



WACO-McLENNAN COUNTY

Trended Health

REPORT - 2016



Trended Health Report

Addendum to the 2016 Community Health Needs Assessment (CHNA)

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For more information or questions please visit www.WacoMcLennanPHD.org or call (254) 750-5450

Trended Health Report

Introduction

The Waco-McLennan County Public Health District has constructed this report with the objective of creating a tool that local entities can use to further identify the health status and needs of McLennan County residents. This Health Report is an addendum to the 2016 Community Health Needs Assessment (CHNA). It encompasses trended data on various health areas and includes maps based on certain health questions. The included trended data is from the 2013 and 2016 Community Health Needs Assessments. Questions which were able to be trended related to the Prosper Waco health working groups goals are noted throughout the document. If a goal is not attached to the question it does not directly relate to the Prosper Waco initiatives goals; however, it was able to be trended and considered important to include. Additionally, highlighted information from local community surveys conducted in zip code 76704 in 2015 and zip code 76706 in 2016 is included in the report. Lastly, an overview of McLennan County's health status and rank from 2010 to 2016 obtained from Robert Wood Johnson Foundation County Health Rankings can be found at the end of the report. This Trended Health Report will be updated on the Health District website (www.wacomclennanphd.org) as new information is collected or analyzed.

If you wish to request additional analyses, please find the data request form in the Additional Resources section of this document and send it in to the address as directed. This form can also be found on the Health District website in the Chronic Disease section of the Epidemiology page.

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Trended Health Report

McLennan County Demographics

Table 1.1 McLennan County Population Demographics

McLennan County Population	
Total Population	243,441
Age	
Under 5	7.1%
5 to 14	13.7%
15 to 17	4.2%
18 to 24	14.7%
25 to 34	12.9%
35 to 44	11.2%
45 to 54	12.3%
55 to 64	11.1%
Over 65	12.8%
Race	
Non-Hispanic African American	14.2%
American Indian and Alaskan Native	1.1%
Asian	1.6%
Native Hawaiian/Other Pacific Islander	0.1%
Hispanic	25.2%
Non-Hispanic White	57.3%
Gender	
Females	51.4%
Males	48.6%
Education	
Percent High School graduate or higher	86.3%
Percent Bachelor's degree or higher	29.3%

Data source: U.S. Census Bureau, 2010-2014 American Community Survey 5-Year Estimates

Community Health Needs Assessments

The Community Health Needs Assessment (CHNA) is a telephone based survey of McLennan County residents. The 2013 McLennan County CHNA was conducted through collaboration with the Waco-McLennan County Public Health District, Providence Healthcare Network, Hillcrest Baptist Medical Center, the Heart of Texas Community Health Center, Inc. and the Heart of Texas Regional Advisory Council (HOTRAC). The 2016 CHNA was conducted through a partnership with the Waco-McLennan County Public Health District, Providence Healthcare Network, Baylor Scott & White Medical Center -Hillcrest, and Baylor University Center for Community Research and Development.

The goal of the CHNA is to provide a comprehensive and unbiased profile of McLennan County, assess community health and risk factors, and identify access to care issues. Additionally, the intention of the CHNA is to stimulate discussion and planning of projects to address health needs identified through the assessment. Previous assessments have resulted in targeted health promotions and have supported numerous grant opportunities for the community. Additionally, the information in these assessments allows for evaluation on community targeted measures.

The CHNA provides information on a number of health-related concerns such as:

- General physical, mental, and emotional health status
- Healthcare access issues
- Healthy eating and active living
- Women’s health issues
- Health awareness of several health conditions

Many of the questions included in these assessments were modeled after the Behavioral Risk Factor Surveillance System (BRFSS). When conducting population surveys, it is often necessary to weight observations since those who participated in the survey do not match the general population fully. Weighting is a statistical method to account for this discrepancy and allows the weighted results to be representative of the entire population. In order to compare the McLennan County population at the 2013 and 2016 CHNA time points, it was necessary to re-weight the 2013 CHNA data in accordance with the newest method used to weight the 2016 CHNA data. The data was weighted on four variables: age, education, race, and gender. This allows the data to be representative of the population of McLennan County at these times. The standard error for the 2016 and newly weighted 2013 data is higher than previous CHNA reports, and thus should be used only as an estimate of the population. It is important to note, when looking at the information below, that the weighting method was not replicable for the 2010 CHNA data. Because the 2010 data was weighted on other variables and the raw data is unavailable to re-weight, the data points should be considered as a separate point of time. The increase or decrease one might infer from the data, between 2010 and 2013, is not statistically significant or representative of the true health status change. For the remainder of the report consider the 2010 CHNA a reference point.

The subsequent information represents trended data on a variety of health questions. These questions are broken down into five main groups: access to care, healthy eating and active living, general health, women’s health, and mental health. Appropriate additional analyses will be carried out as requested (e.g. stratifying questions by age or race/ethnicity). If you wish to request additional analyses, please find the data request form in the Additional Resource section of this document and send it in to the address as directed. The report will be updated and posted in a timely manner to include these additional analyses.

Table 1.2 Number of survey respondents by Community Health Needs Assessment (CHNA) Year

Community Health Needs Assessment Year	Total Number of Survey Respondents
2010	1211
2013	730
2016	1156

Trended Health Data Report Regions

Regions of the county were based on the 2016 CHNA report, which used zip codes to form geographical areas and were labeled similarly to the 2016 CHNA (Figure 1.1). These regions can be viewed in Table 1.3. Although the regions depicted in this report are similar to the 2016 CHNA, they are not identical. This Trended Health Report uses new (2015) zip code boundaries, where the 2016 CHNA used older (2004) boundaries. Response data was combined and stratified by zip code regions. Not all questions were mapped due to low response or frequency of condition. Each map displays percentages of the responses in quartiles. Each map's quartiles were determined on the percentage or indicated responses. In other words, each map has different percentage scales because it is displaying the 4 quartiles of percentages relevant to that single question's responses. Each map is a representation of how regions fair comparatively to other regions in the county. Darker shaded regions indicate areas of higher need.

