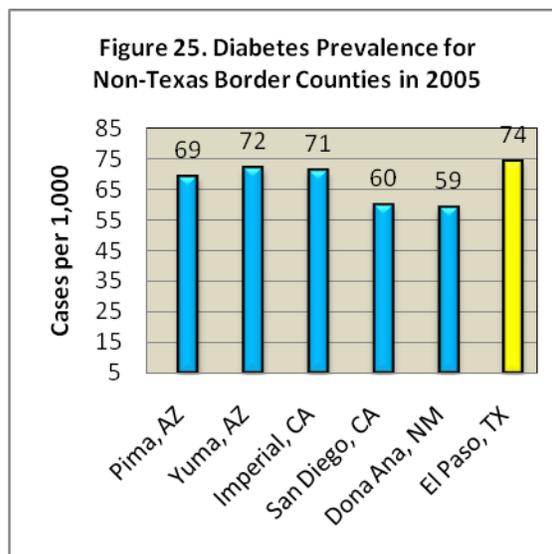
El Paso and Starr County had the second-highest diabetes prevalence of the Texas Border Counties in 2005.



Source: NDSS, 2005

Non-Texas Border Counties

El Paso County had the highest diabetes prevalence in comparison to Non-Texas Border counties in 2005.



Source: NDSS, 2005

El Paso County	Healthy People Objective	Goal Met	Year
74 cases	25 cases	No	2005

¹Cases per 1,000 people

Diabetes Prevention

- Exercise
- Reduce obesity and overweight
- Eat fruits, vegetables, and whole grain foods
- Eat lean meats, fish, and poultry
- Consume non-fat dairy products
- Drink water and calorie-free drinks
- Use liquid oils instead of solid fats
- Decrease high-calorie snacks and desserts
- Be aware of portion sizes

Source: American Diabetes Association, 2008

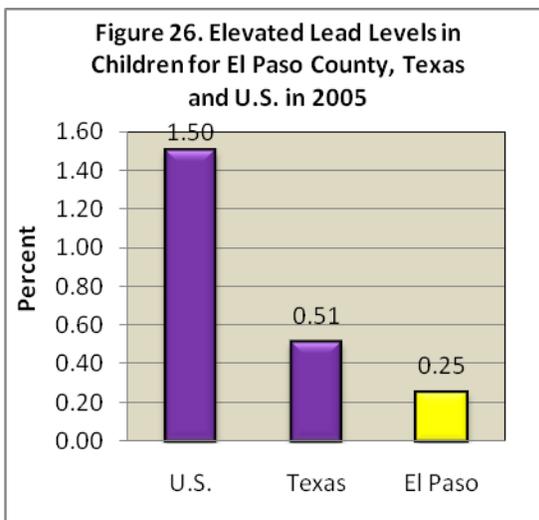


Elevated Lead Levels in Children^{1,2}

Healthy People 2010 Objective: Zero Percent

National

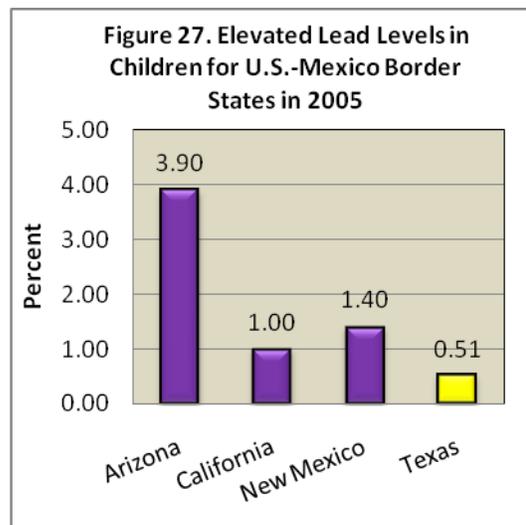
A lower percentage of elevated lead levels was found in El Paso County children than in the United States and Texas in 2005.



Source: CLPPP, 2005

State

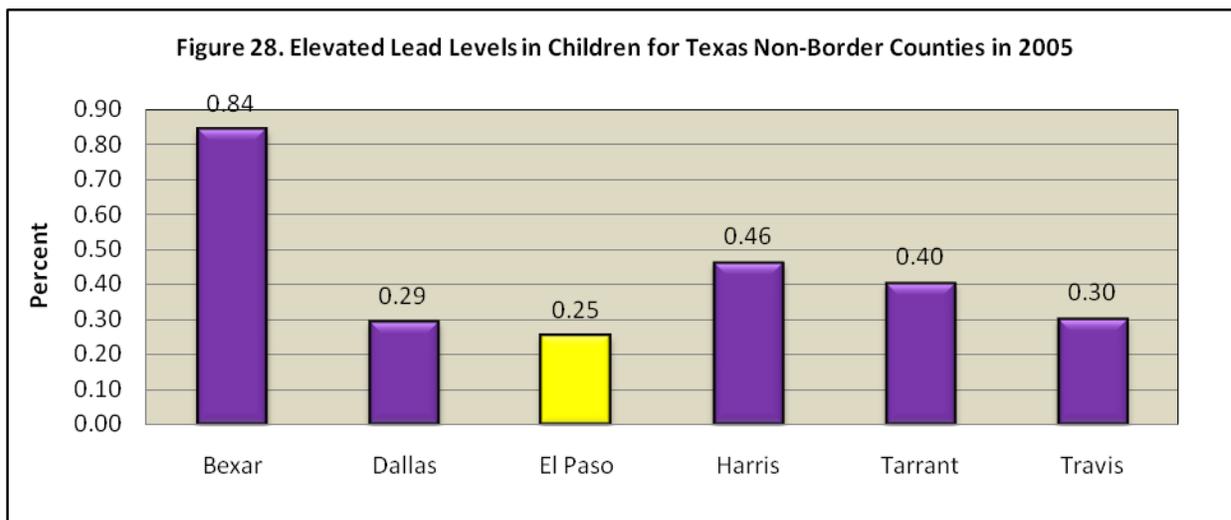
Texas had the lowest percentage of elevated lead levels in children in the Border States in 2005.



Source: CLPPP, 2005

Texas Non-Border Counties

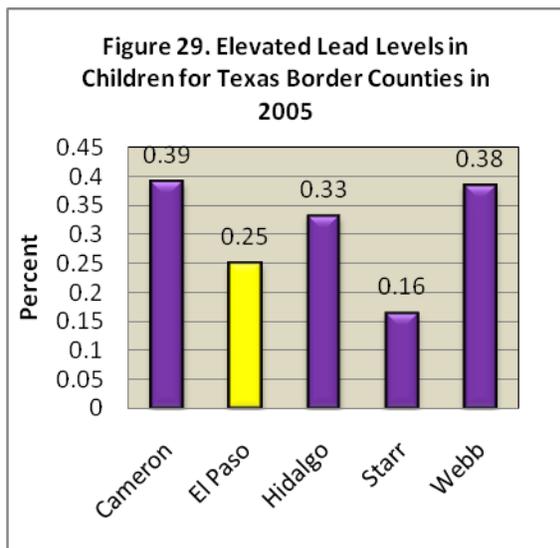
When compared to Texas Non-Border Counties in 2005, El Paso County had a lower percentage of elevated lead levels in children.



Source: CLPPP, 2005

Texas Border Counties

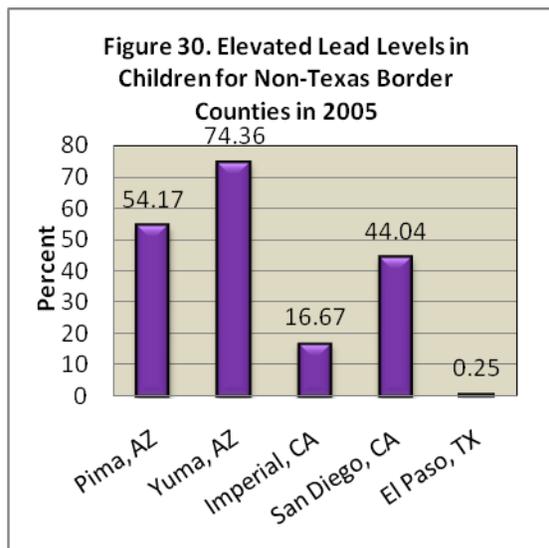
El Paso had the second-lowest percentage of elevated lead levels in children of Texas Border Counties in 2005.



Source: CLPPP, 2005

Non-Texas Border Counties

El Paso County had the lowest percentage of elevated lead levels in children of Non-Texas Border Counties in 2005.



Source: CLPPP, 2005

El Paso County	Healthy People Objective	Goal Met	Year
.25 Percent	Zero Percent	No	2005

¹HP 2010 Objective is for elevated lead levels $\geq 10 \mu\text{g/dL}$ in children 1 to 5 years of age.

²Surveillance data from the Childhood Lead Poisoning Prevention Program 2008 provides data for lead levels $\geq 10 \mu\text{g/dL}$ in children age ≤ 72 months.

Lead Poisoning Prevention

- Do not let children eat or chew
 - Paint chips or dirt
 - Keys
 - Curtain weights
- Hand washing
- Wash toys
- Rinse dirty pacifiers

Source: www.keepkidshealthy.com

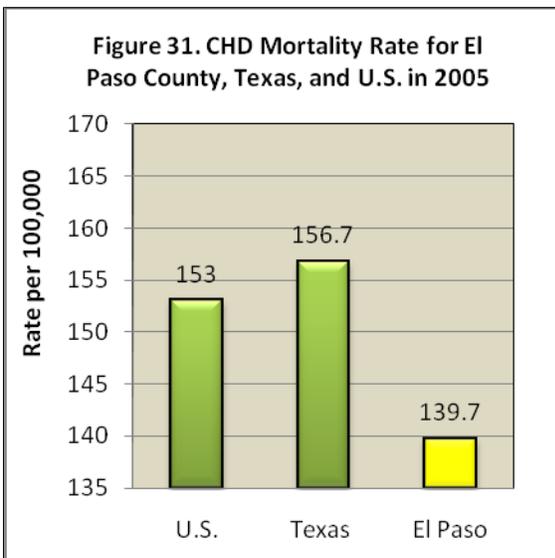


Coronary Heart Disease (CHD) Mortality¹

Healthy People 2010 Objective: 162.0 deaths per 100,000 people

National

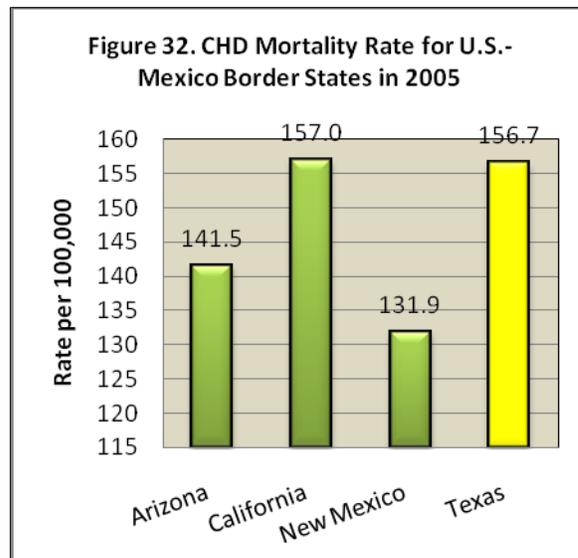
El Paso County had a lower CHD mortality rate than the United States and Texas in 2005.



Source: CDC Wonder, 2005

State

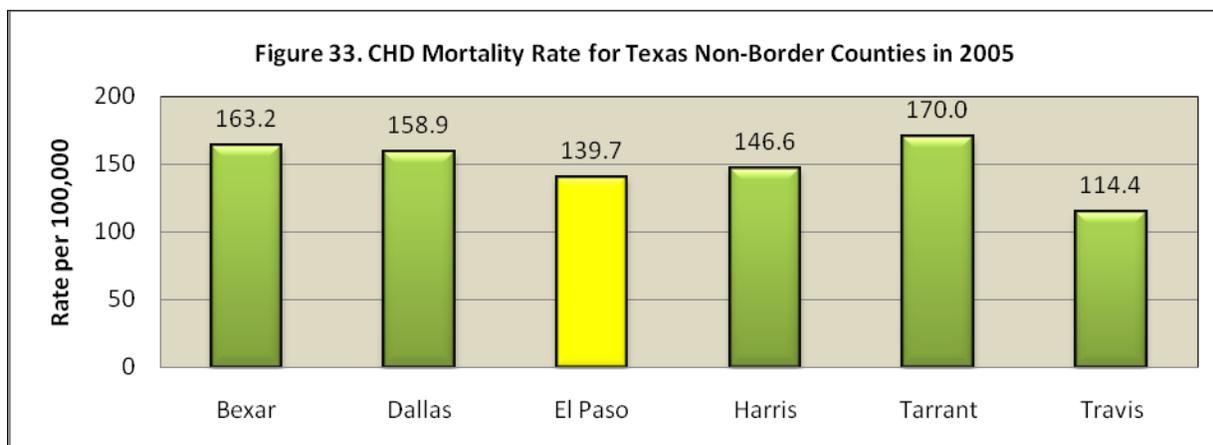
Texas had the second-highest CHD mortality rate of the major Border States in 2005. California had the highest.



Source: CDC Wonder, 2005

Texas Non-Border Counties

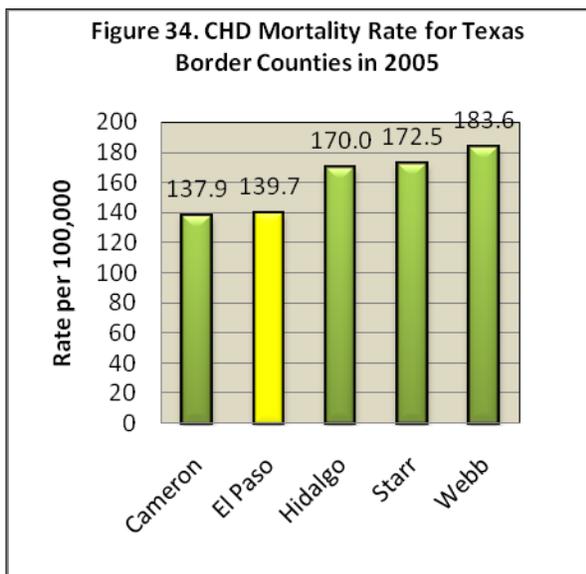
In 2005, Travis County had the lowest CHD mortality rate among the Texas Non-Border Counties. El Paso County's rate was only slightly higher.



Source: CDC Wonder, 2005

Texas Border Counties

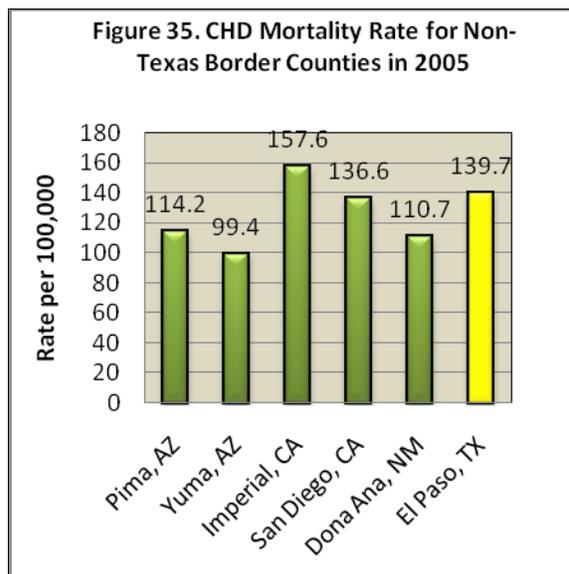
El Paso had the second-lowest CHD mortality rate in 2005. Cameron County had the lowest.



Source: CDC Wonder, 2005

Non-Texas Border Counties

El Paso County had the second-highest CHD mortality rate when compared to Non-Texas Border Counties in 2005.



Source: CDC Wonder, 2005

El Paso County	Healthy People Objective	Goal Met	Year
139.7	162.0	Yes	2005

¹Rate per 100,000 people

Risk Factors

- Age
- Being male
- Family history

Avoid

- Smoking
- High cholesterol and high blood pressure
- Physical inactivity
- Overweight/Obesity
- Diabetes

Source: American Heart Association, 2008

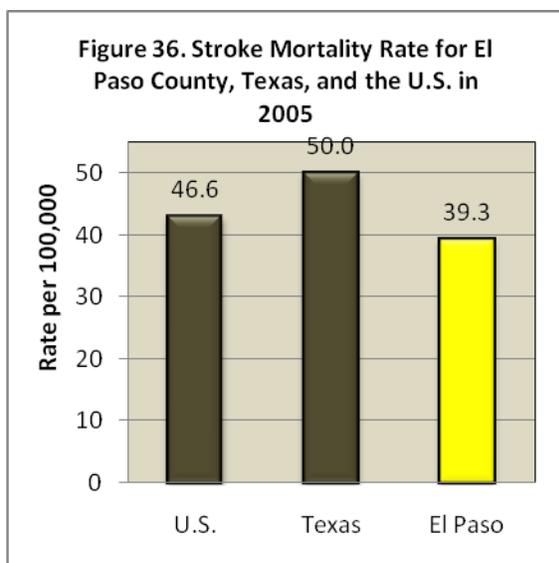


Stroke Mortality¹

Healthy People 2010 Objective: 50.0 deaths per 100,000 people

National

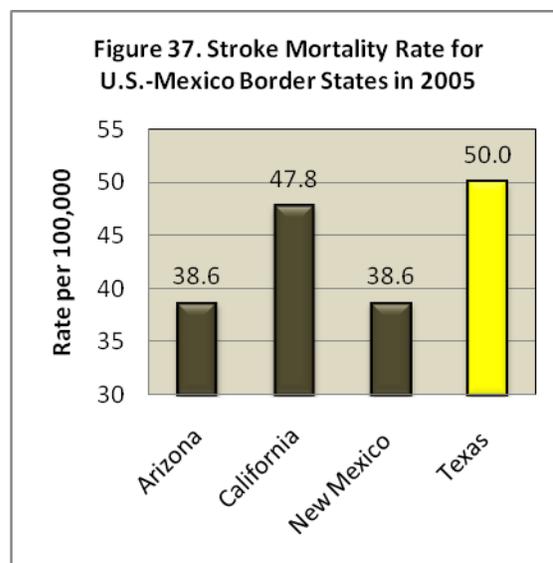
El Paso had a lower stroke mortality rate than Texas and the United States in 2005.