Figure 1.1 Map of McLennan County Zip Code Regions

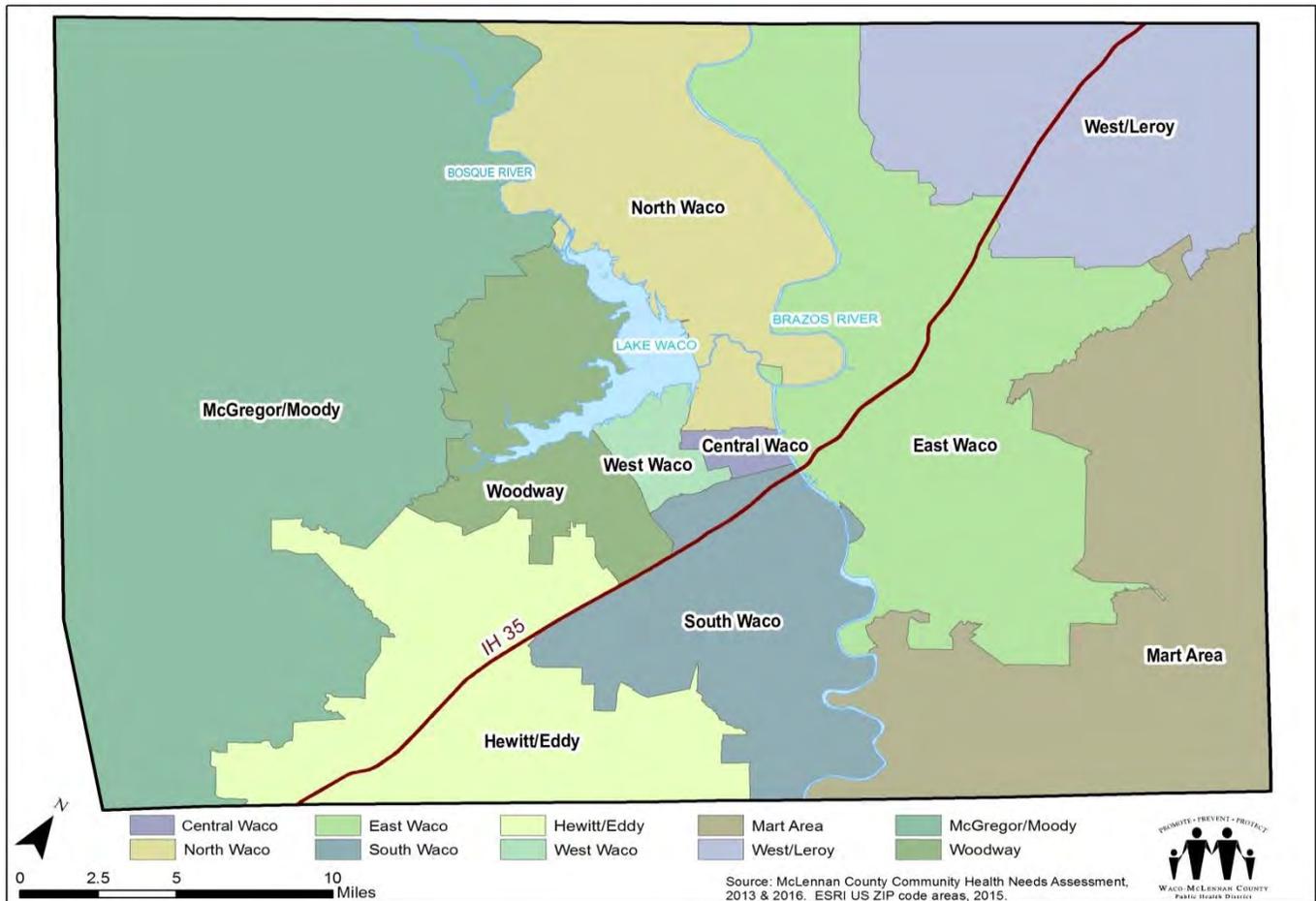


Table 1.3 Region Index

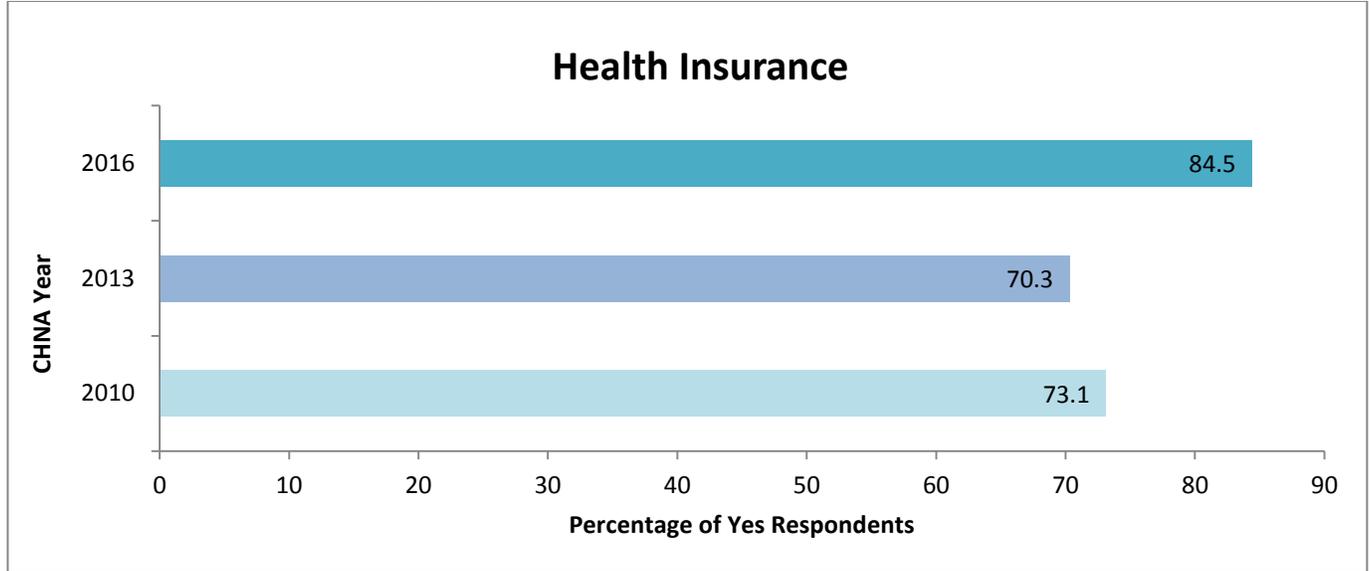
Central Waco	East Waco	Hewitt/Eddy	Mart Area	McGregor/Moody	North Waco	South Waco	West Waco	West/Leroy	Woodway
76701	76640	76524	76624	76657	76633	76706	76710	76654	76712
76702	76704	76630	76664	76638	76708	76711	76714	76691	
76707	76705	76643	76682	76657		76716	76797	76684	
76709	76715	76655		76689		76798			
70795		76673		76703					
76799									

ACCESS TO CARE

**Prosper Waco Access to Care Goal:
Increase the percentage of people covered by health insurance by 1% per year**

Do you have any type of health insurance?

Figure 2.1 Have health insurance by CHNA year



+ 2010 data is a reference point, not true reflection of trend

Table 2.1 Have health insurance by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	73.1%	70.3%	84.5%

+ 2010 data is a reference point, not true reflection of trend

Through the 2016 Community Health Needs Assessment (CHNA), 85% of respondents indicated that they have some form of health insurance. This shows an increase of 14% since the 2013 CHNA. The table below depicts the percentage of those who reported having health insurance by zip code region. For example, in 2013, of those in the Central Waco Region, 45% reported having health insurance, and in 2016, 78% reported having health insurance. The data below can be found in map form on the following page.