Source: CDC Wonder, 2005

State

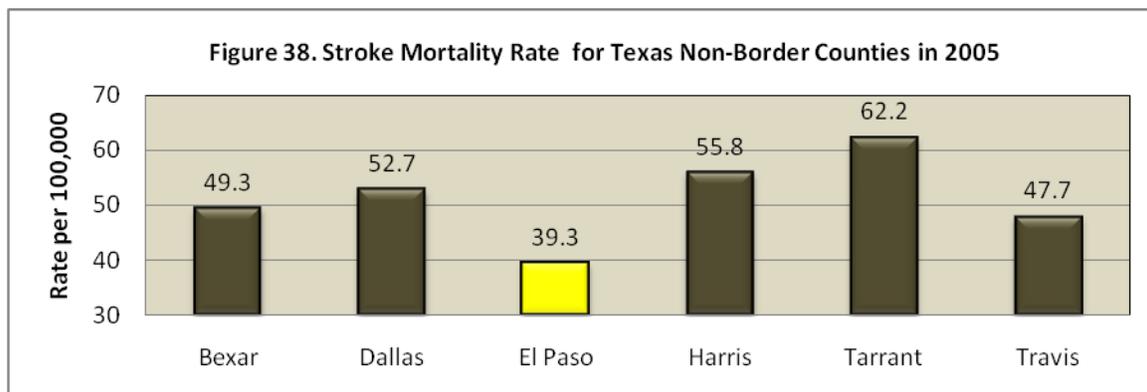
Texas had the highest stroke mortality rate of the major Border States in 2005.



Source: CDC Wonder, 2005

Texas Non-Border Counties

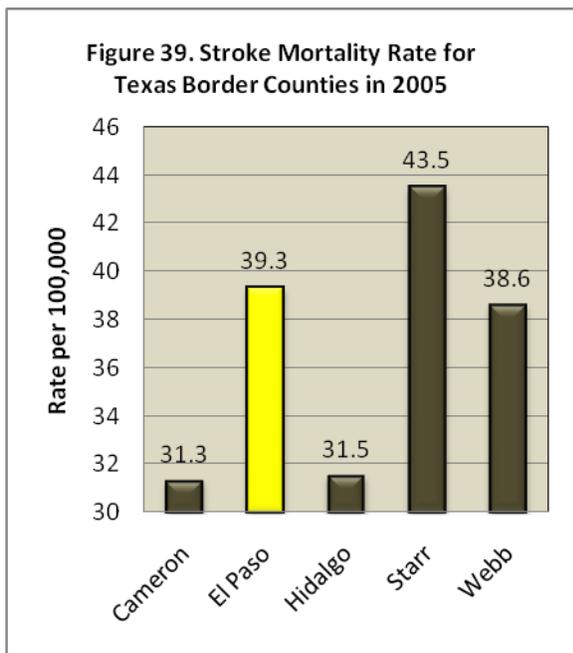
In 2005, El Paso County had a lower stroke mortality rate than the major Texas Non-Border Counties.



Source: CDC Wonder, 2005

Texas Border Counties

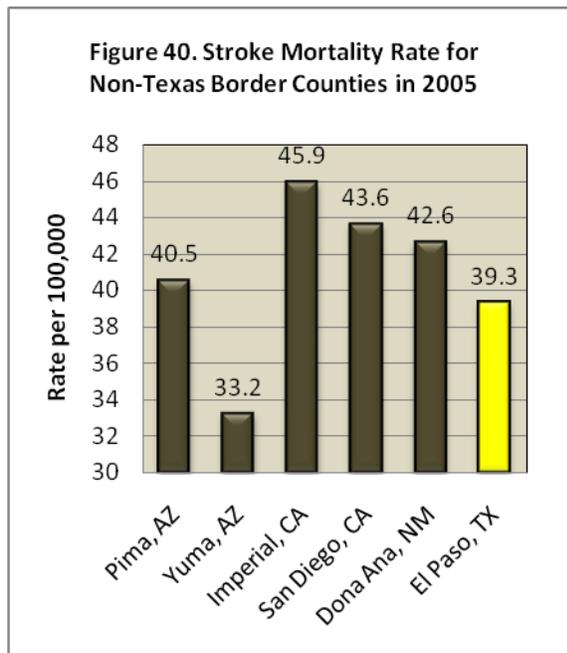
El Paso County had the second-highest Stroke Mortality Rate of the major Texas Border Counties in 2005. Starr County had the highest.



Source: CDC Wonder, 2005

Non-Texas Border Counties

El Paso County had a lower stroke mortality rate than most major Non-Texas Border Counties in 2005. Yuma, Arizona, had a lower rate than El Paso.



Source: CDC Wonder, 2005

El Paso County	Healthy People Objective	Goal Met	Year
39.3	50.0	Yes	2005

¹Rate per 100,000 people

Stroke Prevention

- Prevent or control high blood pressure, cholesterol, and diabetes
- Don't use tobacco
- Avoid excess alcohol consumption
- Exercise regularly and decrease time watching television
- Eat healthy

Source: Centers for Disease Control and Prevention, 2008.

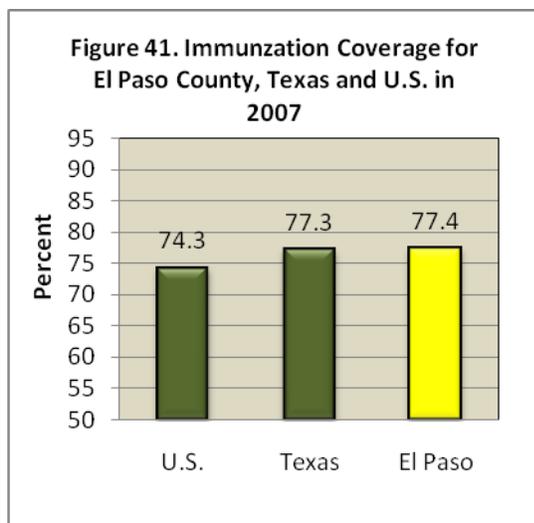


Immunization Coverage¹, Children 19-35 Months of Age

Healthy People 2010 Objective: 90.0 percent of children immunized with series 4:3:1:3:3:1

National

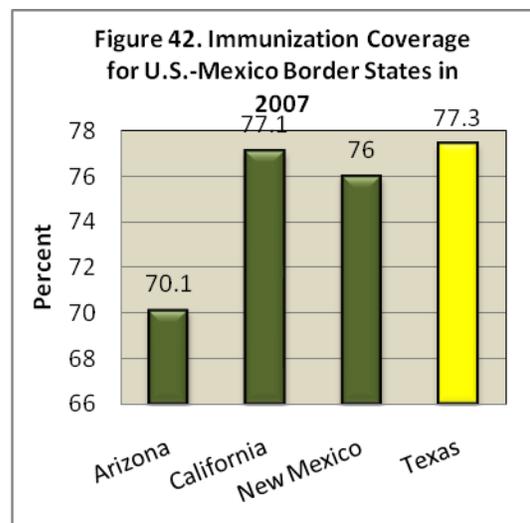
El Paso County had a higher percentage of immunization coverage than the United States and Texas in 2007.



Source: NIS, 2007

State

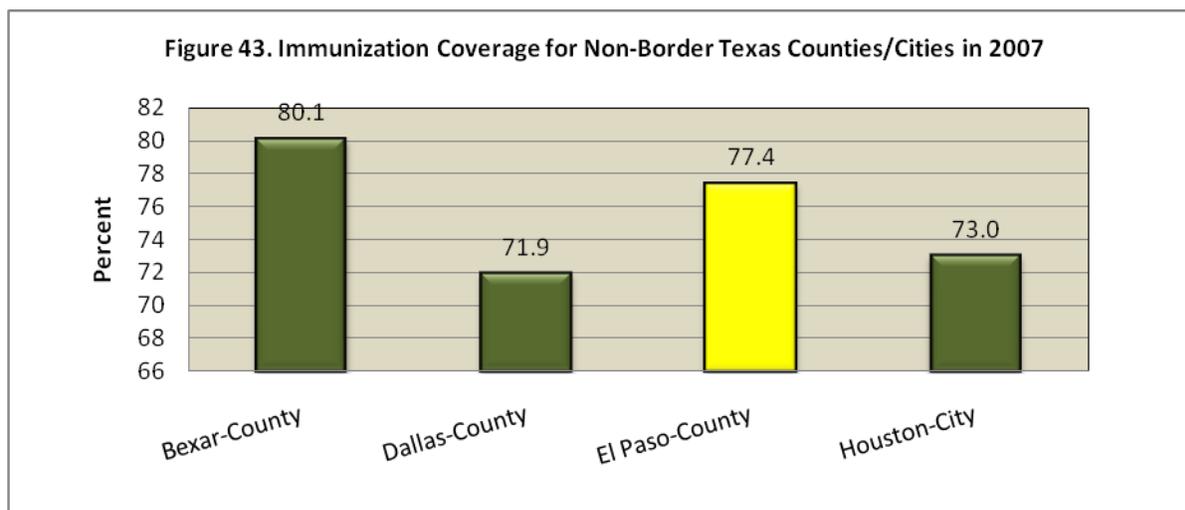
Texas had the highest percentage of immunization coverage of the Border States in 2007.



Source: NIS, 2007

Texas Non-Border Counties

El Paso County had the second-highest immunization coverage in 2007 than the Texas Non-Border Counties. Bexar County had the highest of the Texas Non-Border Counties.

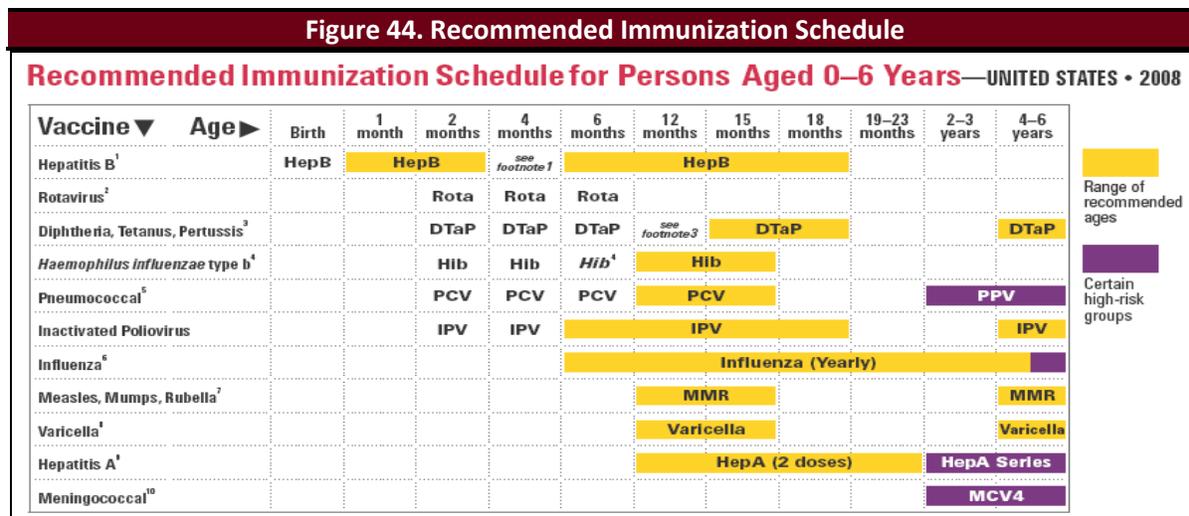


Source: NIS, 2007

El Paso County	Healthy People Objective	Goal Met	Year
77.4 Percent	90.0 Percent	No	2007

¹Data limited to selected counties.

Children that receive their vaccines according to the following schedule will be protected against the diseases listed. Children should not be exposed to others with these diseases prior to being vaccinated.



Source: Centers for Disease Control and Prevention, 2008

Figure 45. Immunization Series 4:3:1:3:3:1

Number of doses	Vaccine
4	Diphtheria-tetanus-acellular pertussis (DTaP)
3	Polio
1	Measles
3	Hepatitis B
3	Haemophilus influenzae type b
1	Varicella

Source: Centers for Disease Control and Prevention, 2008

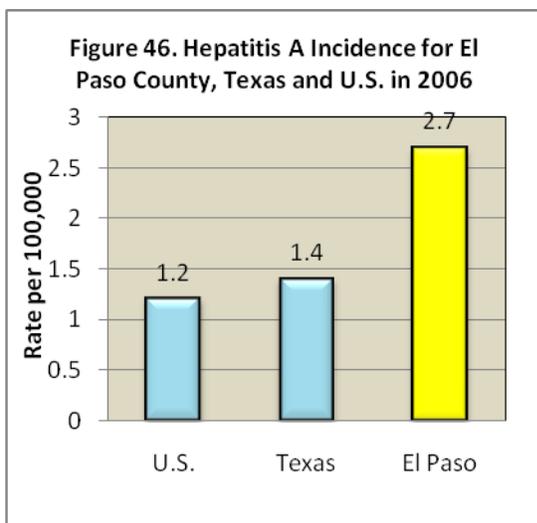


Vaccine-Preventable Diseases, Hepatitis A¹

Healthy People 2010 Objective: 2.5 cases per 100,000 people

National

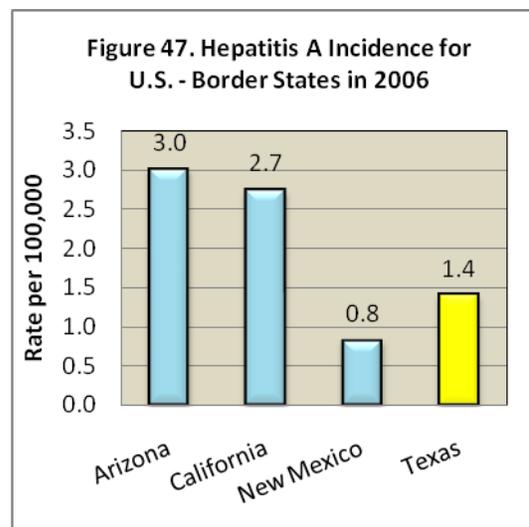
El Paso County had a higher incidence of hepatitis A than the United States and Texas in 2006.



Source: CDC-MMWR, 2006; TDSHS, 2006

State

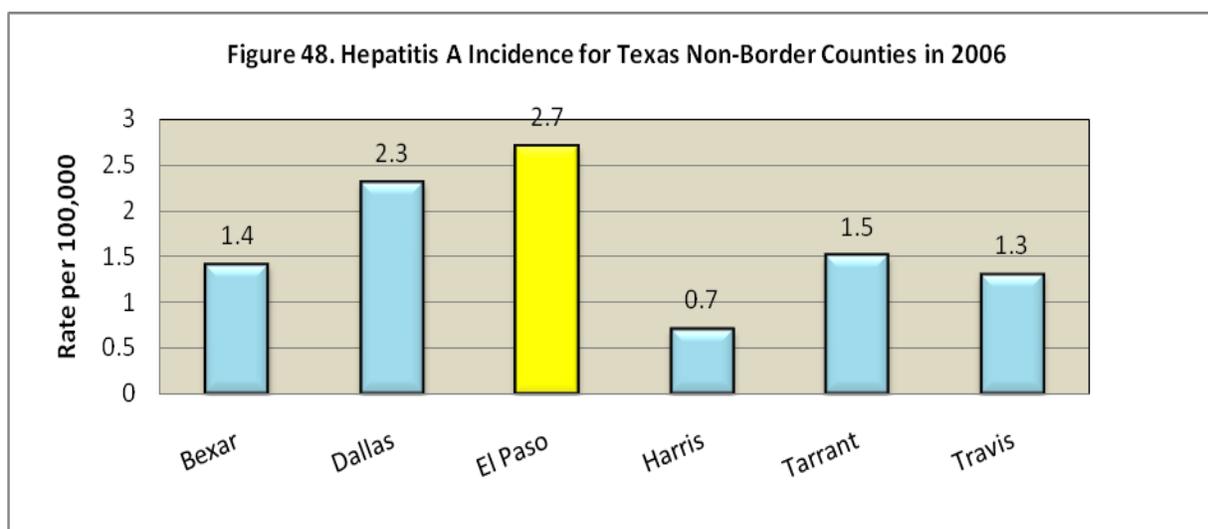
Of the Border States, Texas had the second-lowest incidence of hepatitis A in 2006. New Mexico had the lowest.



Source: CDC-MMWR, 2006

Texas Non-Border Counties

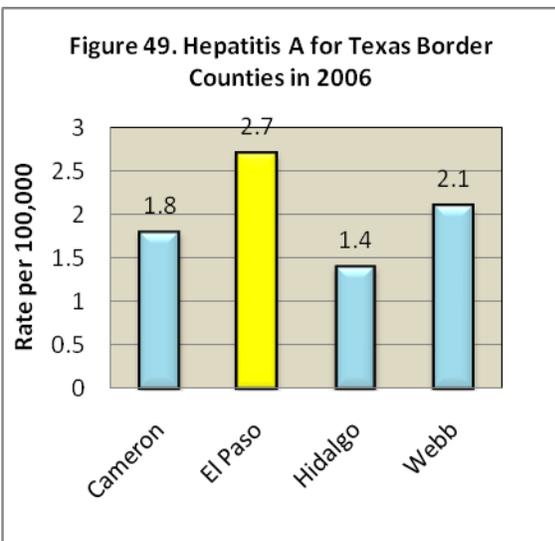
El Paso County had a higher incidence of hepatitis A than the Texas Non-Border Counties in 2006.



Source: TDSHS, 2006

Texas Border Counties

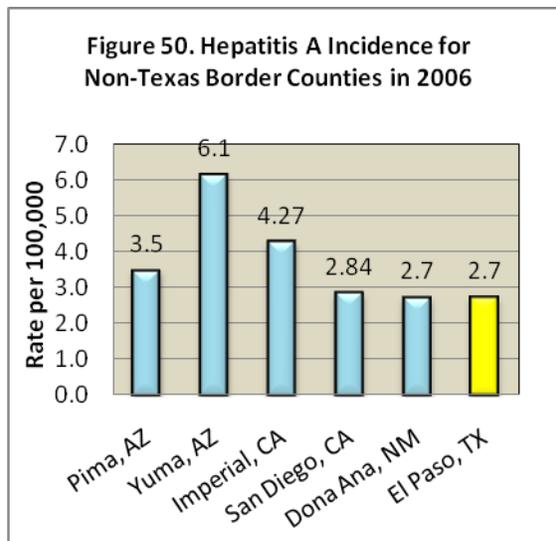
El Paso County had the highest incidence of hepatitis A in Texas Border Counties in 2006².



Source: TDSHS, 2006

Non-Texas Border Counties

El Paso County had a lower incidence of hepatitis A than the Non-Texas Border Counties in 2006³.



Source: OHIR, 2006; ADHS, 2006; NMDOH, 2005; TDSHS, 2006

El Paso County	Healthy People Objective	Goal Met	Year
2.7	2.5	No	2006

¹Cases per 100,000 people

²Starr, Texas did not report any cases of hepatitis A in 2006.

³Dona Ana, New Mexico rate is from 2005.

Hepatitis A is an acute infectious disease of the liver caused by the hepatitis A virus. It is most commonly transmitted by the fecal-oral route through contaminated food or drinking water.