Table 2.2 Percentage of respondents who reported having health insurance by zip code region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	45.1%	78.3%	+33.2%
East Waco	68.9%	78.0%	+9.1%
Hewitt/Eddy	62.3%	95.6%	+33.3%
Mart Area	91.4%	87.7%	-3.7%
McGregor/ Moody	92.3%	93.9%	+1.6%
North Waco	76.3%	82.3%	+6.0%
South Waco	68.1%	77.3%	+9.2%
West Waco	66.7%	80.0%	+13.3%
West/Leroy	89.7%	94.2%	+4.6%
Woodway	92.4%	99.2%	+6.8%

Figure 2.2 Have health insurance by region (CHNA 2013)

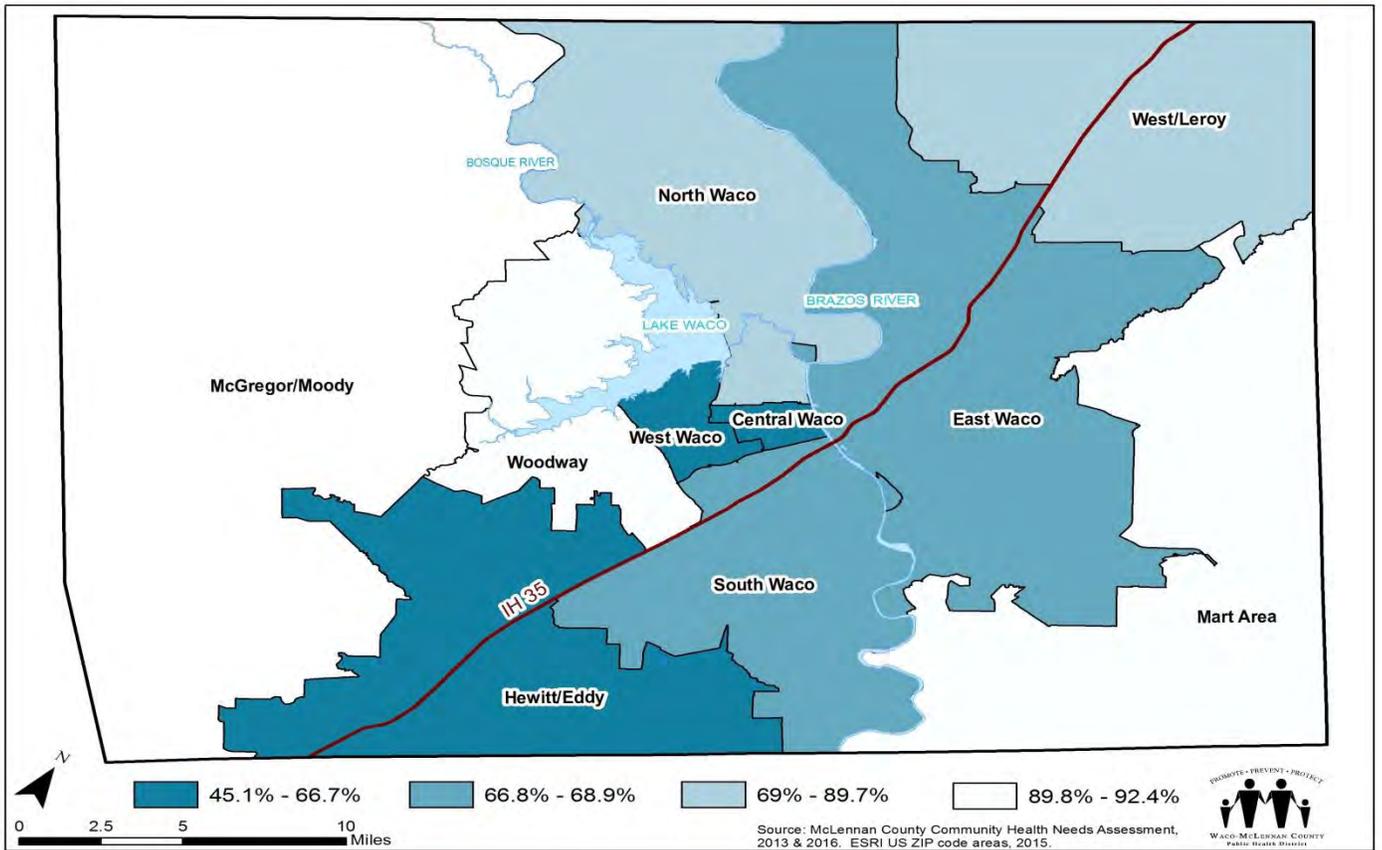
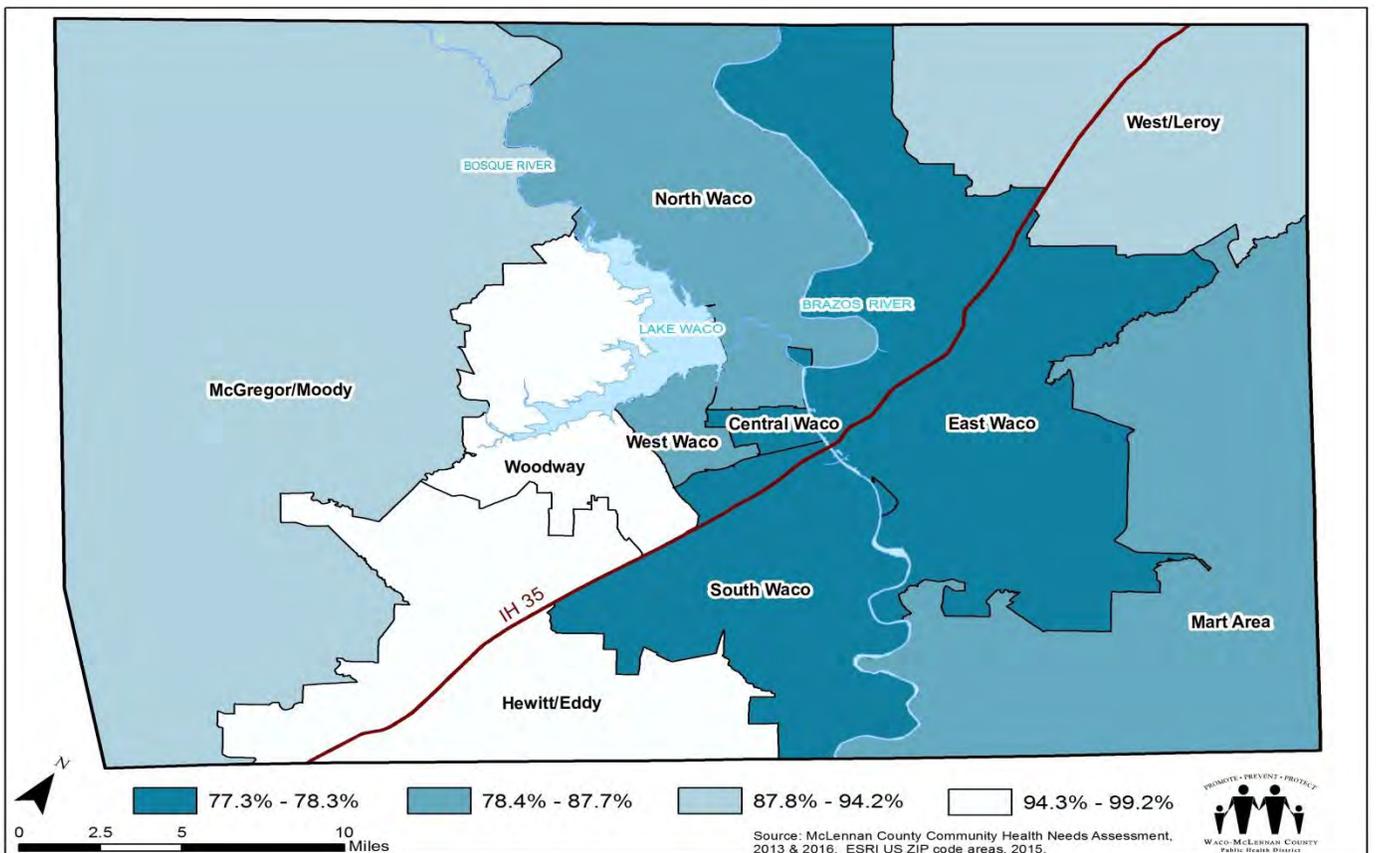