Hepatitis A Prevention

- Washing hands after using the bathroom and before preparing or eating food
- Vaccination – Children under the age of 18 need to receive 2 or 3 doses of the vaccine and adults will need an initial vaccine and a booster 6 to 12 months following the initial dose. The vaccine is believed to be effective for 15-20 years.

Source: Centers for Disease Control and Prevention, 2008

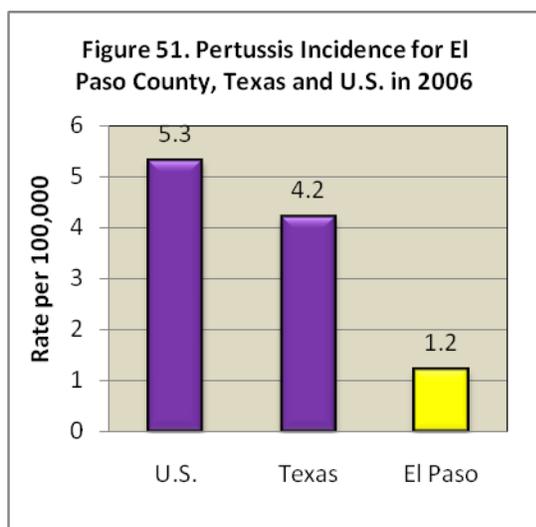


Vaccine-Preventable Diseases¹, Pertussis (Whooping Cough)

The National Healthy People 2010 Objective was set at 2,000 total cases; state and county objectives were not set.

National

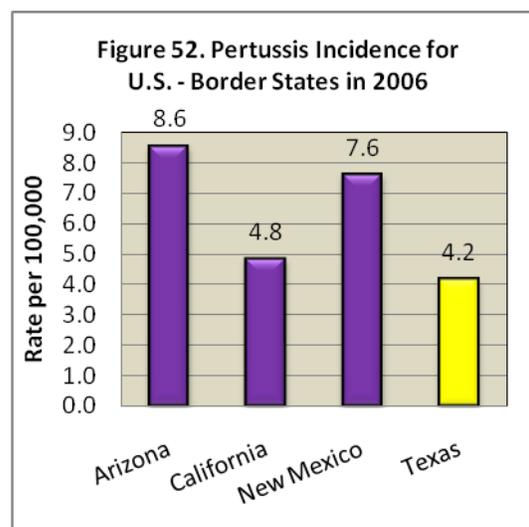
El Paso County had a lower incidence of pertussis than the United States and Texas in 2006.



Source: CDC-MMWR, 2006; Source: TDSHS, 2006

State

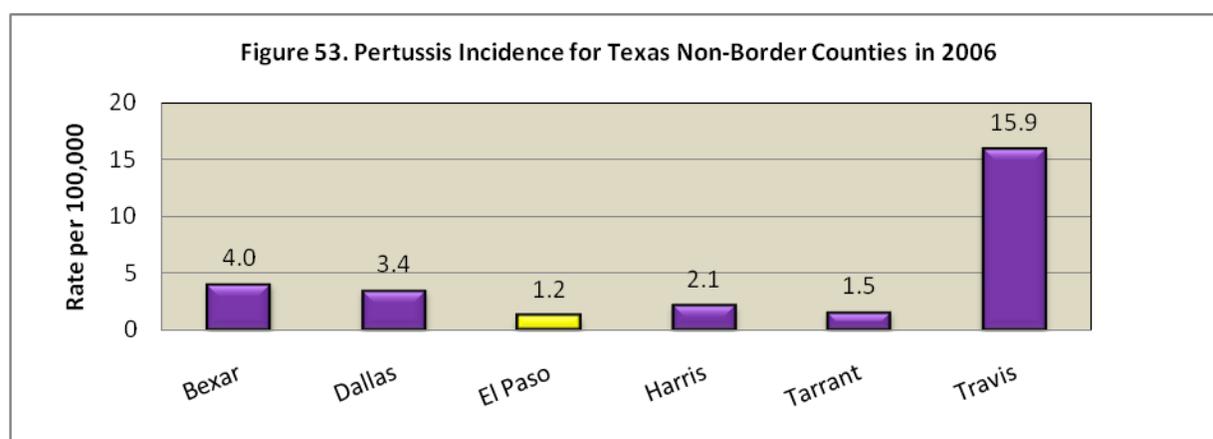
Of the Border States, Texas had the lowest incidence of pertussis in 2006.



Source: CDC-MMWR, 2006

Texas Non-Border Counties

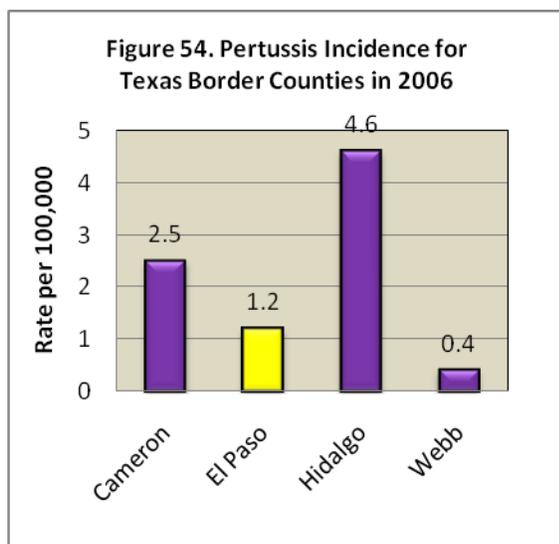
El Paso County had a lower incidence of pertussis than the Texas Non-Border Counties in 2006.



Source: TDSHS, 2006

Texas Border Counties

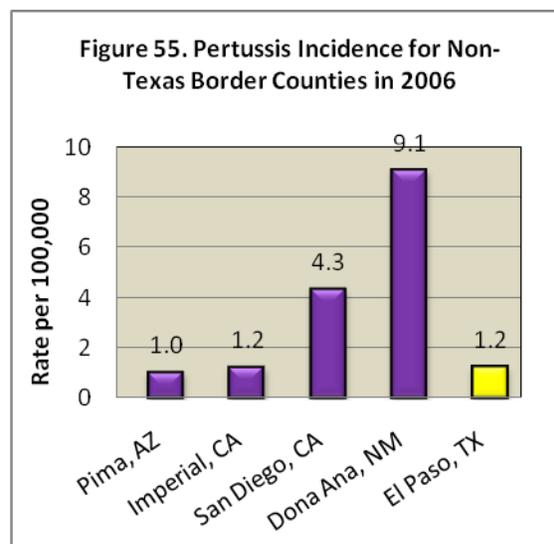
El Paso County had the second-lowest incidence of pertussis of the Texas Border Counties in 2006².



Source: TDSHS, 2006

Non-Texas Border Counties

El Paso County had the second-lowest incidence of pertussis of the Non-Texas Border Counties in 2006³.



Source: OHIR, 2006; ADHS, 2006; NMDOH, 2005; TDSHS, 2006

El Paso County	Healthy People Objective	Goal Met	Year
1.2	N/A	N/A	2006

¹Rate per 100,000 people

²Starr, Texas did not report any cases of pertussis in 2006.

³Yuma, Arizona, did not report any cases of pertussis in 2006. Dona Ana, New Mexico data is from 2005.

Pertussis (whooping cough) is a highly contagious bacterial disease that can cause serious illness in young, unvaccinated children.

Pertussis Prevention

- Vaccination – children should receive 5 doses of the vaccine by age 7, and adults should receive a booster between ages 11 and 64
- Infants and expectant mothers should avoid persons with cough illnesses
- Anyone living in close contact with someone with pertussis should take antibiotics prescribed by a physician to prevent pertussis

Source: Texas Department of State Health Services, *Pertussis Fact Sheet*, 2008

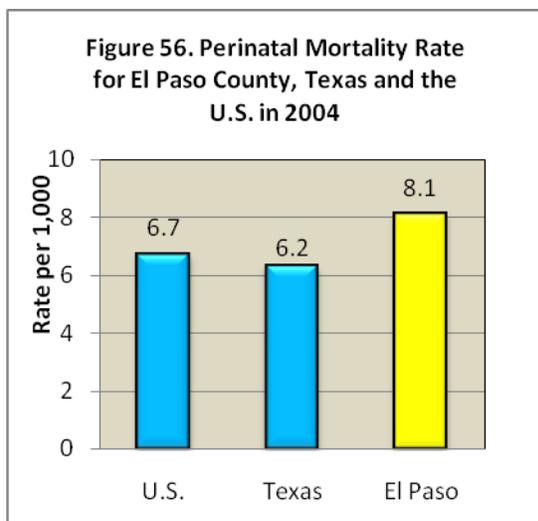


Perinatal Mortality^{1,2}

Healthy People 2010 Objective: 4.4 deaths per 1,000 live births

National

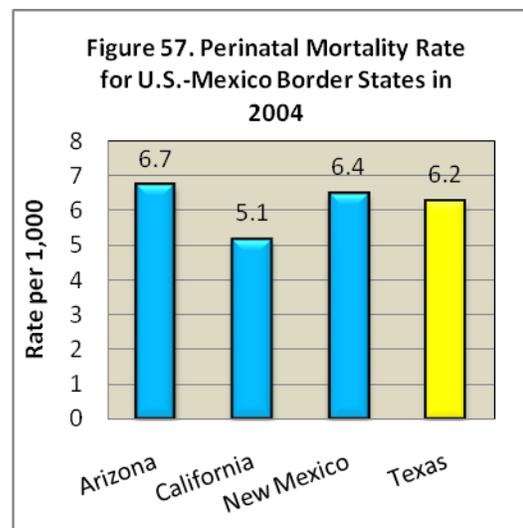
El Paso County had a higher perinatal mortality rate than the United States and Texas in 2004.



Source: CDC-Vital Stats, 2004; TDSHS-VSU, 2004

State

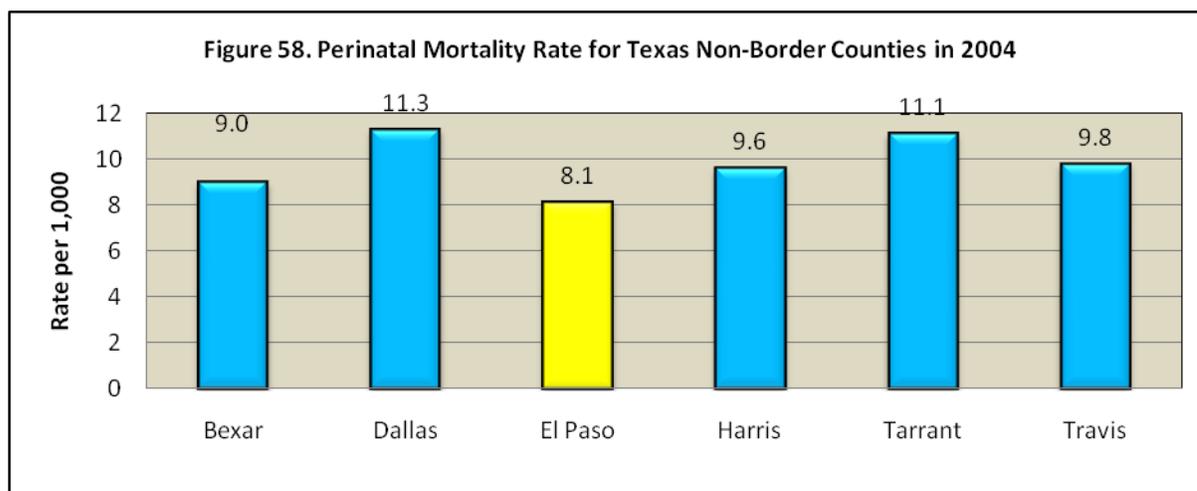
Texas had the second-lowest perinatal mortality rate of the Border States in 2004. California had the lowest.



Source: CDC-Vital Stats, 2004

Texas Non-Border Counties

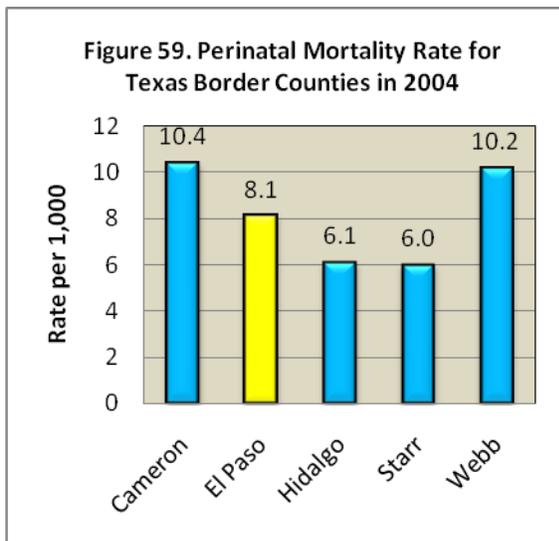
El Paso County had a lower perinatal mortality rate than the Texas Non-Border Counties in 2004.



Source: TDSHS-VSU, 2004

Texas Border Counties

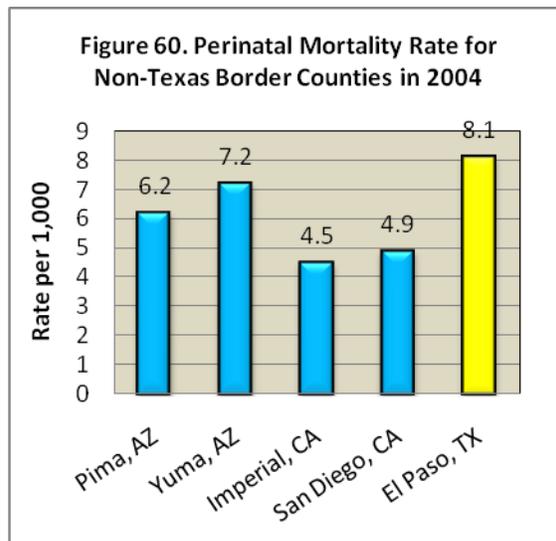
El Paso County had the third-lowest perinatal mortality rate among major Texas Border Counties in 2004.



Source: TDSHS-VSU, 2004

Non-Texas Border Counties

El Paso County had a higher perinatal mortality rate than the major Non-Texas Border Counties in 2004³.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-VSU, 2004

El Paso County	Healthy People Objective	Goal Met	Year
8.1	4.4	No	2004

¹Rate per 1,000 births

²Fetal deaths plus neonatal deaths

³Data for Dona Ana, New Mexico was unavailable for Figure 60.

Prevention Strategies While Pregnant

- Avoid
 - Smoking
 - Infectious diseases
- Monitor weight gain
- Get early and regular prenatal care

Source: Centers for Disease Control and Prevention, 2008

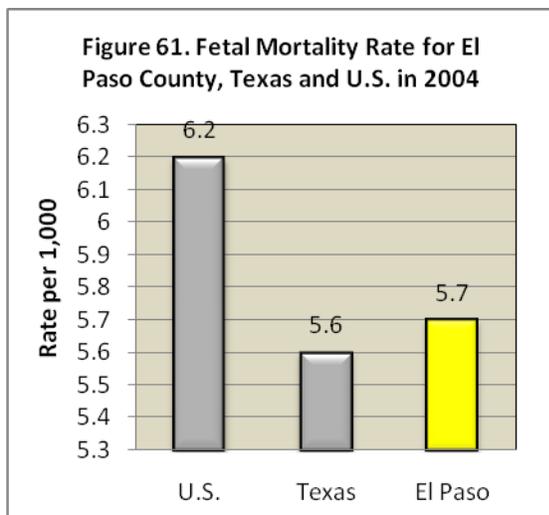


Fetal Mortality^{1,2}

Healthy People 2010 Objective: 4.1 deaths per 1,000 live births

National

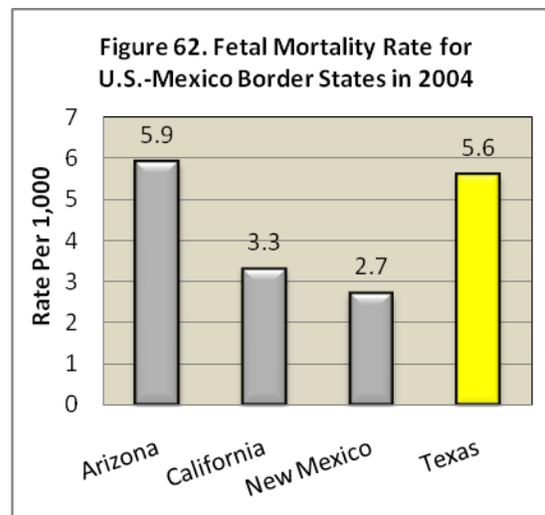
El Paso County had a lower fetal mortality rate than the United States, but higher than Texas in 2004.



Source: HP 2010, 2000; TDSHS-VSU, 2004

State

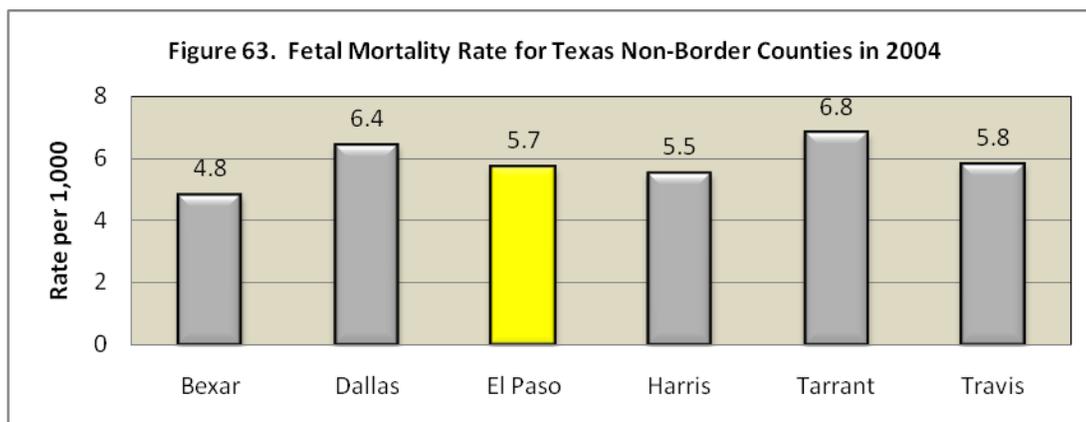
Texas had the second-highest fetal mortality rate of the Border States in 2004. Arizona had the highest.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-VSU, 2004; NMDOH-Vital Records, 2006

Texas Non-Border Counties

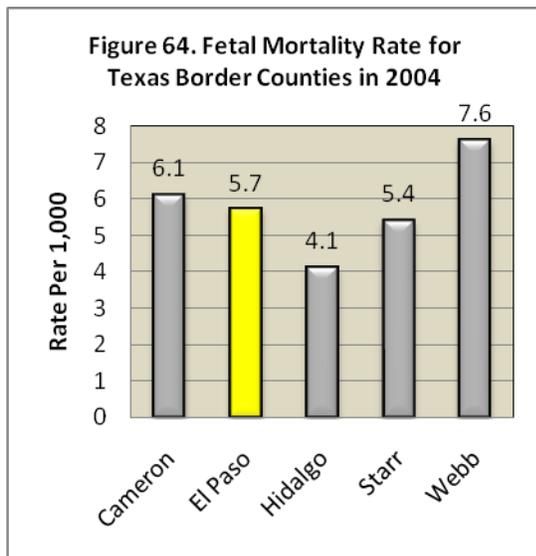
El Paso County had the third-lowest fetal mortality of the Texas Non-Border Counties in 2004.