Figure 2.3 Have health insurance by region (CHNA 2016)



**Prosper Waco Access to Care Goal:
Increase the percentage of people covered by health insurance by 1% per year**

What is your health insurance primarily?

Figure 2.4 Primary health insurance by CHNA year

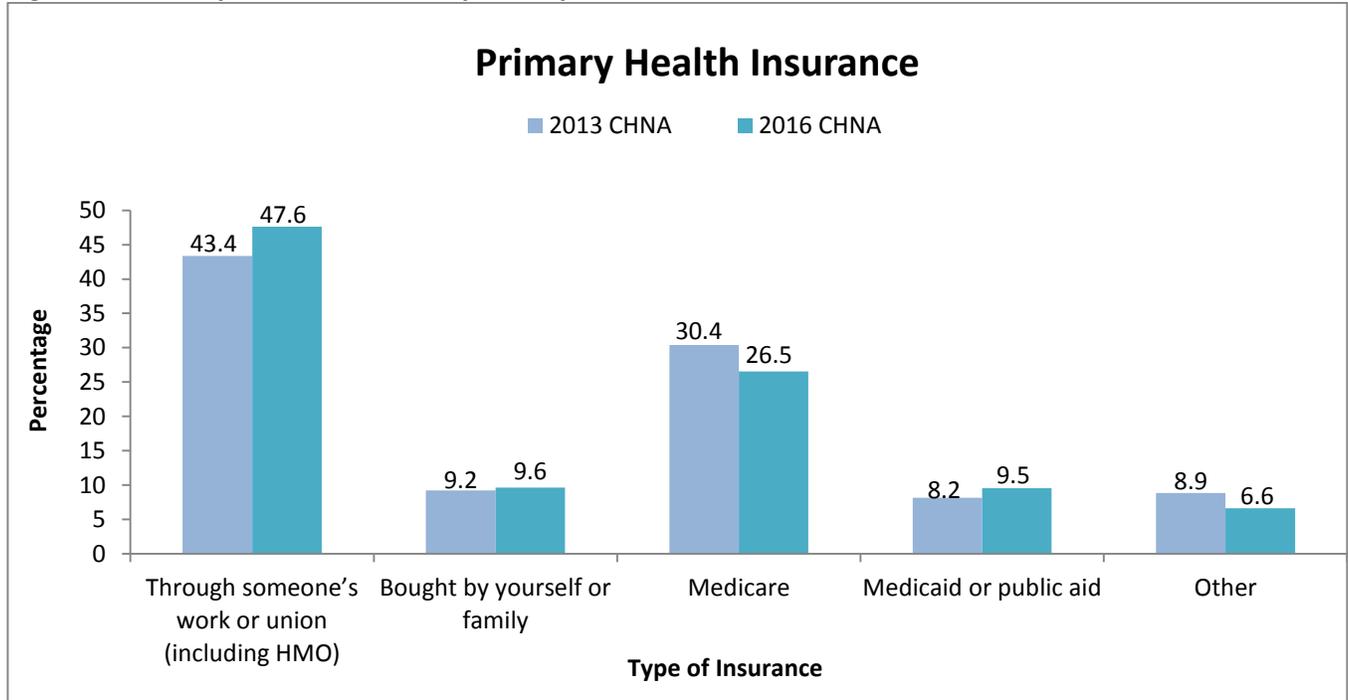


Table 2.3 Type of health insurance by CHNA year

	2013 CHNA	2016 CHNA
Through someone's work or union (including HMO)	43.4%	47.6%
Bought by yourself or family	9.2%	9.6%
Medicare	30.4%	26.5%
Medicaid or public aid	8.2%	9.5%
Other*	8.9%	6.6%

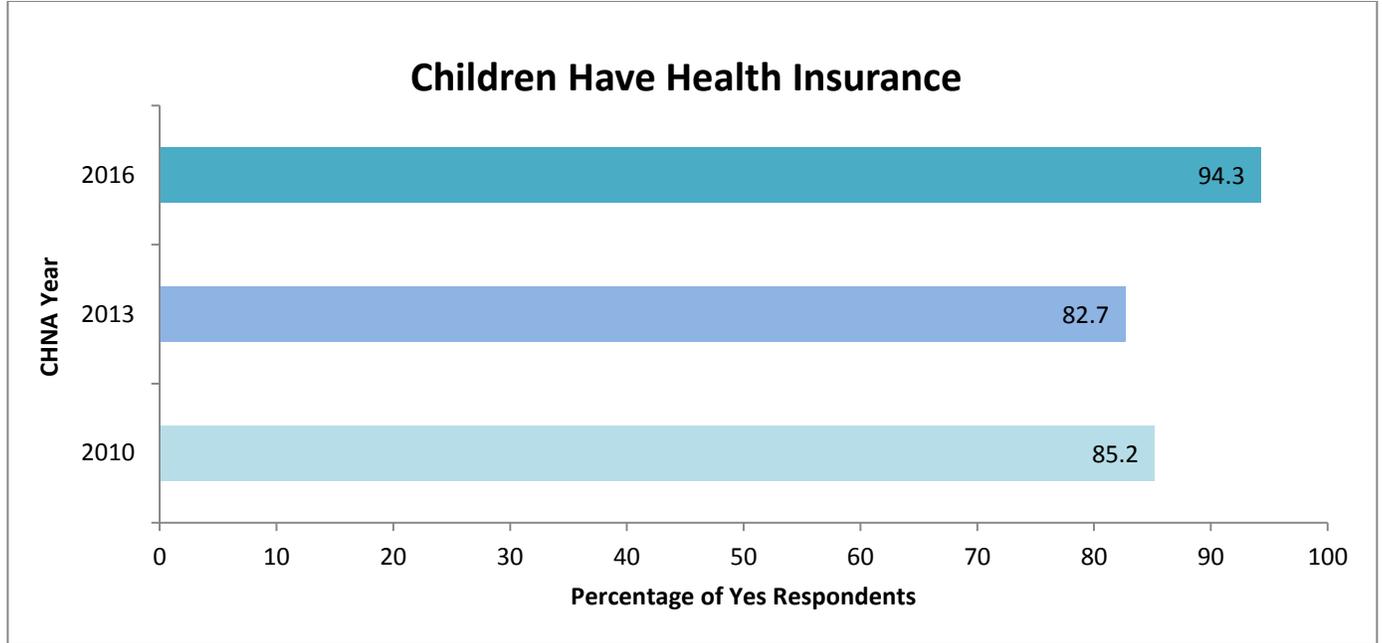
*Other includes 0.1% representing those who did not respond

Respondents who indicated that they had health insurance were then asked what type of insurance they had. In the 2016 CHNA, 48% of respondents indicated that they had insurance primarily through someone's work or union including Health Maintenance Organization (HMO). Additionally, a little over a quarter of respondents reported their primary source of health insurance was Medicare.

**Prosper Waco Access to Care Goal:
Increase the percentage of people covered by health insurance by 1% per year**

Do your children currently have health insurance?

Figure 2.5 Children have health insurance by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 2.4 Children have health insurance by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	85.2%	82.7%	94.3%

* 2010 data is a reference point, not true reflection of trend

Respondents who specified they had children were asked if their children had any type of health insurance. The number of respondents who reported their children having health insurance has increased by 11%, from 83% in 2013 to 94% in 2016.

Table 2.5 Percentage of respondents whose children have health insurance by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	61.8%	94.4%	+32.6%
East Waco	57.8%	98.3%	+40.5%
Hewitt/Eddy	83.3%	90.5%	+7.2%
Mart Area	100.0%	98.8%	-1.2%
McGregor/ Moody	100.0%	93.2%	-6.8%
North Waco	95.3%	92.2%	-3.2%
South Waco	90.6%	96.6%	+6.0%
West Waco	96.7%	67.6%	-29.1%
West/Leroy	100.0%	79.0%	-21.0%
Woodway	93.9%	79.8%	-14.1%

Figure 2.6 Children have health insurance by region (CHNA 2013)

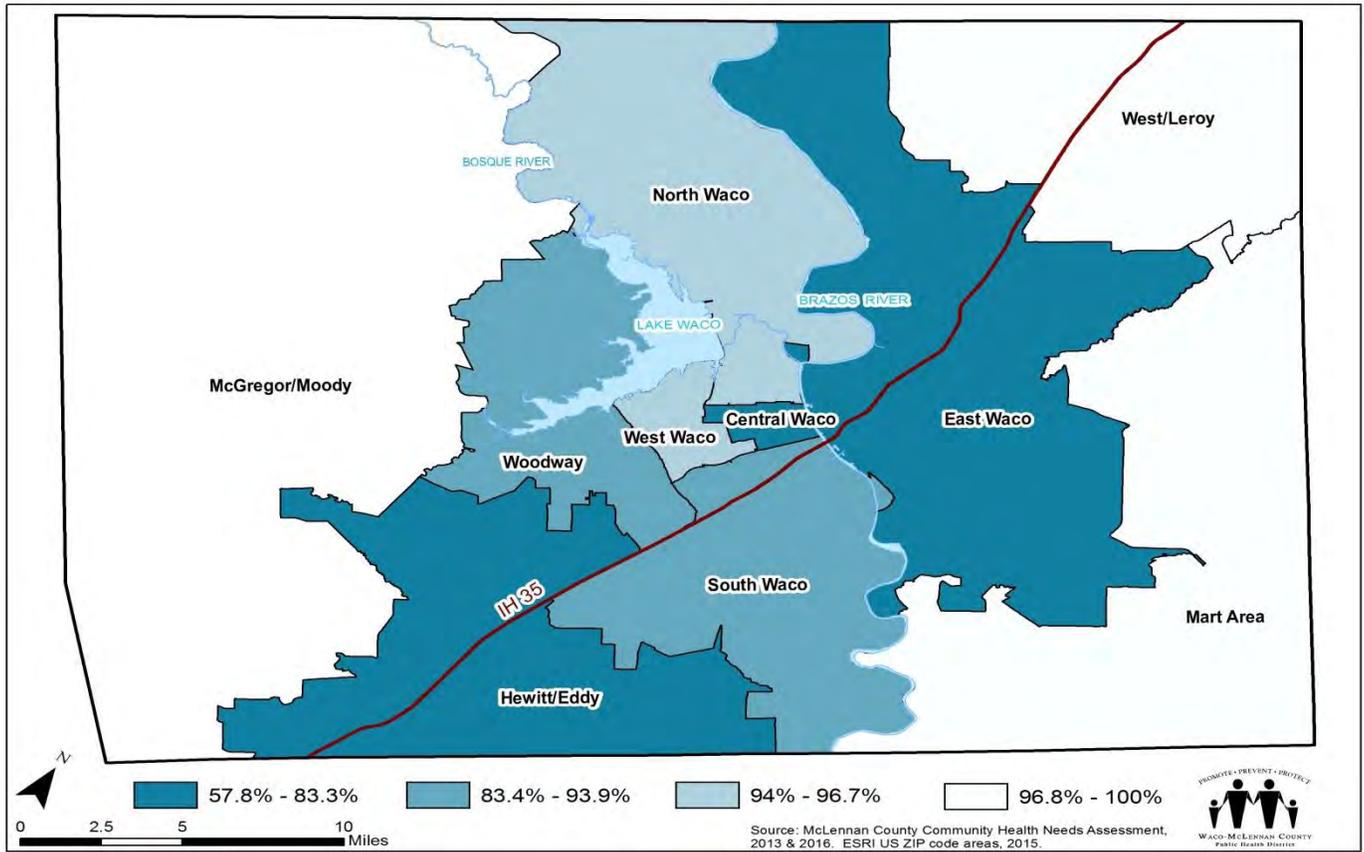
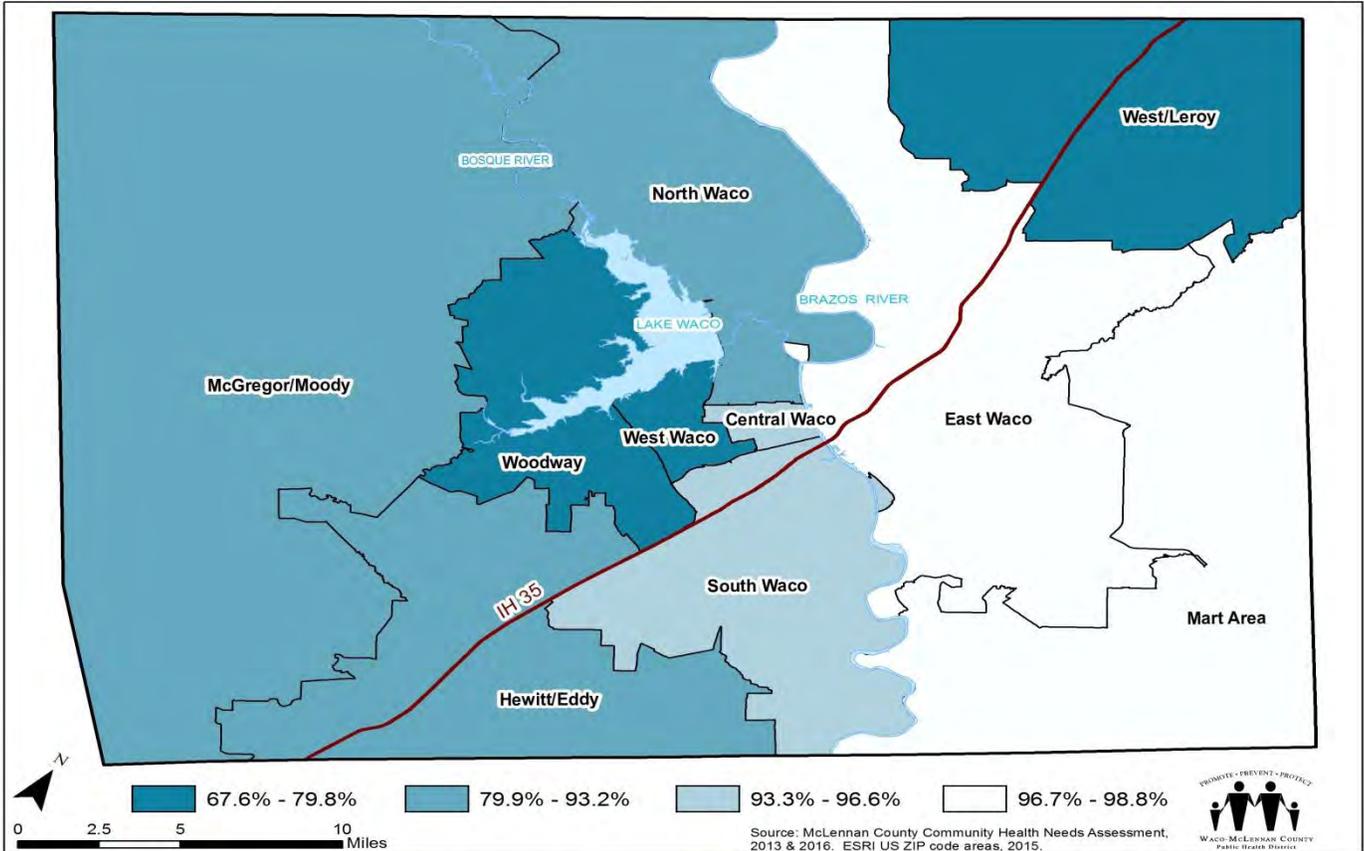