Source: TDSHS-VSU, 2004

Texas Border Counties

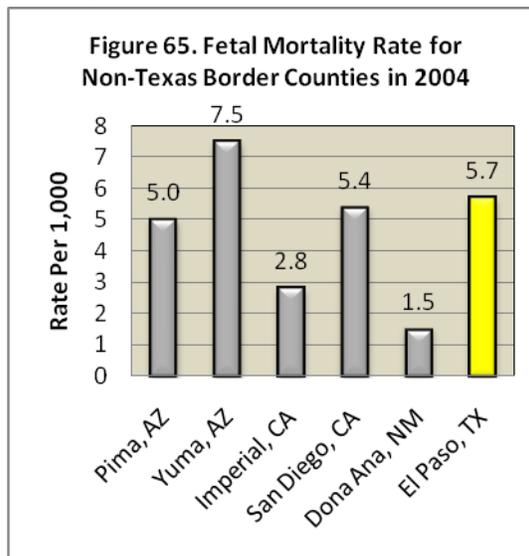
El Paso County had the third-lowest fetal mortality rate of major Texas Border Counties in 2004.



Source: TDSHS-VSU, 2004

Non-Texas Border Counties

El Paso County had the second-highest fetal mortality rate of Non-Texas Border Counties in 2004. Yuma, Arizona, had the highest.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-VSU, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
5.7	4.1	No	2004

¹Rate per 1,000 births

²Age: 20+ weeks of gestation

Prevention Strategies While Pregnant

- Avoid
 - Smoking
 - Infectious diseases
- Monitor weight gain
- Get early and regular prenatal care

Source: Centers for Disease Control and Prevention, 2008



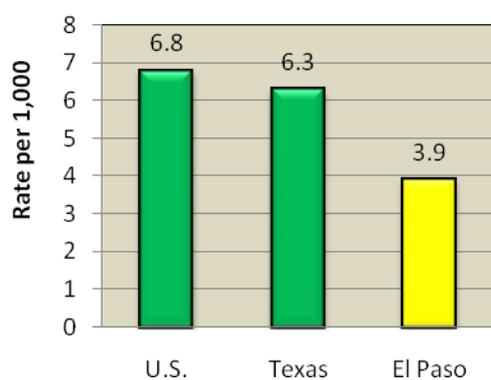
Infant Mortality^{1,2}

Healthy People 2010 Objective: 4.5 deaths per 1,000 live births

National

El Paso County had a lower infant mortality rate than the United States and Texas in 2004.

Figure 66. Infant Mortality Rate for El Paso County, Texas and U.S. in 2004

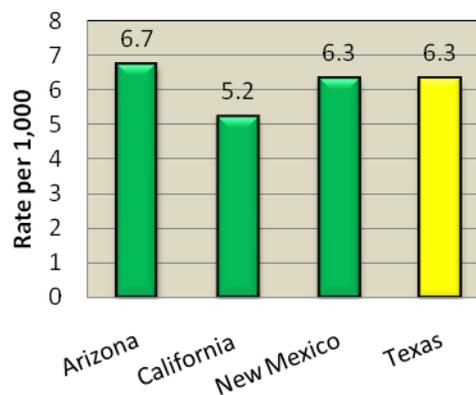


Source: CDC-Vital Stats, 2004; TDSHS-VSU, 2004

State

Texas had the same infant mortality rate as New Mexico in 2004.

Figure 67. Infant Mortality Rate for U.S.-Mexico Border States in 2004

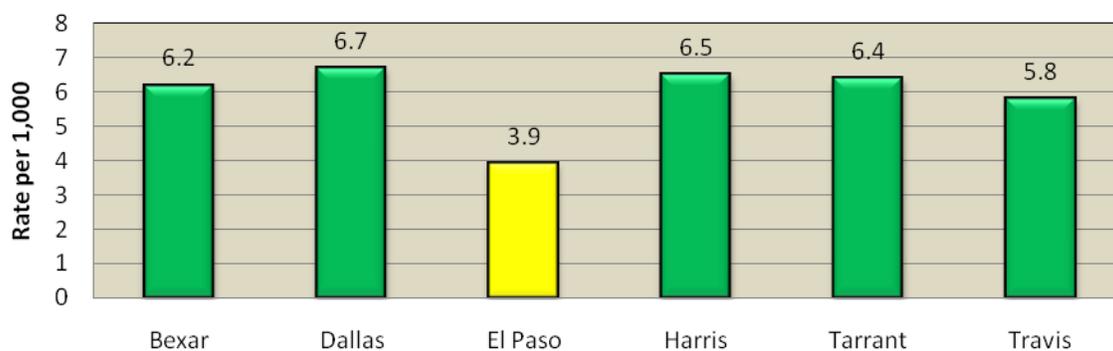


Source: CDC-Vital Stats, 2004

Texas Non-Border Counties

El Paso County had a lower infant mortality rate than the major Texas Non-Border Counties in 2004.

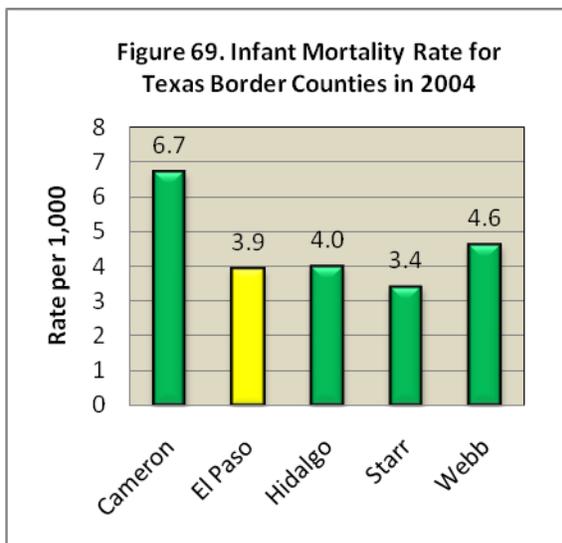
Figure 68. Infant Mortality Rate for Texas Non-Border Counties in 2004



Source: TDSHS-VSU, 2004

Texas Border Counties

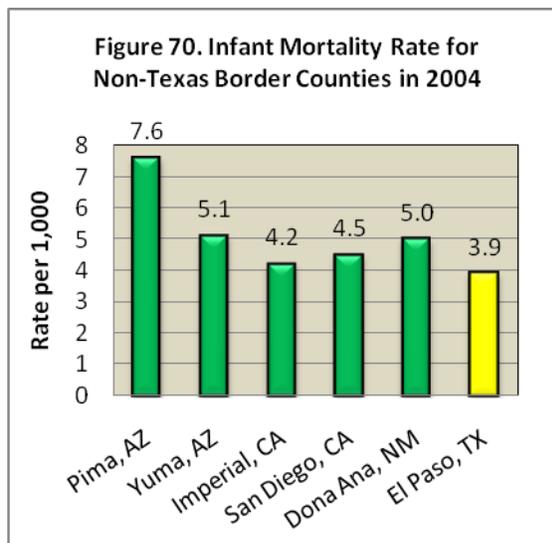
El Paso County had the second-lowest infant mortality rate of the major Texas Border Counties in 2004.



Source: TDSHS-VSU, 2004

Non-Texas Border Counties

El Paso County had a lower infant mortality rate than major Non-Texas Border Counties in 2004.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-VSU, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
3.9	4.5	Yes	2004

¹Rate per 1,000 births

²Age: less than 1 year

Prevention Strategies While Pregnant

- Avoid
 - Smoking
 - Infectious diseases
- Monitor weight gain
- Get early and regular prenatal care

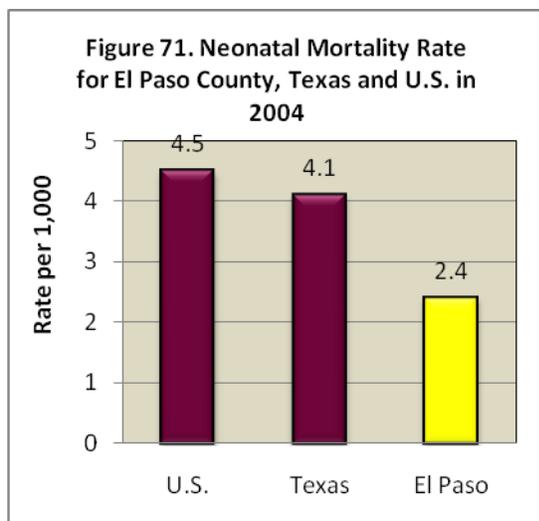


Neonatal Mortality Rate^{1,2}

Healthy People 2010 Objective: 2.9 deaths per 1,000 live births

National

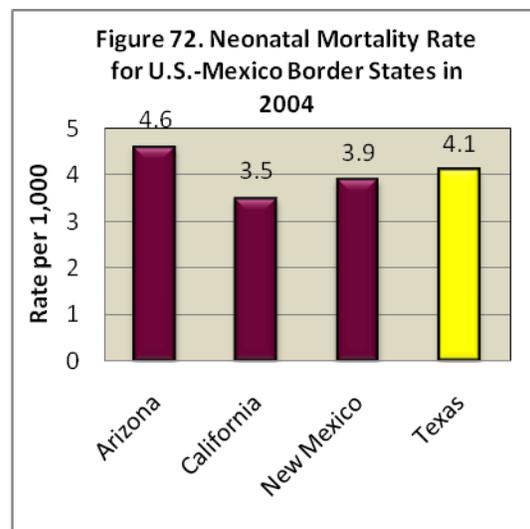
El Paso County had a lower neonatal mortality rate than the United States and Texas in 2004.



Source: CDC-Vital Stats, 2004; TDSHS-VSU, 2004

State

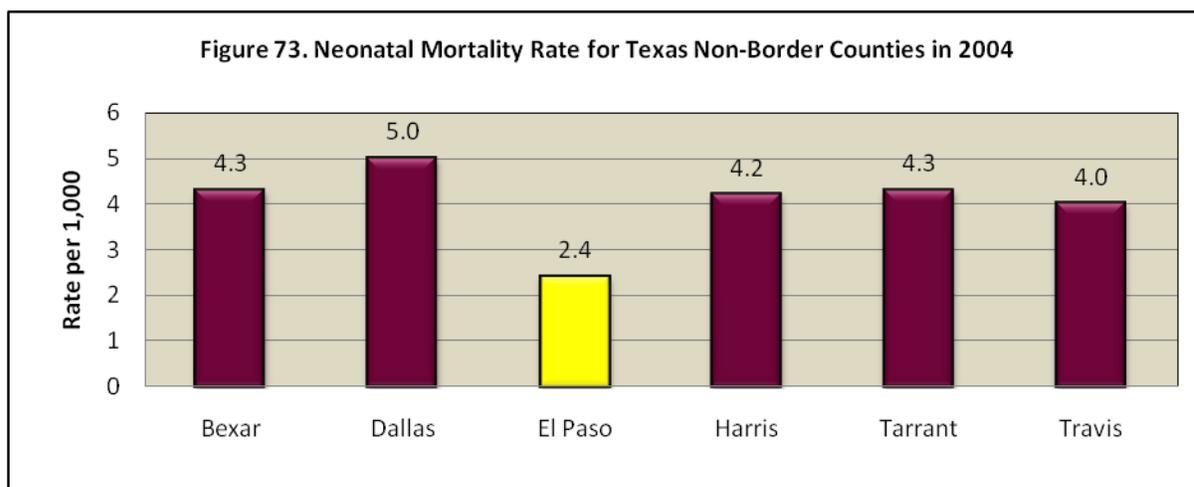
Texas had the second-highest neonatal mortality rate of the Border States in 2004. Arizona had the highest.



Source: NCHS-MOD, 2004

Texas Non-Border Counties

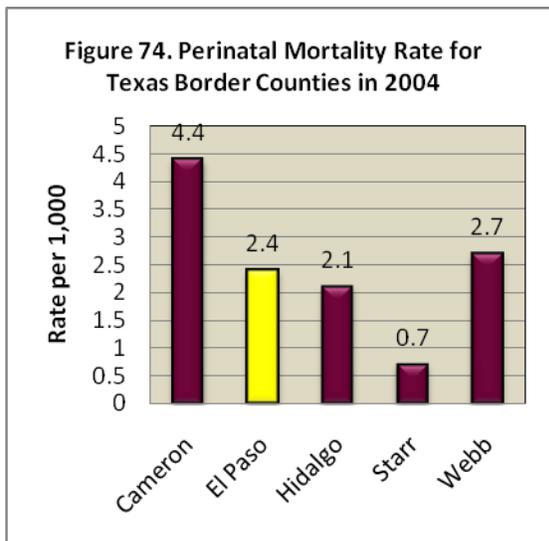
El Paso County had a lower neonatal mortality rate than the major Texas Non-Border Counties in 2004.



Source: TDSHS-VSU, 2004

Texas Border Counties

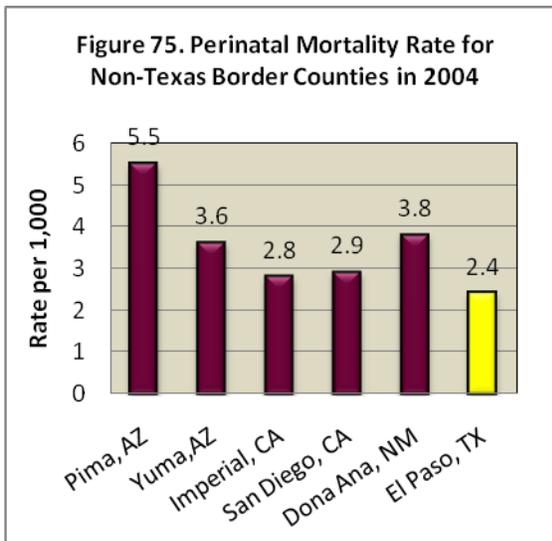
El Paso County had the third-highest neonatal mortality rate among major Texas Border Counties in 2004.



Source: TDSHS-VSU, 2004

Non-Texas Border Counties

El Paso County had a lower neonatal mortality rate than major Non-Texas Border Counties in 2004.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-VSU, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
2.4	2.9	Yes	2004

¹Rate per 1,000 births

²Age: 28+ weeks of gestation to less than 7 days after birth

Prevention Strategies While Pregnant

- Avoid
 - Smoking
 - Infectious diseases
- Monitor weight gain
- Get early and regular prenatal care

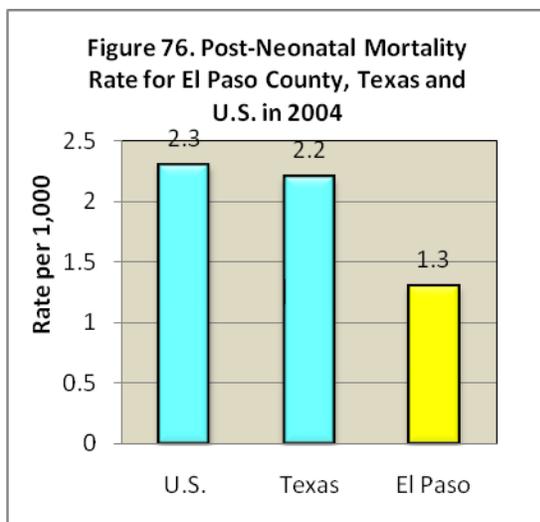


Post-Neonatal Mortality Rate^{1,2}

Healthy People 2010 Objective: 1.2 deaths per 1,000 live births

National

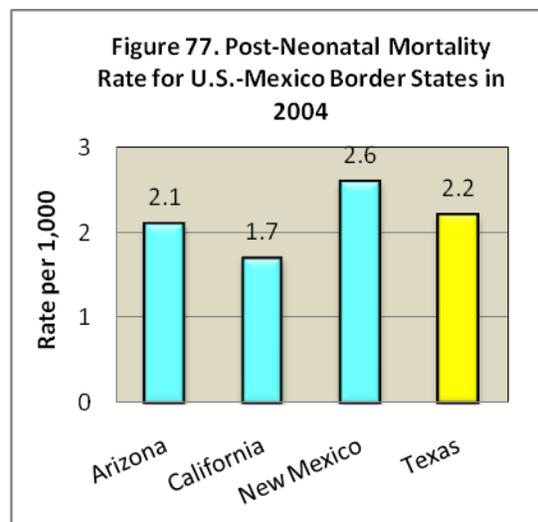
El Paso County had a lower post-neonatal mortality rate than the United States and Texas in 2004.



Source: NCHS-MOD, 2004

State

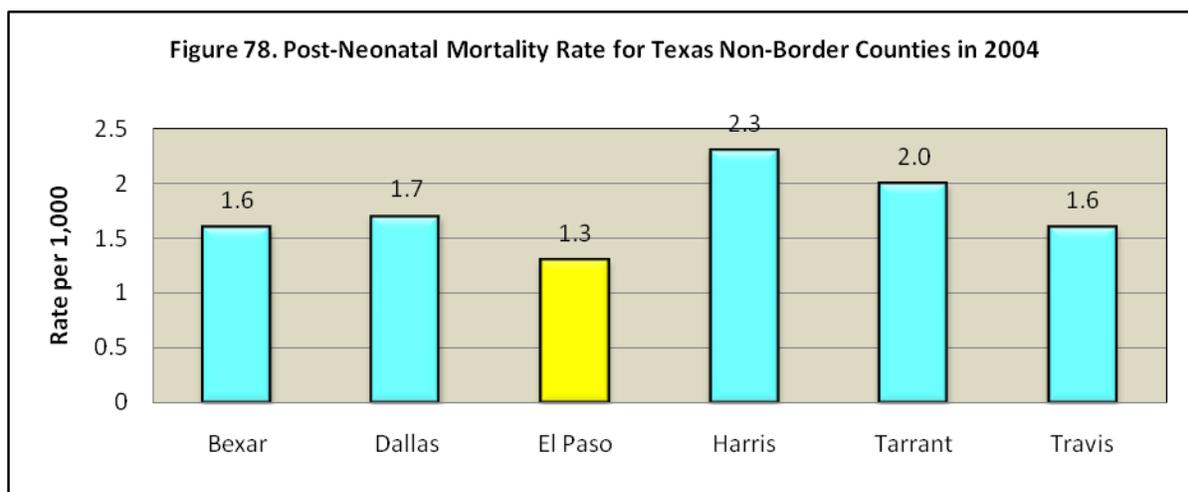
Texas had the second-highest post-neonatal mortality rate of the Border States in 2004.