Figure 2.7 Children have health insurance by region (CHNA 2016)



**Prosper Waco Access to Care Goal:
Increase the percentage of people covered by health insurance by 1% per year**

What is your children's health insurance primarily?

Figure 2.8 Main type of health insurance for children by CHNA year

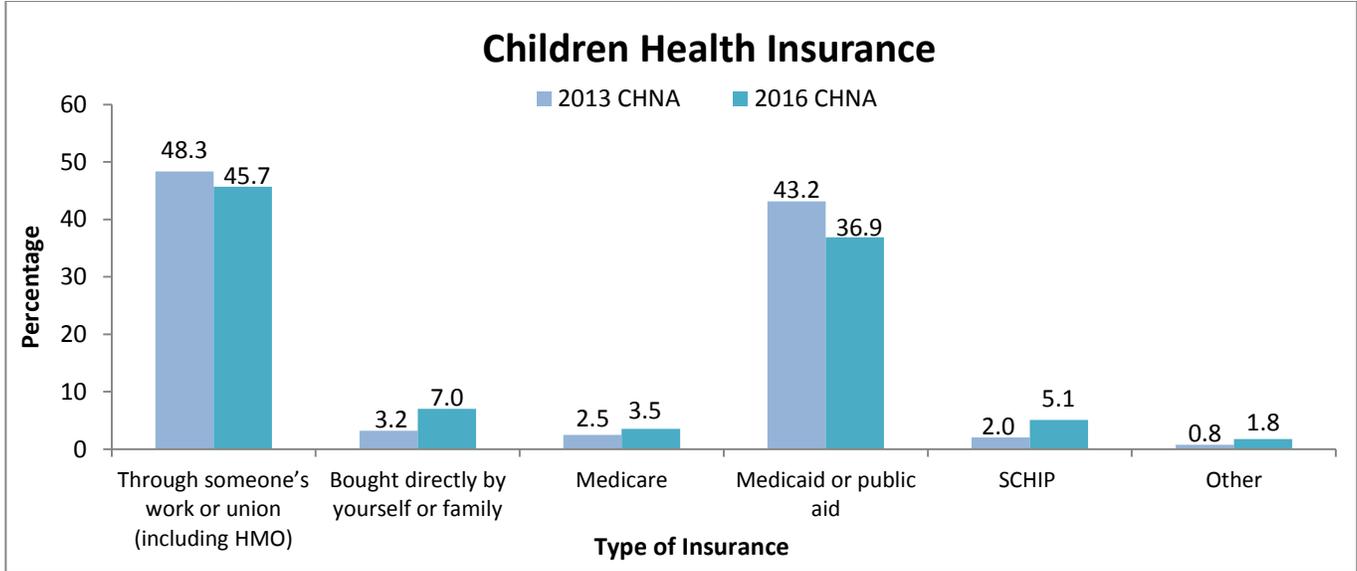


Table 2.6 Type of health insurance for children by CHNA year

	2013 CHNA	2016 CHNA
Through someone's work or union (including HMO)	48.3%	45.7%
Bought directly by yourself or family	3.2%	7.0%
Medicare	2.5%	3.5%
Medicaid or public aid	43.2%	36.9%
SCHIP (State Children's Health Insurance Program)	2.0%	5.1%
Other	0.8%	1.8%