Source: NCHS-MOD, 2004

Texas Non-Border Counties

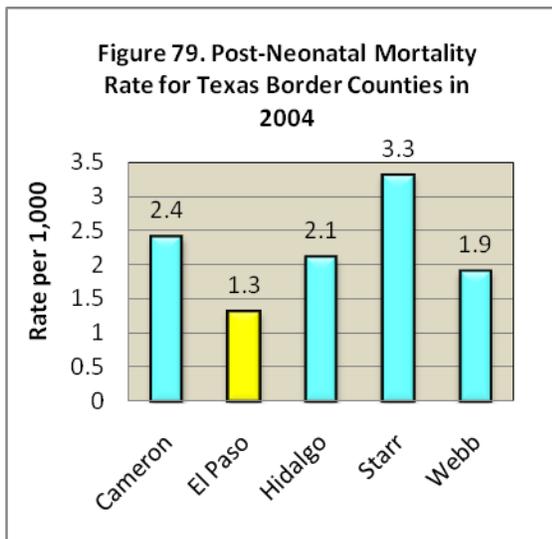
El Paso County had a lower post-neonatal mortality rate than the major Texas Non-Border Counties in 2004.



Source: NCHS-MOD, 2004

Texas Border Counties

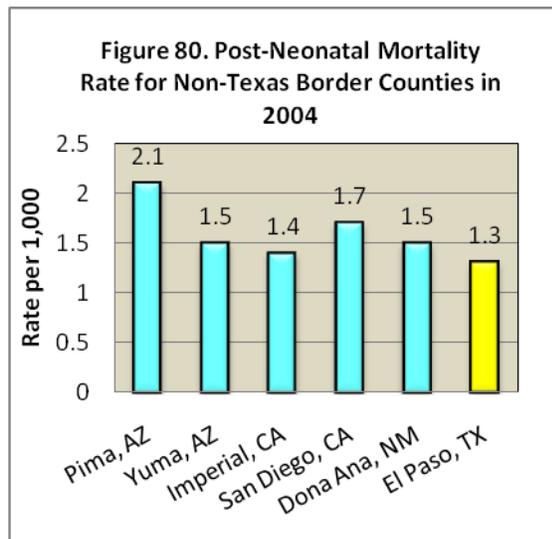
El Paso County had the lowest post-neonatal mortality rate of the Texas Border Counties in 2004.



Source: NCHS-MOD, 2004

Non-Texas Border Counties

El Paso County had a lower post-neonatal mortality rate than the major Non-Texas Border Counties in 2004.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; NCHS-MOD, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
1.3	1.2	No	2004

¹Rate per 1,000 births

²Age: 28 days to less than 1 year

Sudden Infant Death Syndrome (SIDS) is the leading cause of post-neonatal mortality in the United States.

Reduce the Risk for SIDS

- Place babies to sleep on their backs
- Place babies on firm mattresses
- Remove loose bedding from sleep area
- Get adequate prenatal care
- Avoid maternal smoking and drug abuse
- Get regular well-baby check-ups

Source: Centers for Disease Control and Prevention, 2006

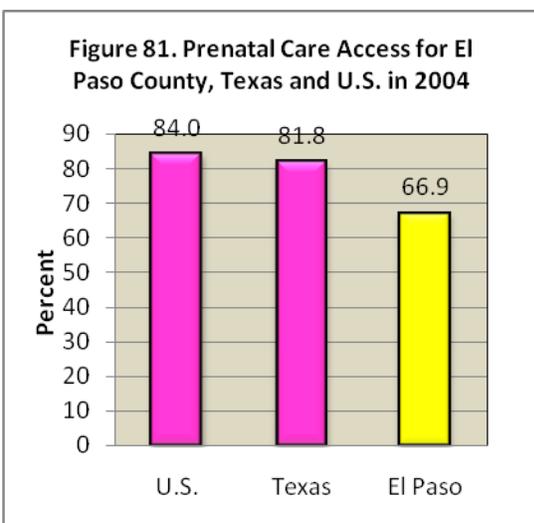


Prenatal Care (First Trimester)¹

Healthy People 2010 Objective: 90.0 Percent

National

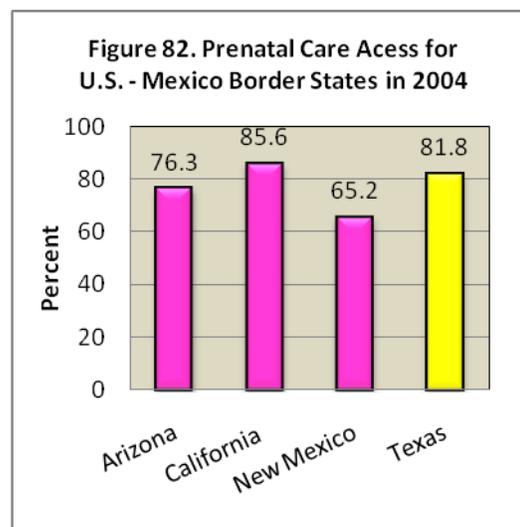
El Paso County had a lower percentage of first-trimester prenatal access than the United States and Texas in 2004.



Source: CDC-Vital Stats, 2004; TDSHS-CHS, 2004

State

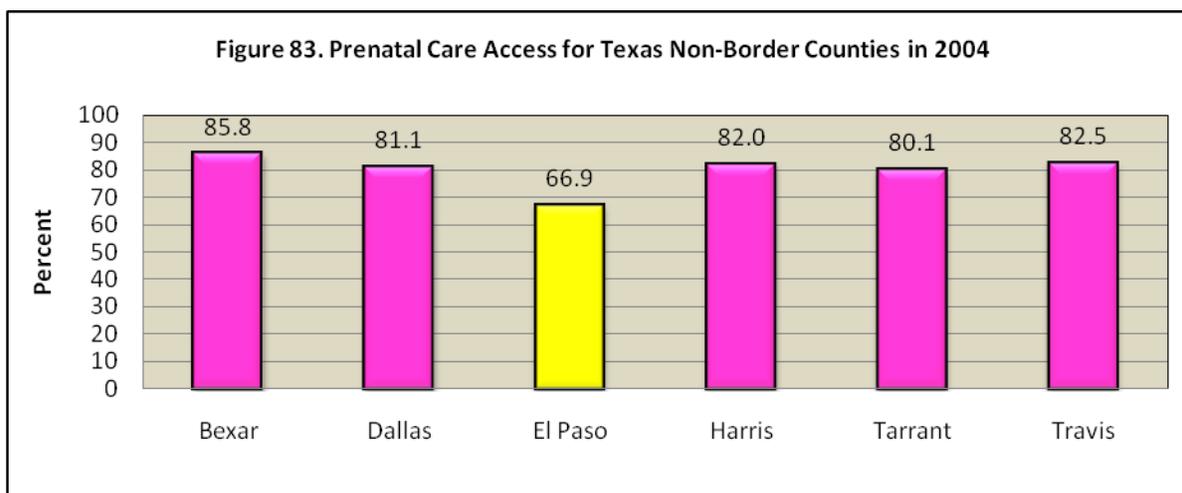
Texas had the second-highest percentage of first-trimester prenatal access of the Border States in 2004.



Source: CDC-Vital Stats, 2004

Texas Non-Border Counties

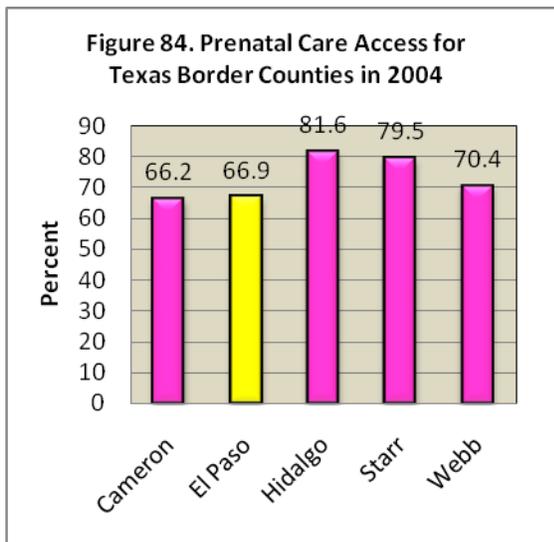
El Paso County had the lowest percentage of first-trimester prenatal access when compared to the major Texas Non-Border Counties in 2004.



Source: TDSHS-CHS, 2004

Texas Border Counties

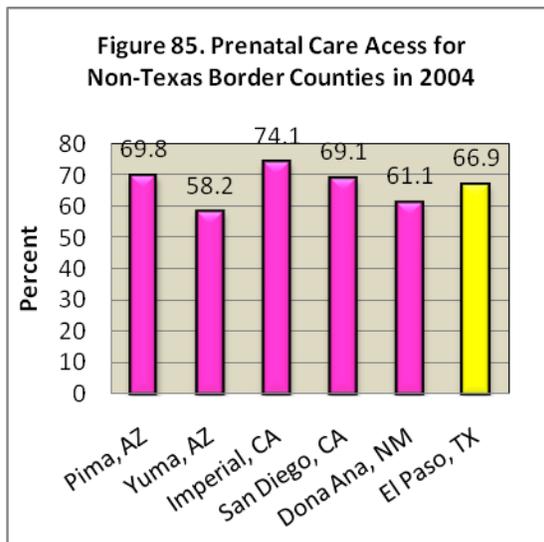
El Paso County had the second-lowest percentage of first-trimester prenatal access in 2004 among Texas Border Counties.



Source: TDSHS-CHS, 2004

Non-Texas Border Counties

El Paso County had the third-lowest percentage of first-trimester prenatal access in 2004 compared to Non-Texas Border Counties.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-CHS, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
66.9 Percent	90.0 Percent	No	2004

¹Prenatal care access beginning in first trimester of pregnancy

The goal of prenatal care is to monitor the progress of a pregnancy and to identify potential problems before they become serious for either the mother or baby. Pregnant women who seek prenatal care early and adequately have healthier babies and are less likely to deliver prematurely.

Source: Centers for Disease Control and Prevention, 2008

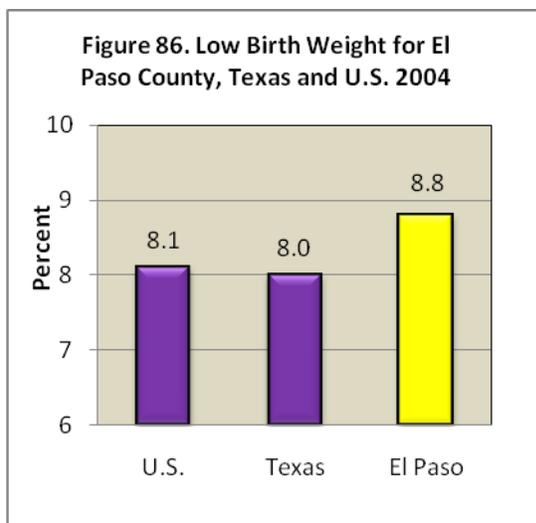


Low Birth Weight¹

Healthy People 2010 Objective: 5.0 Percent

National

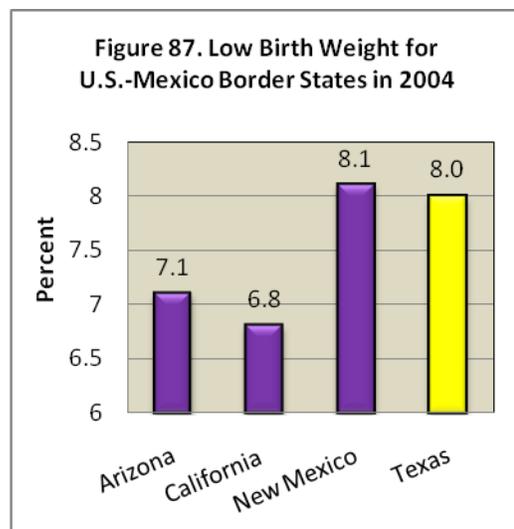
El Paso County had a higher percentage of low-weight births than the United States and Texas in 2004.



Source: CDC-Vital Stats, 2004; TDSHS-CHS, 2004

State

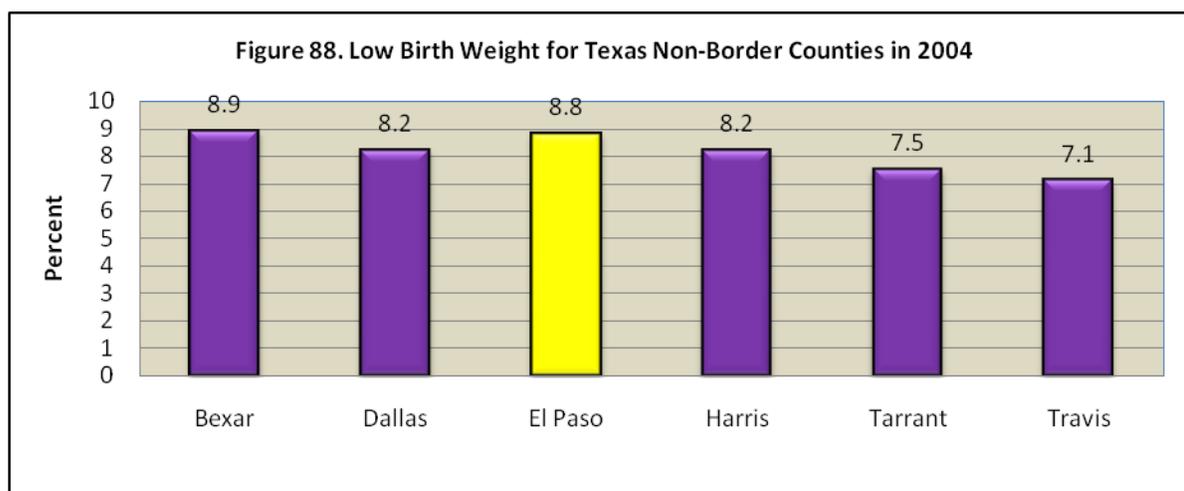
Texas had the second-highest percentage of low-weight births in the Border States in 2004.



Source: CDC-Vital Stats, 2004

Texas Non-Border Counties

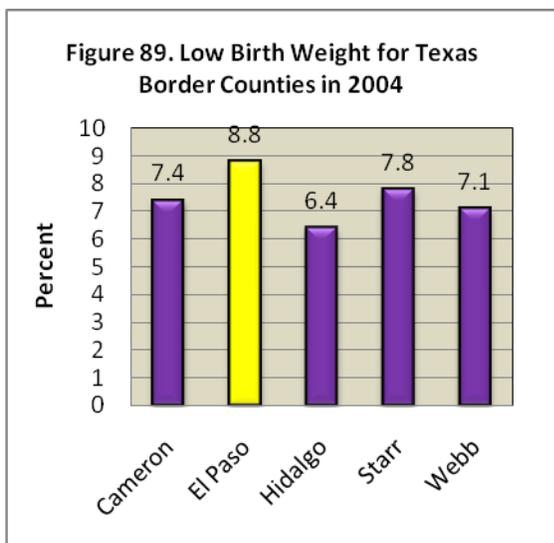
Compared to the major Texas Non-Border Counties, El Paso County had the second-highest percentage of low-weight births in 2004.



Source: TDSHS-CHS, 2004

Texas Border Counties

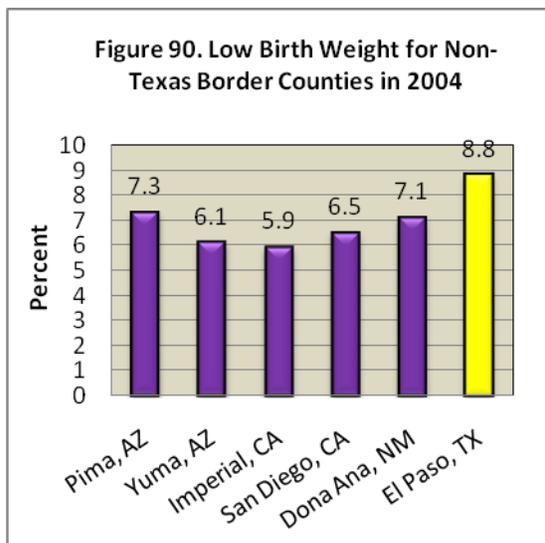
El Paso County had the highest percentage of low-weight births in 2004 among major Texas Border Counties.



Source: TDSHS-CHS, 2004

Non-Texas Border Counties

El Paso County had the highest percentage of low-weight births when compared to major Non-Texas Border Counties in 2004.



Source: CDPH-IPODR, 2004; ADHS-HSVS, 2004; TDSHS-CHS, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
8.8 Percent	5.0 Percent	No	2004

¹Less than 2.5 kg

Reduce the Risk for Low-Weight Births

- Get early and adequate prenatal care
- Take prenatal vitamins as prescribed
- Control chronic health conditions
- Quit smoking
- Seek help immediately for preterm labor

Source: March of Dimes, 2008

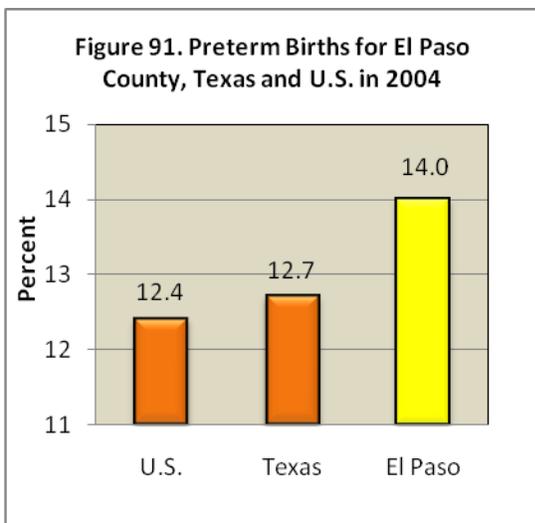


Preterm Births¹

Healthy People 2010 Objective: 7.6 Percent

National

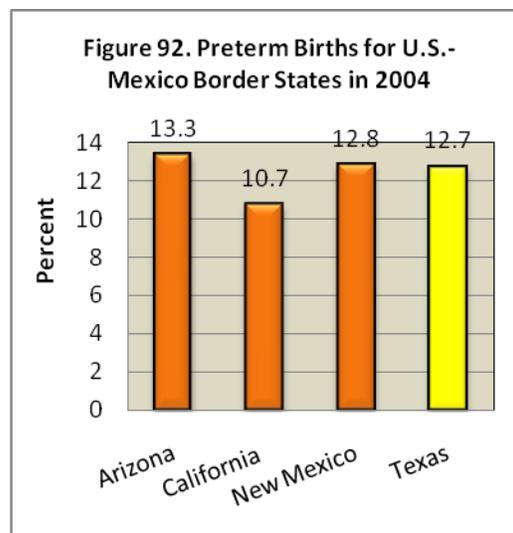
El Paso County had a higher percentage of preterm births than the United States and Texas in 2004.



Source: NCHS-MOD, 2004

State

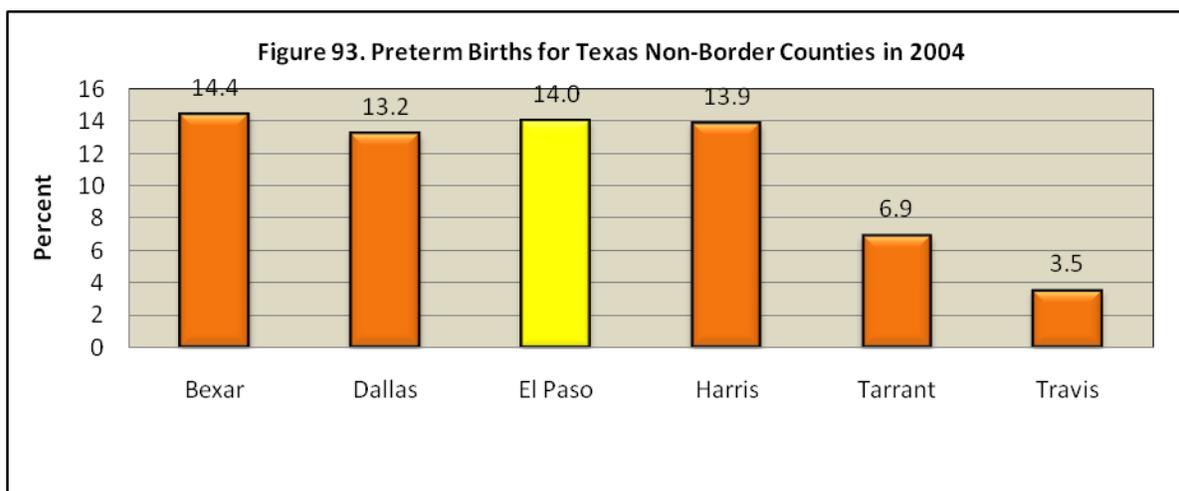
Texas had the second-lowest percentage of preterm births in the Border States in 2004.



Source: NCHS-MOD, 2004

Texas Non-Border Counties

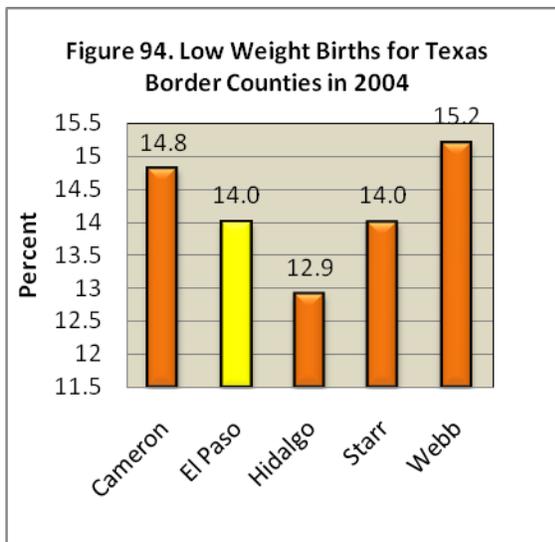
When compared to major Texas Non-Border Counties, El Paso County had the second-highest percentage of preterm births in 2004.



Source: NCHS-MOD, 2004

Texas Border Counties

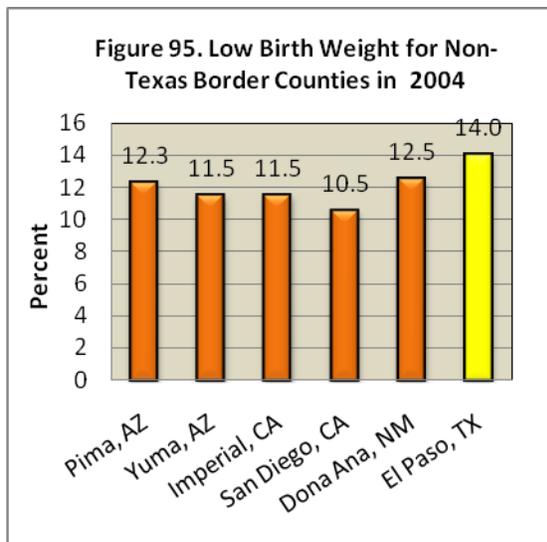
El Paso County had the second-lowest percentage of preterm births in 2004 of the major Texas Border Counties.



Source: NCHS-MOD, 2004

Non-Texas Border Counties

El Paso County had a higher percentage of preterm births than the major Non-Texas Border Counties in 2004.



Source: NCHS-MOD, 2004

El Paso County	Healthy People Objective	Goal Met	Year
14.0 Percent	7.6 Percent	No	2004

¹Less than 37 weeks

Prevent Preterm Births

- Seek early and regular prenatal care
- Manage chronic diseases
- Avoid tobacco, alcohol and substance abuse
- Limit stress
- Eat healthy
- Take prenatal vitamins as prescribed
- Maintain good dental hygiene (gum disease may be associated with preterm births)

Source: www.mayoclinic.com, 2008

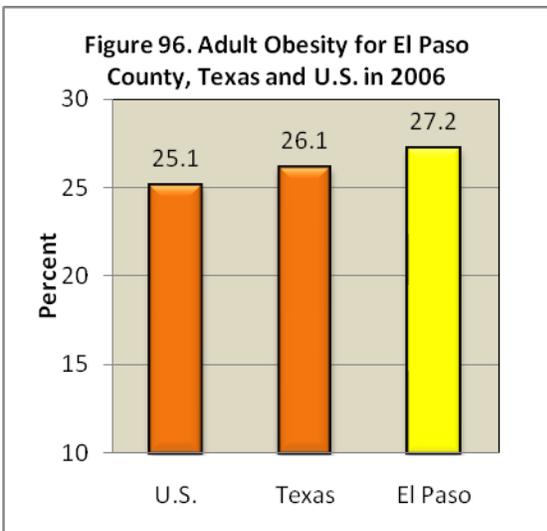


Adult Obesity¹

Healthy People 2010 Objective: 15.0 Percent

National

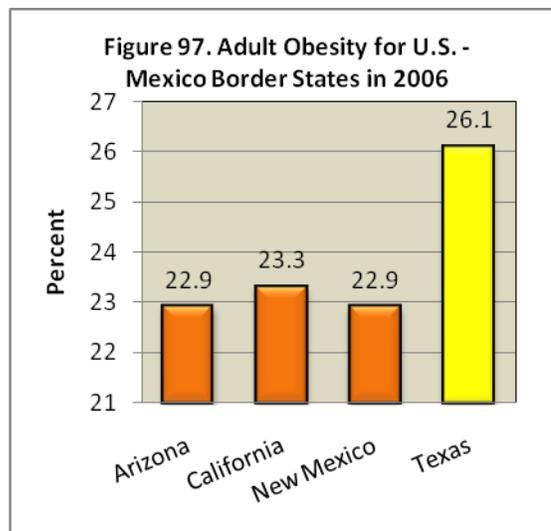
El Paso County had a higher percentage of obese adults than Texas and the United States in 2006.



Source: CDC BRFSS, 2006

State

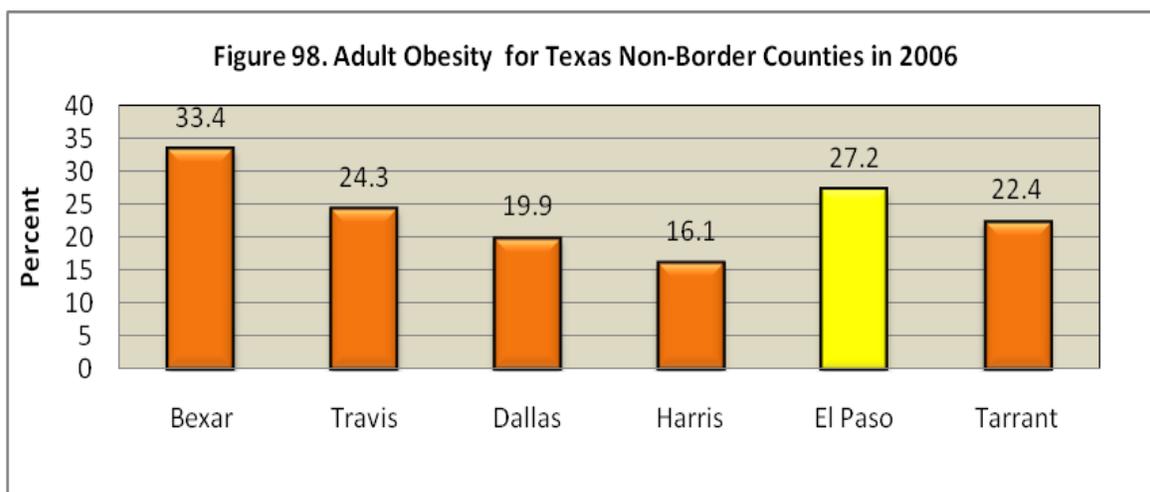
Texas, in 2006, had a higher percentage of obese adults than the other Border States.



Source: CDC BRFSS, 2006

Texas Non-Border Counties

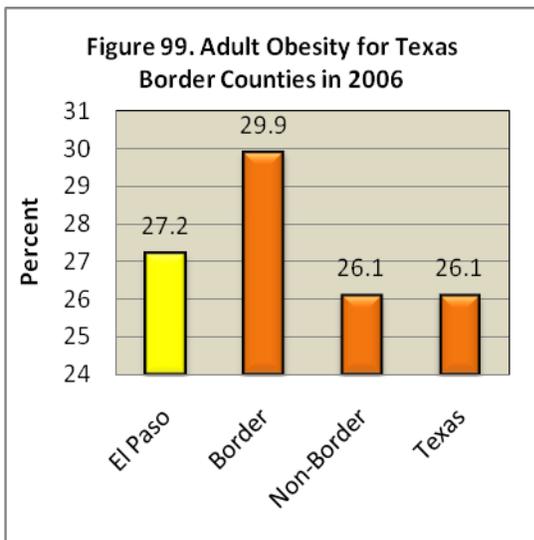
When compared to the Texas Non-Border Counties, El Paso County had the second-highest percentage of adult obesity highest in 2006. Only Bexar County had a higher percentage.



Source: CDC BRFSS, 2006

Texas Border Counties

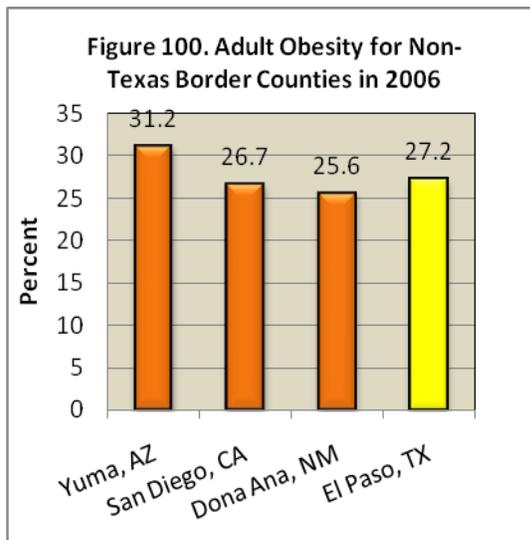
El Paso County had a lower percentage of obese adults than the Texas Border Region in 2006².



Source: Texas BRFSS, 2006

Non-Texas Border Counties

El Paso County had the second-highest percentage of obese adults when compared to major Non-Texas Border Counties³.



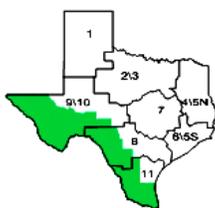
Source: CDC BRFSS, 2006.

El Paso County	Healthy People Objective	Goal Met	Year
27.2 Percent	15.0 Percent	No	2006

¹Obesity is defined as a body mass index ≥ 30.0 .

²The green area refers to Border Region in Figure 99. Numbers on the map refer to Texas Public Health Regions.

³Pima, Arizona, and Imperial, California, data was unavailable for Figure 100.



Source: Texas BRFSS, 2006

Obesity Prevention

- Exercise regularly and decrease time watching television
- Eat food low in fat and sugar
- Eat at least five fruits and vegetables daily

Source: Centers for Disease Control and Prevention, 2008

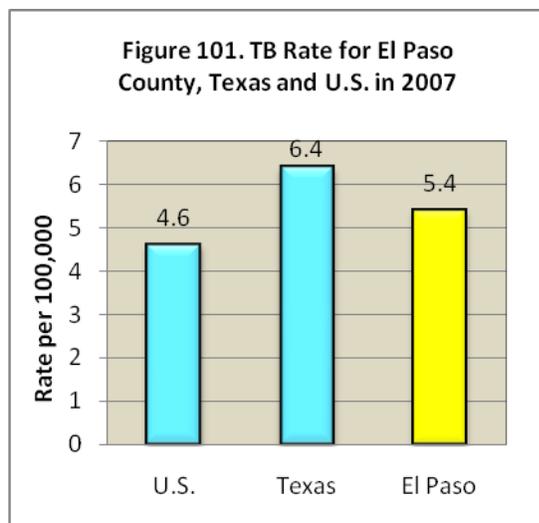


Tuberculosis (TB)¹

Healthy People 2010 Objective: 1.0 case per 100,000 people

National

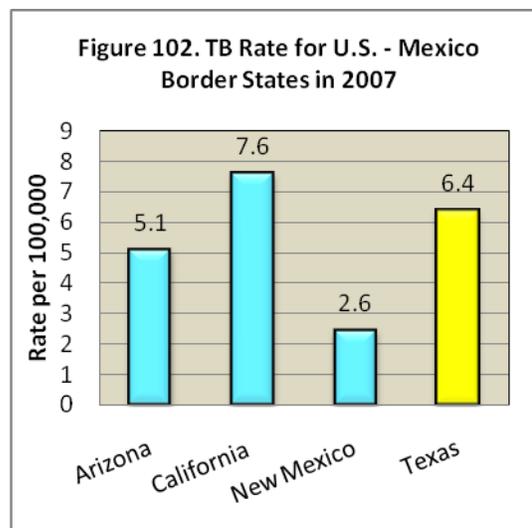
El Paso County had a higher rate of TB than the United States in 2007, yet lower than that of the Texas.



Source: OTIS, 2007; TDSHS-IDCU, 2007

State

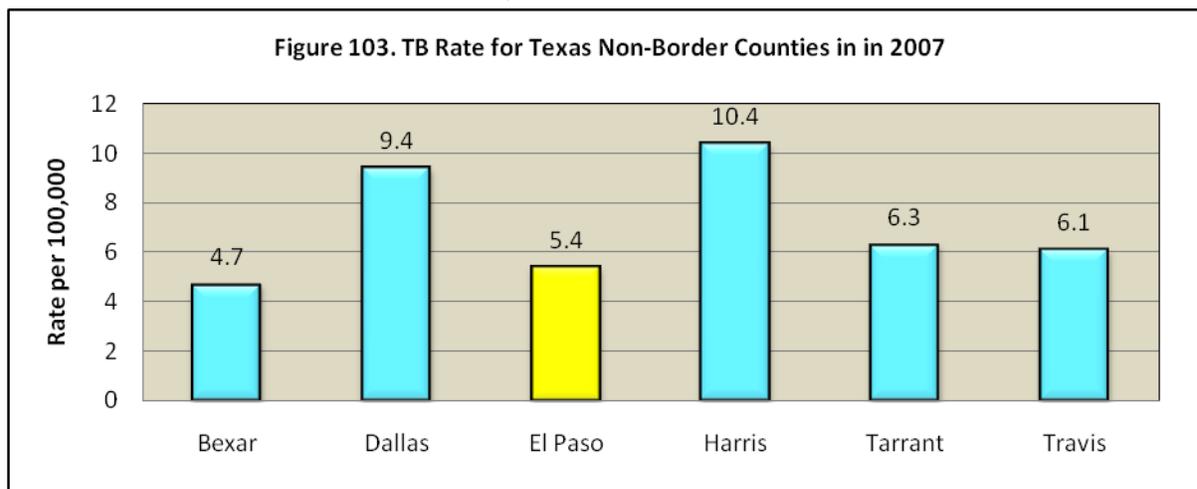
Texas had the second-highest rate of TB in the Border States in 2007. California had the highest.



Source: OTIS, 2007

Texas Non-Border Counties

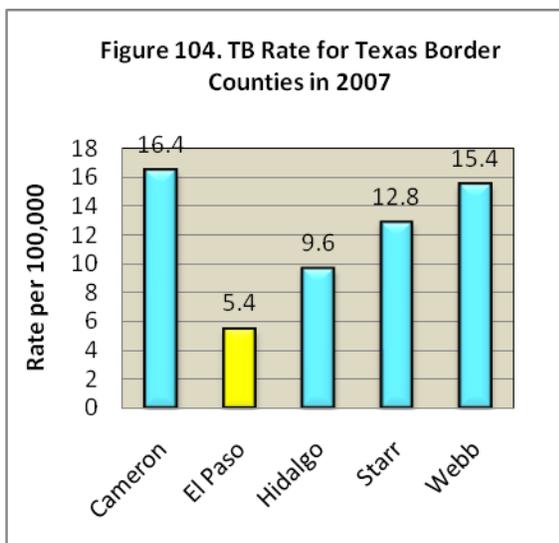
When compared to the major Texas Non-Border Counties in 2007, El Paso County had the second-lowest TB rate. Bexar County had the lowest.



Source: TDSHS-IDCU, 2007

Texas Border Counties

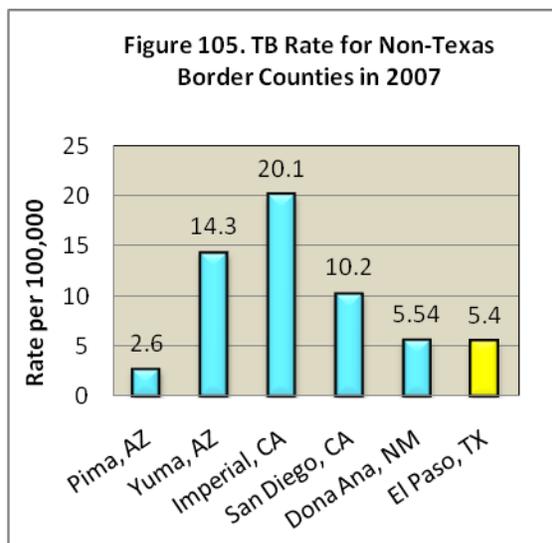
El Paso had the lowest TB rate among major Texas Border Counties in 2007.



Source: TDSHS-IDCU, 2007

Non-Texas Border Counties

El Paso County had the second-lowest TB rate compared to Non-Texas Border Counties in 2007. Pima, Arizona, had the lowest.