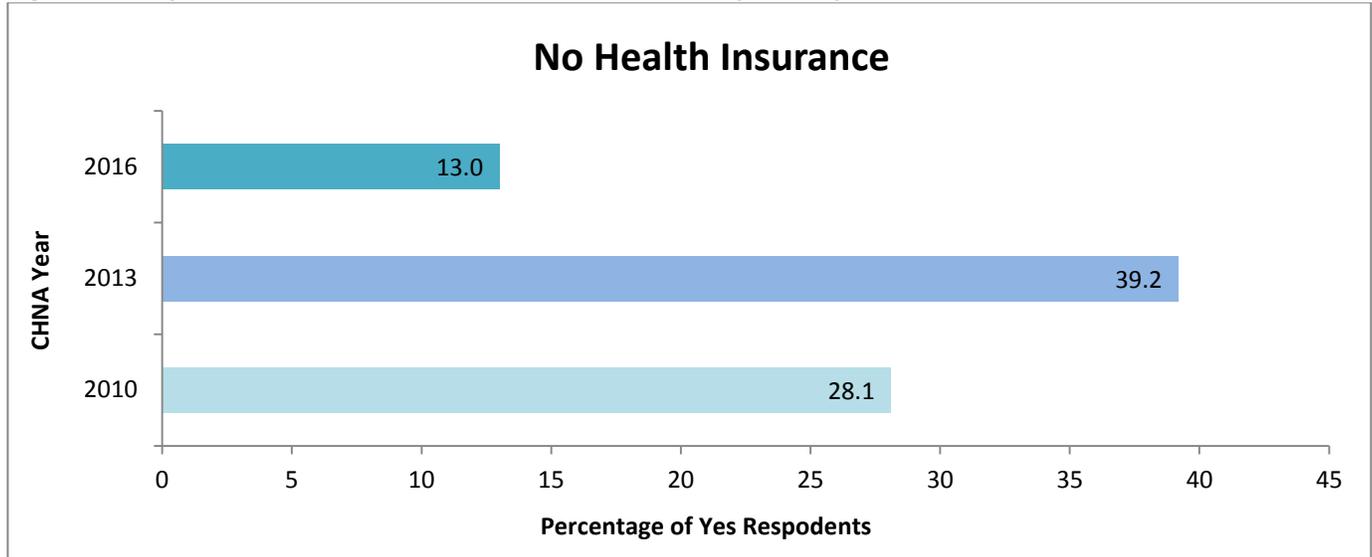
*Respondents who did not give a response were not included

Respondents who indicated their children had health insurance were asked what type of health insurance. In 2016 CHNA, 46% of respondents reported the primary type of insurance for their children was bought through someone's work or union (including HMO) while 37% of respondents indicated having Medicaid or public aid as primary insurance for children. There has been a slight decrease in the amount of Medicaid and public aid, and an increase in SCHIP or bought directly by yourself or family.

**Prosper Waco Access to Care Goal:
Increase the percentage of people covered by health insurance by 1% per year**

During the past 12 months, was there any time that you or anyone in your household did not have health insurance?

Figure 2.9 Anyone in household not have health insurance by CHNA year



[†] 2010 data is a reference point, not true reflection of trend

Table 2.7 No health insurance by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	28.1%	39.2%	13.0%

[†] 2010 data is a reference point, not true reflection of trend

Through the 2016 CHNA, we see that 13% of respondents reported that they or someone in their household did not have health insurance in the past twelve months. This reported percentage has decreased 26% since the 2013 CHNA.

Table 2.8 Percentage of respondents who did not have health insurance by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	11.7%	29.6%	+17.9%
East Waco	13.5%	15.0%	+1.5%
Hewitt/Eddy	7.7%	4.5%	-3.2%
Mart Area	6.6%	9.5%	+2.9%
McGregor/ Moody	14.2%	8.5%	-5.7%
North Waco	11.0%	14.7%	+3.7%
South Waco	23.7%	21.1%	-2.6%
West Waco	16.9%	6.0%	-10.9%
West/Leroy	10.8%	5.2%	-5.7%
Woodway	4.9%	8.1%	+3.2%

Figure 2.10 Households who did not have health insurance by region (CHNA 2013)