Source: OHIR, 2007; ADHS, 2007; NMDOH, 2007; TDSHS-IDCU, 2007

El Paso County	Healthy People Objective	Goal Met	Year
5.4	1.0	No	2007

¹Rate per 100,000 people

Tuberculosis Prevention

- Keep immune system healthy by eating right and exercising
- Someone with HIV or another disease that weakens the immune system should get tested for TB regularly
- If testing positive for latent TB infection but have no symptoms, discuss preventive therapy with a doctor to reduce the risk of getting active TB
- If starting preventive therapy, finish the entire course of medication

Source: www.mayoclinic.com, 2008; Centers for Disease Control and Prevention, 2008

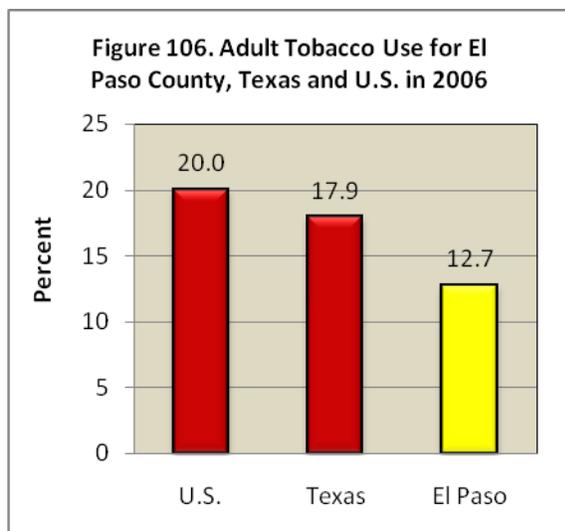


Tobacco Use, Adult Smokers

Healthy People 2010 Objective: 12.0 Percent

National

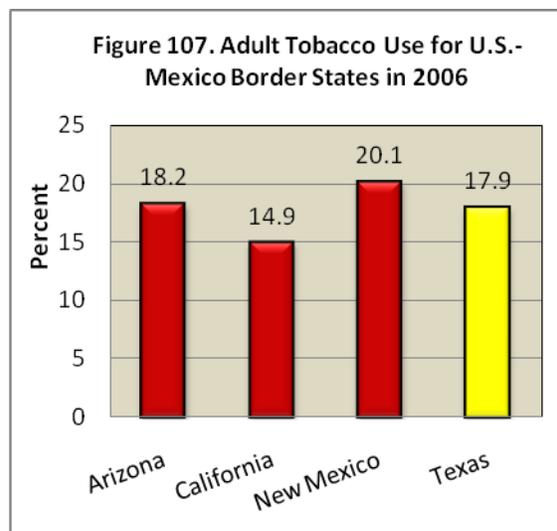
El Paso County had a lower percentage of adult smokers than both the United States and Texas in 2006.



Source: CDC BRFSS, 2006

State

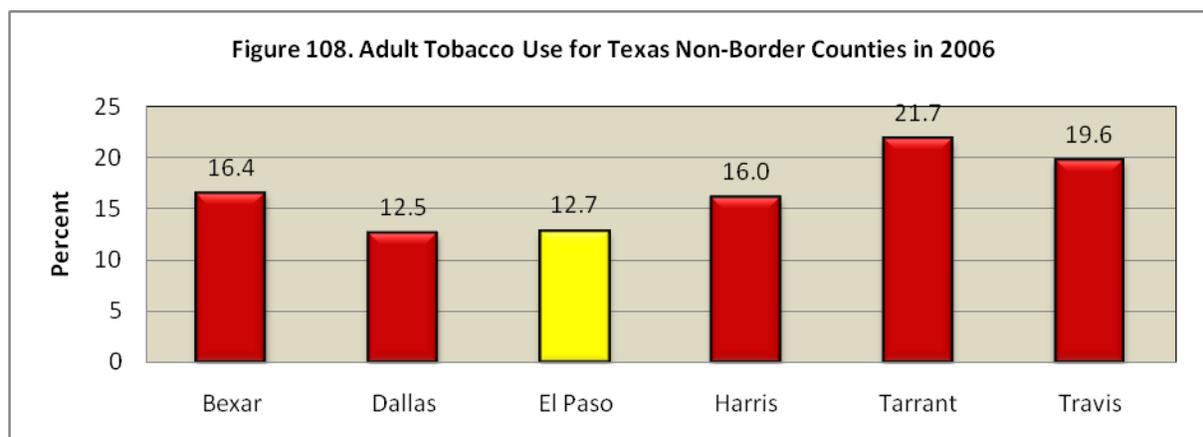
Texas had the second-lowest percentage of adult smokers in the Border States in 2006. California had the lowest.



Source: CDC BRFSS, 2006

Texas Non-Border Counties

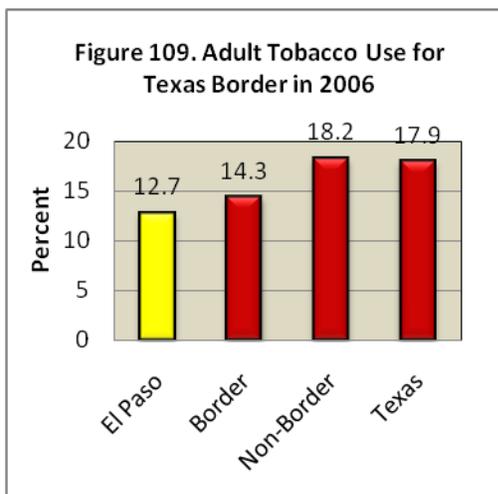
In 2006, in comparison to the major Texas Non-Border Counties, El Paso County had the second-lowest adult smoking percentage. Dallas County had the lowest.



Source: CDC BRFSS, 2006

Texas Border Counties

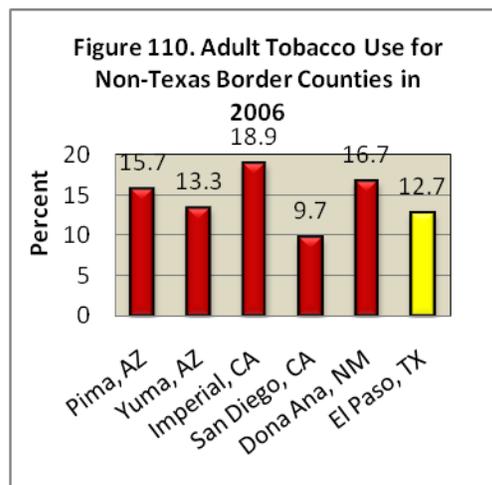
El Paso had a lower percentage of adult smokers than the Texas Border and Non-Border Regions in 2006¹.



Source: Texas BRFSS, 2006

Non-Texas Border Counties

In comparison to the Non-Texas Border Counties, El Paso County had the second-lowest percentage of adult smokers in 2006. San Diego County had the lowest.



Source: CDC BRFSS, 2006; C-STATS, 2006

El Paso County	Healthy People Objective	Goal Met	Year
12.7 Percent	12.0 Percent	No	2006

¹The green area refers to Border Region in Figure 109. Numbers on the map refer to Texas Public Health Regions.



Source: Texas BRFSS, 2006

When Smokers Quit

Time After Last Cigarette	Effect
20 Minutes	Blood pressure returns to normal
8 Hours	Oxygen level returns to normal
24 Hours	Risk for heart attack decreases
48 Hours	Taste and smell increase
2 Weeks – 3 Months	Circulation and lung function improve

Source: American Cancer Society, 2008

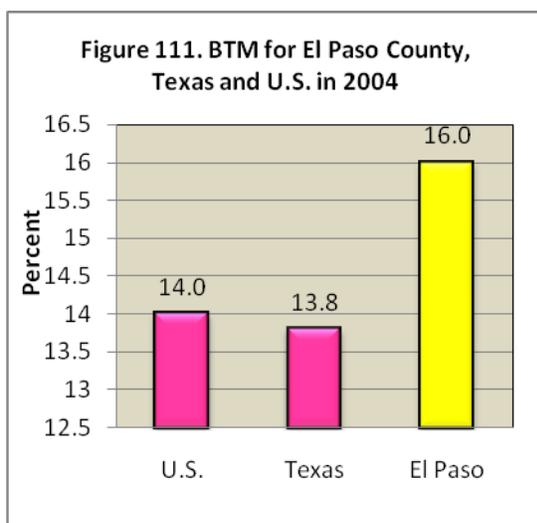


Births to Teenage Mothers (BTM)¹

A Healthy People 2010 objective was not set.

National

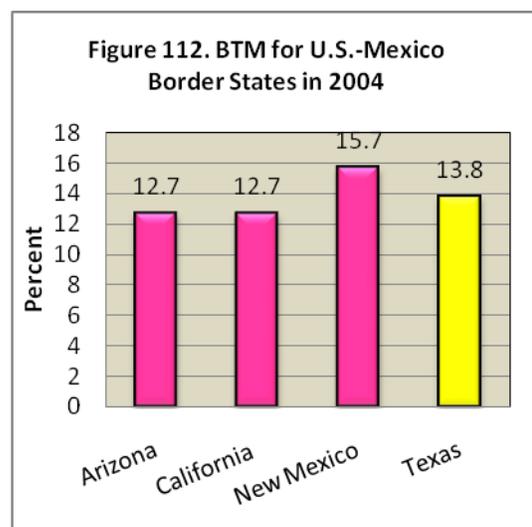
El Paso County had a higher percentage of births to teenage mothers than the United States and Texas in 2004.



Source: TDSHS-VSU, 2004

State

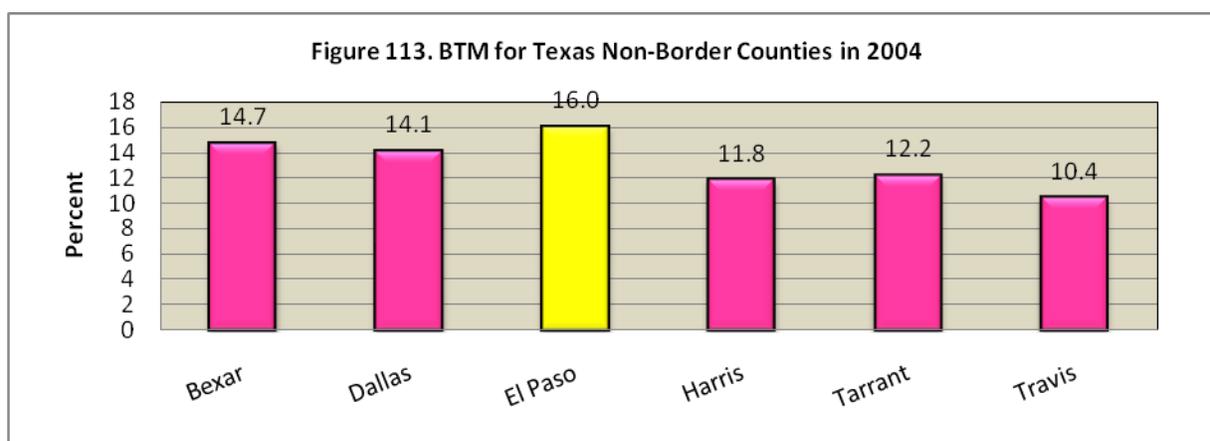
Texas had the second-highest percentage of births to teenage mothers in the Border States in 2004. New Mexico had the highest.



Source: CDPH, 2006; ADHS-HSVS, 2004; TDSHS-VSU, 2004; NMDOH-Vital Records, 2006

Texas Non-Border Counties

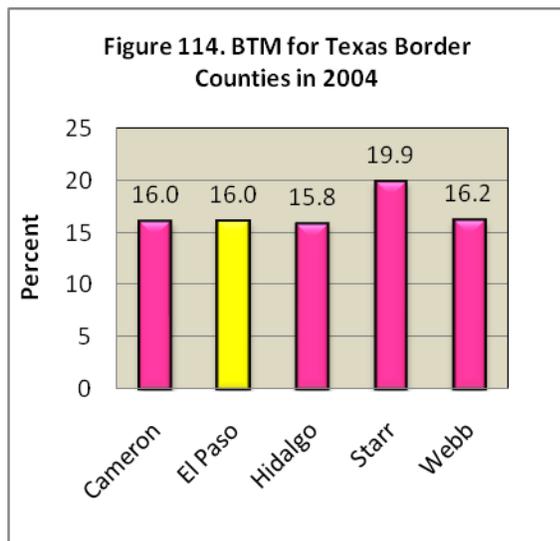
When compared to the Texas Non-Border counties in 2004, El Paso County had the highest percentage of births to teenage mothers. Travis had the lowest.



Source: TDSHS-VSU, 2004

Texas Border Counties

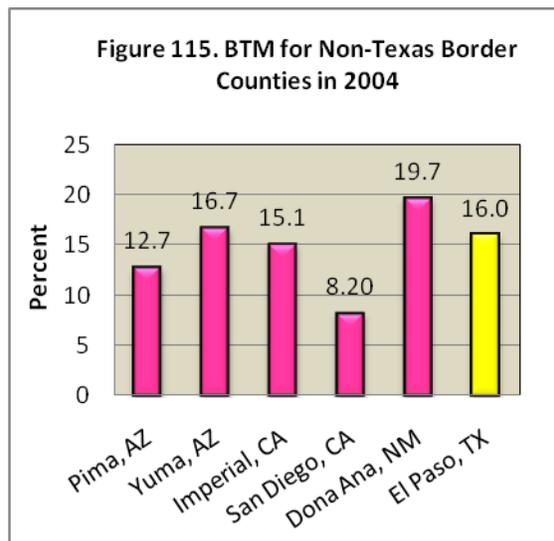
El Paso and Cameron Counties had the same percentage of births to teenage mothers and ranked second for the lowest percentage of all Texas Border Counties in 2004.



Source: TDSHS-VSU, 2004

Non-Texas Border Counties

In comparison with the Non-Texas Border Counties, El Paso County had the third-highest percentage of births to teenage mothers in 2004.



Source: CDPH, 2006; ADHS-HSVS, 2004; TDSHS-VSU, 2004; NMDOH-Vital Records, 2006

El Paso County	Healthy People Objective	Goal Met	Year
16.0 Percent	N/A	N/A	2004

¹Mother less than 20 years of age

Births to Teenage Mothers Prevention

- Provide teens with balanced, realistic sexuality education that includes information on both abstinence and contraception
- Offer a wide variety of youth development programs that assist youth to define goals, complete school, and plan for the future
- Make contraceptive services that are confidential and low-cost available to youth

Source: Advocates for Youth, 1999

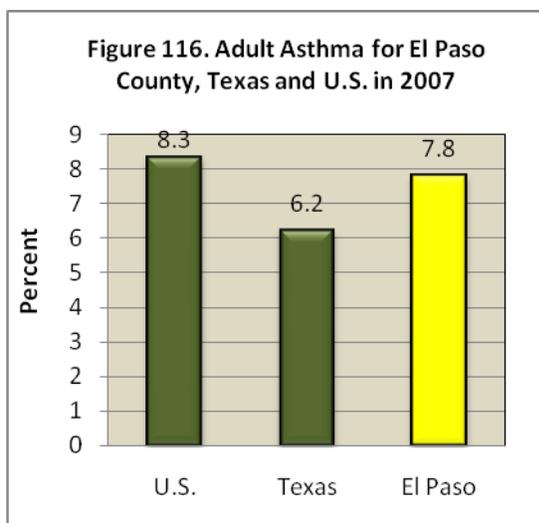


Adult Asthma¹

A Healthy People 2010 objective was not set.

National

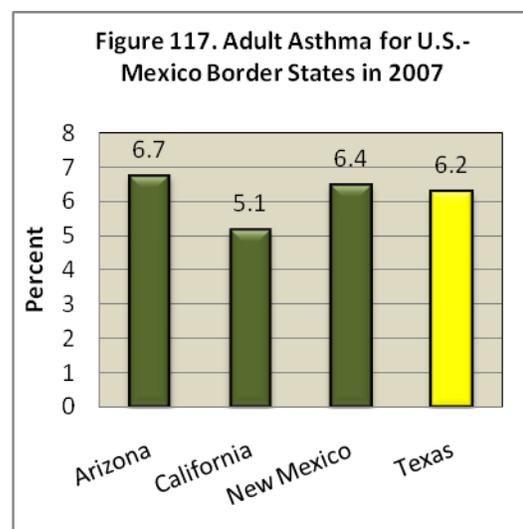
El Paso County had a lower percentage of adult asthma than the United States but higher than Texas in 2007.



Source: CDC BRFSS, 2007

State

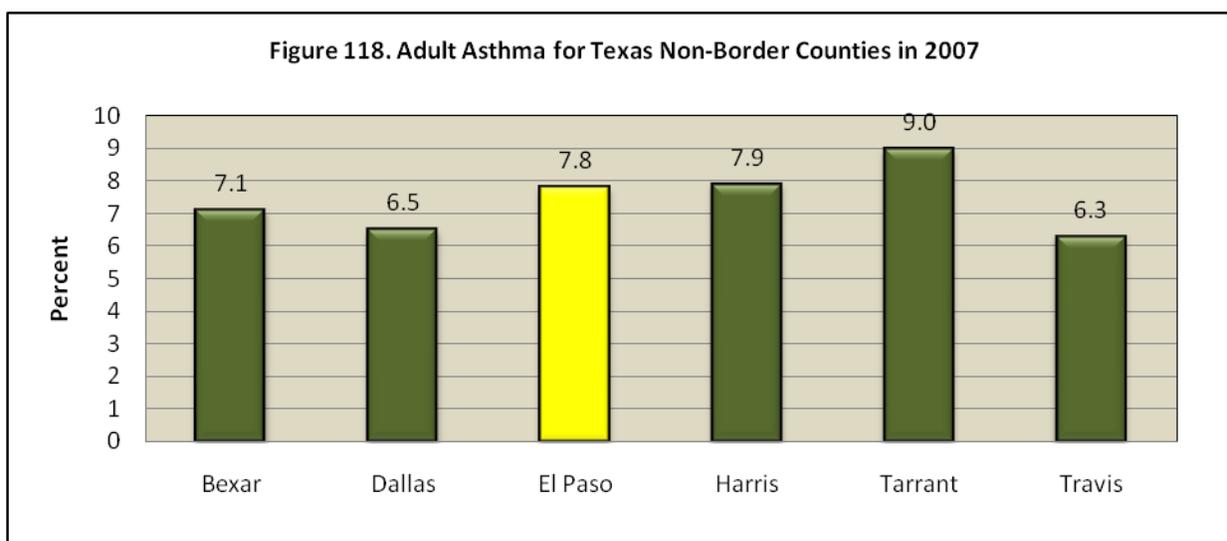
Texas had the second-lowest percentage of adult asthma of the Border States in 2007. California had the lowest.



Source: CDC BRFSS, 2007

Texas Non-Border Counties

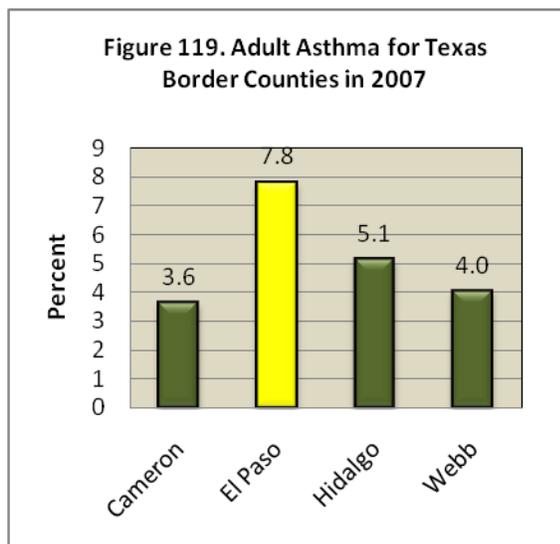
Compared to the Texas Non-Border Counties in 2007, El Paso County had the third-highest percentage of adult asthma.



Source: CDC BRFSS, 2007

Texas Border Counties

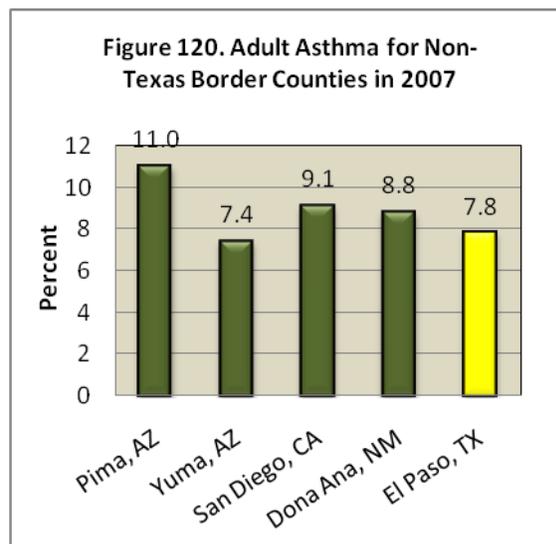
El Paso had the highest percentage of adult asthma among Texas Border Counties in 2007².



Source: CDC BRFSS, 2007

Non-Texas Border Counties

Compared to Non-Texas Border Counties, El Paso County had the second-lowest percentage of adult asthma in 2007. Yuma, Arizona, had the lowest.



Source: CDC BRFSS, 2007

El Paso County	Healthy People Objective	Goal Met	Year
7.8 Percent	N/A	N/A	2007

¹Percentage of adults surveyed who said they currently had asthma.

²Starr, Texas data was unavailable for Figure 119.

Asthma Attack Prevention and Management

- Learn what triggers attacks and try to avoid
 - Smoke
 - Strong odors
 - Pollen
 - Dust
 - Exercise
 - High ozone days
- Identify and treat asthma attacks early

Source: www.keepkidshealthy.com, 2008; www.mayoclinic.com, 2008



Summary

Progress was evaluated for Healthy People 2010 (HP 2010) across 10 focus areas, for 22 objectives. The HP 2010 objective for pertussis was set nationally, and the state and local objectives are irrelevant. This document addresses 21 measurable objectives, and according to the most readily available data, El Paso County has met 5 of these 21 objectives. Those met are lung cancer, coronary heart disease, stroke, and infant and neonatal mortality rates. Two additional health measures have been included—births to teen mothers and adult asthma.

Access to Quality Health Services

Health insurance coverage. The HP 2010 objective was to attain health care coverage for 100.0 percent of the population. According to the Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2006), El Paso County had 60.1 percent of residents insured with health care coverage. Thus, as of 2006, El Paso County had not met the HP 2010 objective for health care coverage.

Cancer

Overall cancer mortality. The HP 2010 objective was set at 158.6 deaths per 100,000 people. According to the Centers for Disease Control and Prevention, Wonder (2005), El Paso County had 167.4 deaths per 100,000 people. As of 2005, El Paso County had not met the HP 2010 objective for overall cancer mortality.

Lung cancer mortality. The HP 2010 objective was set at 43.3 deaths per 100,000 people. According to the Centers for Disease Control and Prevention, Wonder (2005), El Paso County had 33.7 deaths per 100,000 people. As of 2005, El Paso County had met the HP 2010 objective for lung cancer mortality.

Female breast cancer mortality. The HP 2010 objective was set at 21.3 deaths per 100,000 people. According to the Centers for Disease Control and Prevention, Wonder (2005), El Paso County had 22.5 deaths per 100,000 people. As of 2005, El Paso County had not met the HP 2010 objective for female breast cancer mortality.

Diabetes

Prevalence. The HP 2010 objective was set at 25 cases per 1,000 people. According to the Centers for Disease Control and Prevention, National Diabetes Surveillance System (2005), El Paso County had 74 cases per 1,000 people. As of 2005, El Paso County had not met the HP 2010 objective for the prevalence of diabetes.

Environmental Health

Elevated lead levels in children. The HP 2010 objective was set at zero percent. According to the Centers for Disease Control and Prevention, Childhood Lead Poisoning Prevention Program (2005), 0.25 percent of the children in El Paso County had elevated lead levels. As of 2005, El Paso County had not met the HP 2010 objective for elevated lead levels in children.

Heart Disease and Stroke

Coronary heart disease mortality. The HP 2010 objective was set at 162.0 deaths per 100,000 people. According to the Centers for Disease Control and Prevention, Wonder (2005), El Paso County had 139.7 deaths per 100,000 people. As of 2005, El Paso County had met the HP 2010 objective for coronary heart disease mortality.

Stroke mortality. The HP 2010 objective was set at 50.0 deaths per 100,000 people. According to the Centers for Disease Control and Prevention, Wonder (2005), El Paso County had 39.3 deaths per 100,000 people. As of 2005, El Paso County had met the HP 2010 objective for stroke mortality.

Immunization and Infectious Diseases

Immunizations rate. The HP 2010 objective was set at 90.0 percent of children immunized with series 4:3:1:3:3:1. According to the Centers for Disease Control and Prevention, National Immunization Survey (2007), 77.4 percent of children in El Paso County had been immunized with series 4:3:1:3:3:1. As of 2007, El Paso County had not met the HP 2010 objective for children immunized with series 4:3:1:3:3:1.

Hepatitis A. The HP 2010 objective was set at 2.5 cases per 100,000 people. According to *Epidemiology in Texas Annual Report* (2006), El Paso County had 2.7 cases per 100,000 people. As of 2006, El Paso County had not met the HP 2010 objective for hepatitis A.

Pertussis. The HP 2010 objective was set at 2,000 total cases for the United States. State and local objectives were not set.

Maternal, Infant, and Child Health

Perinatal mortality. The HP 2010 objective was set at 4.4 deaths per 1,000 births. According to the Texas Department of State Health Services, Vital Statistics Unit (2004), El Paso County had 8.1 deaths per 1,000 births. As of 2004, El Paso County had not met the HP 2010 objective for perinatal mortality.

Fetal mortality. The HP 2010 objective was set at 4.1 deaths per 1,000 births. According to the Texas Department of State Health Services, Vital Statistics Unit (2004), El Paso County had 5.7 deaths per 1,000 births. As of 2004, El Paso County had not met the HP 2010 objective for fetal mortality.

All infant mortality. The HP 2010 objective was set at 4.5 deaths per 1,000 births. According to the Texas Department of State Health Services, Vital Statistics Unit (2004), El Paso County had 3.9 deaths per 1,000 births. As of 2004, El Paso County had met the HP 2010 objective for infant mortality.

Neonatal mortality. The HP 2010 objective was set at 2.9 deaths per 1,000 births. According to the Texas Department of State Health Services, Vital Statistics Unit (2004), El Paso County had 2.4 deaths per 1,000 births. As of 2004, El Paso County had met the HP 2010 objective for neonatal mortality.

Post-neonatal mortality. The HP 2010 objective was set at 1.2 deaths per 1,000 births. According to the National Center for Health Statistics, March of Dimes (2004), El Paso County had 1.3 deaths per 1,000 births. As of 2004, El Paso County had not met the HP 2010 objective for post-neonatal mortality.

Prenatal care beginning in the first trimester. The HP 2010 objective was set at 90.0 percent for prenatal care beginning in the first trimester. According to the Texas Department of State Health Services, Center for Health Statistics (2004), 66.9 percent of women in El Paso County received prenatal care beginning in the first trimester. As of 2004, El Paso County had not met the HP 2010 objective for prenatal care beginning in the first trimester.

Low-weight births. The HP 2010 objective was set at 5.0 percent for low-weight births. According to the Texas Department of State Health Services, Center for Health Statistics (2004), 8.8 percent of newborns in El Paso County were considered to have low birth weights. As of 2004, El Paso County had not met the HP 2010 objective for low-weight births.

Preterm Births. The HP 2010 objective was set at 7.6 percent for preterm births. According to the National Center for Health Statistics, March of Dimes (2004), El Paso County had a preterm birth percentage of 14.0. As of 2004, El Paso County had not met the HP 2010 objective for preterm births.

Nutrition and Overweight

Adult obesity. The HP 2010 objective was set at 15.0 percent for adult obesity. According to the Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2006), 27.2 percent of adults in El Paso County were obese. As of 2006, El Paso County had not met the HP 2010 objective for adult obesity.

Respiratory Diseases

Tuberculosis. The HP 2010 objective was set at 1.0 case per 100,000 people. According to the Texas Department of State Health Services, Infectious Disease Control Unit (2006), El Paso County had 5.4 cases per 100,000 people. As of 2006, El Paso County had not met the HP 2010 objective for tuberculosis.

Tobacco Use

Adult smokers. The HP 2010 objective was set at 12.0 percent for adult smokers. According to the Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2006), 12.7 percent of adults in El Paso County were smokers. As of 2006, El Paso County had not met the HP 2010 objective for adult smokers.

Additional Health Measures

Births to teenage mothers. A HP 2010 objective was not set for births to teenage mothers. According to the Texas Department of State Health Services, Vital Statistics Unit (2004), El Paso County had a higher percentage of births to teenage mothers than the United States and Texas in 2004. El Paso County had 16.0 percent of births to teenage mothers, compared to 14.0 percent for the United States and 13.8 percent for Texas.

Adult asthma. A HP 2010 objective was not set for adult asthma. According to the Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (2007), El Paso County had a lower percentage of adult asthma than the United States but higher than Texas. El Paso County had 7.8 percent of adults with asthma, compared to 8.3 percent for the United States and 6.2 percent for Texas.

Table 3. Healthy People 2010 Objectives for Selected Health Measures

Healthy People 2010 Focus Area	Selected Health Measure	Healthy People Goal	El Paso	Year Evaluated	Goal Met
Access to Quality Health Services	Health Insurance Coverage by Percent	100.0	60.1	2006	No
Cancer	Mortality, Overall Cancer (Deaths per 100,000 people)	158.6	167.4	2005	No
	Mortality, Lung Cancer (Deaths per 100,000 people)	43.3	33.7	2005	Yes
	Mortality, Female Breast Cancer (Deaths per 100,000 people)	21.3	22.5	2005	No
Diabetes	Prevalence (Cases per 1,000 people)	25.0	74.0	2005	No
Environmental Health	Elevated Lead Levels in Children by Percent	0.0	0.25	2005	No
Heart Disease and Stroke	Mortality, Coronary Heart Disease (Deaths per 100,000 people)	162.0	139.7	2005	Yes
	Mortality, Stroke (Deaths per 100,000 people)	50.0	39.3	2005	Yes
Immunization and Infectious Diseases	Immunizations Rate by Percent	90.0	77.4	2007	No
	Hepatitis A (Cases per 100,000 people)	2.5	2.7	2006	No
	Pertussis (Total cases for the United States)	2,000	N/A	N/A	N/A
Maternal, Infant, and Child Health	Mortality, Perinatal (Deaths per 1,000 births)	4.4	8.1	2004	No
	Mortality, Fetal (Deaths per 1,000 births)	4.1	5.7	2004	No
	Mortality, All Infant (Deaths per 1,000 births)	4.5	3.9	2004	Yes
	Mortality, Neonatal (Deaths per 1,000 births)	2.9	2.4	2004	Yes
	Mortality, Post-Neonatal (Deaths per 1,000 births)	1.2	1.3	2004	No
	Prenatal Care by Percent (Beginning in first trimester)	90.0	66.9	2004	No
	Low-Weight Births by Percent	5.0	8.8	2004	No
	Preterm Births by Percent	7.6	14.0	2004	No
Nutrition and Overweight	Adult Obesity by Percent	15.0	27.2	2006	No

Table 3. Healthy People 2010 Objectives for Selected Health Measures (continued)

Healthy People 2010 Focus Area	Selected Health Measure	Healthy People Goal	El Paso	Year Evaluated	Goal Met
Respiratory Diseases	Tuberculosis (Cases per 100,000 people)	1.0	5.4	2007	No
Tobacco Use	Adult Smokers by Percent	12.0	12.7	2006	No
Additional Objectives	Births to Teenage Mothers by Percent	N/A	16.0	2004	N/A
	Adult Asthma	N/A	7.8	2007	N/A

References

- Advocates for Youth, 1999. Available online: www.advocatesforyouth.org. Accessed 09/23/2008.
- American Heart Association, 2008. Available online: <http://www.americanheart.org>. Accessed 09/23/2008.
- Arizona Department of Health Services (ADHS), Bureau of Epidemiology and Disease Control Services, Office of Infectious Disease Services. *Rates of Reported Cases of Notifiable Diseases by County, 2006*. Available online: <http://www.azdhs.gov/phs/oids/stats.htm>. Accessed 8/11/2008.
- Arizona Department of Health Services (ADHS), Health Status and Vital Statistics (HSVS). *Arizona Health Status and Vital Statistics Annual Report 2004*. Available online: <http://www.azdhs.gov/plan/index.htm>. Accessed 9/14/2008.
- California Department of Public Health (CDPH), Improved Perinatal Outcome Data Reports (IPODR). *California County Profile Report*. Available online: <http://ipodr.org/index.html>. Accessed 12/01/2008.
- California Department of Public Health (CDPH): Office of Health Information and Research (OHIR). *Health Data Summaries for California Counties 2006*. Available online: <http://www.cdph.ca.gov/programs/ohir/Pages/OHIRreports.aspx#h>. Accessed 7/14/2008.
- California Department of Public Health: California Tobacco Control Program - C-STATS Website, "Number of Adult Smokers". Available online <http://www.cstats.info>. Accessed 09/23/2008.
- Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Questionnaire (BRFSS)*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2006.
- Centers for Disease Control and Prevention (CDC): Childhood Lead Poisoning Prevention Program (CLPPP), 2005. Available online: <http://www.cdc.gov/diabetes/statistics/index.htm>. Accessed 09/09/2008.
- Centers for Disease Control and Prevention (CDC): National Center for Health Statistics. Compressed Mortality File 1999-2005. CDC WONDER On-line Database, compiled from Compressed Mortality File 1999-2005 Series 20 No. 2K, 2008. Available online: <http://wonder.cdc.gov/cmfi-icd10.html>. Accessed 07/26/08.
- Centers for Disease Control and Prevention (CDC). National Center for Health Statistics. *VitalStats*. Available online: <http://www.cdc.gov/nchs/vitalstats.htm>. Accessed 09/29/2008.

Centers for Disease Control and Prevention (CDC): National Diabetes Surveillance System (NDSS). Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>. Accessed 07/25/2008.

Centers for Disease Control and Prevention (CDC): Online Tuberculosis Information System (OTIS), National Tuberculosis Surveillance System, United States, 1993-2006. Available online: <http://wonder.cdc.gov/tb.html>. Accessed 08/26/08.

Centers for Disease Control and Prevention (CDC). *Summary of Notifiable Diseases — United States, 2006*. MMWR 2007:56. Available online: <http://www.cdc.gov/mmwr>. Accessed 09/09/2008.

Healthy People 2010 (HP 2010). Secretary's Advisory Committee on Health Promotion and Disease Prevention Objectives for 2010. Available at: <http://www.healthypeople.gov/Implementation/Council>. Accessed 10/26/08.

Keep Kids Healthy, 2008. Available online: www.keepkidshealthy.com. Accessed 09/23/2008.

Mayoclinic.com, 2008. Available online: <http://www.mayoclinic.com>. Accessed 09/23/2008.

National Breast Cancer Foundation, Inc., 2008. Available online: <http://www.nationalbreastcancer.org>. Accessed 07/14/2008.

National Center for Health Statistics, March of Dimes (NCHS-MOD), Final Natality Data 2004. Available online: www.marchofdimes.com/peristats. Accessed 09/29/2008.

New Mexico Department of Health (NMDOH), Bureau of Vital Records and Health Statistics. *New Mexico Selected Health Statistics Annual Report for 2004*. Available online: <http://www.health.state.nm.us/epi/hdata.html>. Accessed 7/12/2008.

New Mexico Department of Health (NMDOH), National Electronic Telecommunications System for Surveillance (NETSS). *Reported Cases of Hepatitis A, New Mexico, 2005*. Available online: <http://www.health.state.nm.us/epi/hdata.html>. Accessed 8/22/2008.

Texas Department of State Health Services (TDSHS), Center for Health Statistics (CHS). CHS Query Systems. Available online: <http://www.dshs.state.tx.us/chs>. Accessed 11/14/2008.

Texas Department of State Health Services (TDSHS), Center for Health Statistics (CHS). *The Texas Behavioral Risk Factor Surveillance System (BRFSS) 2006*. Available online: <http://www.dshs.state.tx.us/chs/brfss>. Accessed 11/14/2008.

Texas Department of State Health Services (TDSHS), Infectious Disease Control Unit (IDCU). *Epidemiology in Texas Annual Report 2006*. Available online: <http://www.dshs.state.tx.us/idcu/data/Annual/2000s/2006.htm>. Accessed 8/4/2008.

Texas Department of State Health Services (TDSHS), Vital Statistics Unit (VSU). *Texas Vital Statistics Annual Report 2004*. Available online:
<http://www.dshs.state.tx.us/CHS/VSTAT/vs04/anrpt.shtm>. Accessed 8/4/2008.

The Henry J. Kaiser Family Foundation. *The Kaiser Commission on Medicaid and the Uninsured, 2008*. Available online: <http://www.kff.org/about/kcmu.cfm>. Retrieved 09/23/2008.

U.S. Bureau of Labor Statistics, Available online: www.bls.gov/LAU 2008. Retrieved 09/20/2008.

U.S. Department of Health and Human Services (DHHS). National Center for Health Statistics. National Immunization Survey (NIS), Hyattsville, MD: Centers for Disease Control and Prevention, 2007.

U.S. National Institutes of Health, National Cancer Institute. Available online:
<http://www.cancer.gov>. Accessed 09/23/2008.