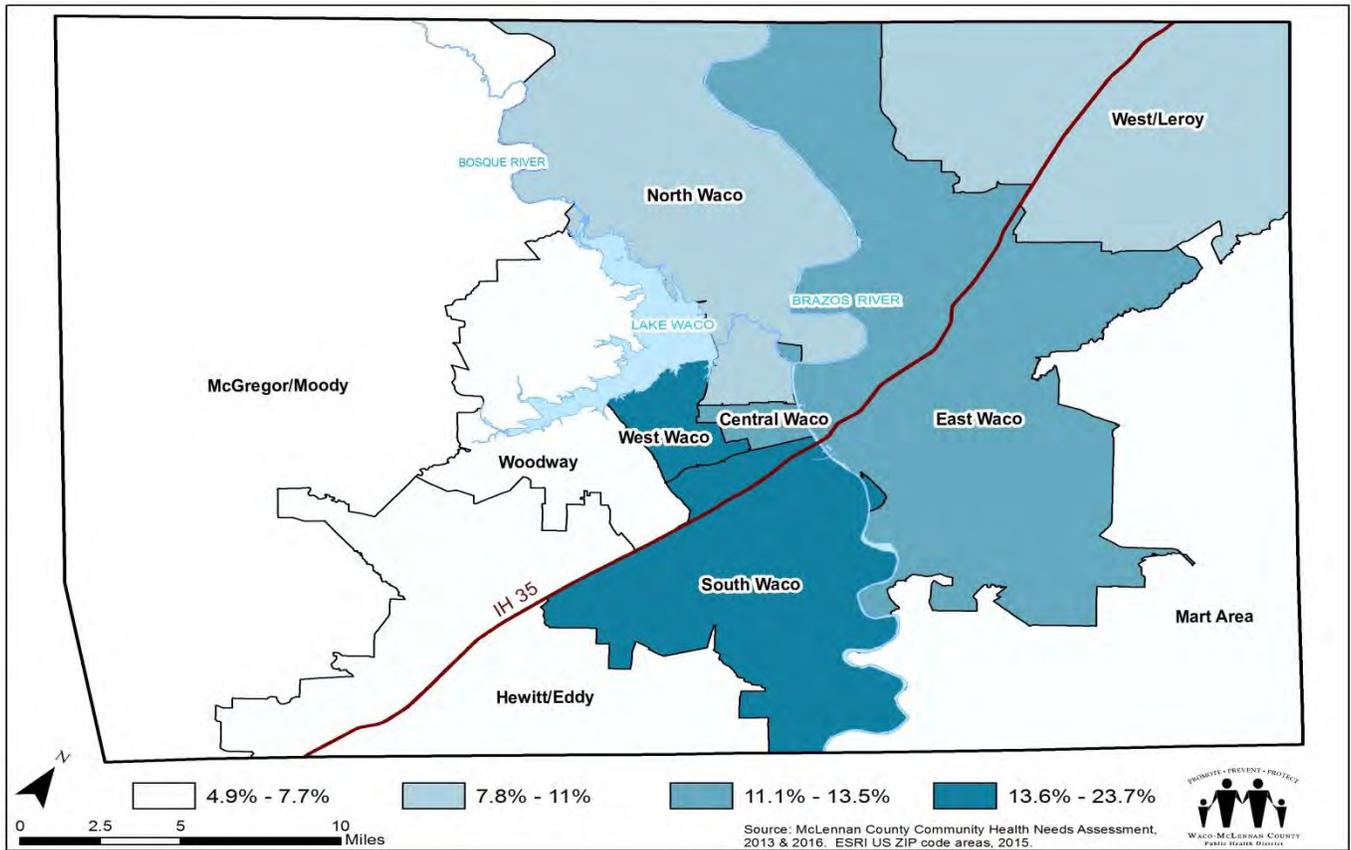
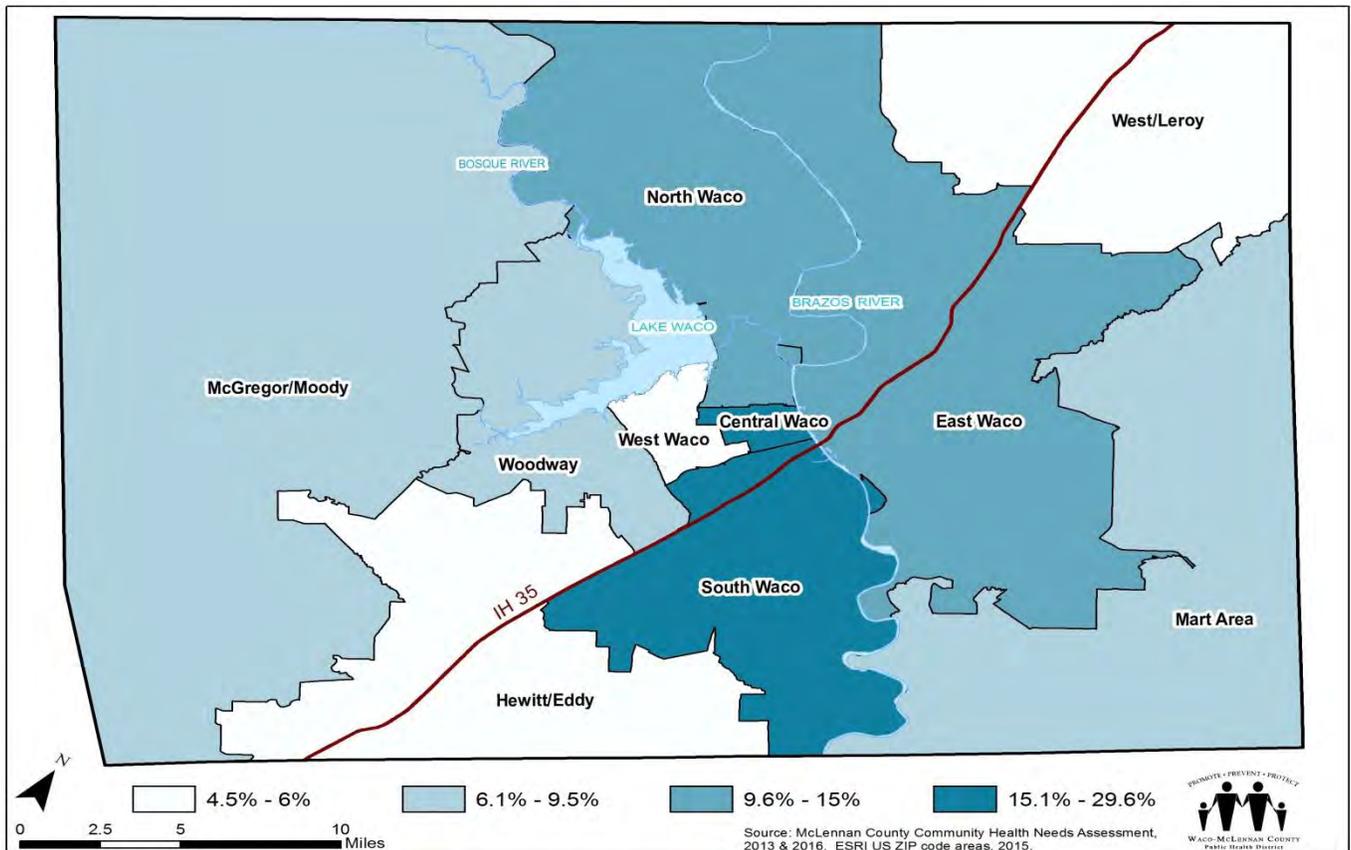


Figure 2.11 Households who did not have health insurance by region (CHNA 2016)



What transportation do you most often use?

Figure 2.12 Main type of transportation by CHNA year

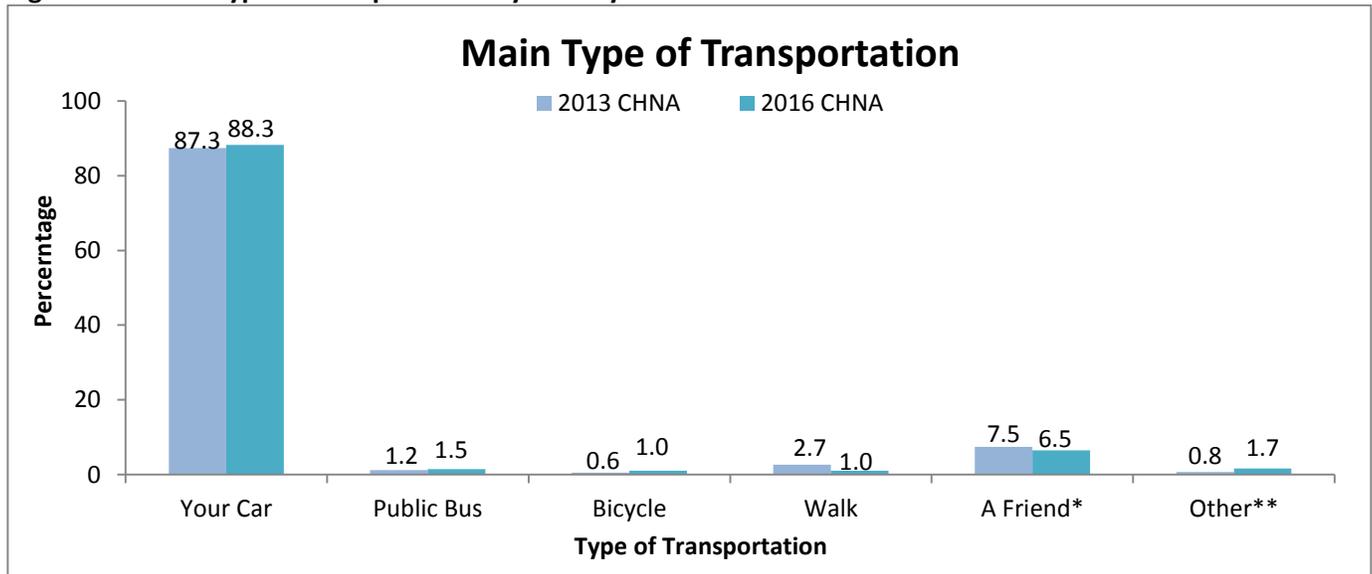


Table 2.9 Main type of transportation by CHNA year

Type of Transportation	2013 CHNA	2016 CHNA
Your Car	87.3%	88.3%
Public Bus	1.2%	1.5%
Bicycle	0.6%	1.0%
Walk	2.7%	1.0%
A Friend, Neighbor, or Family Member drives you*	7.5%	6.5%
Other**	0.8%	1.7%

*Includes carpool

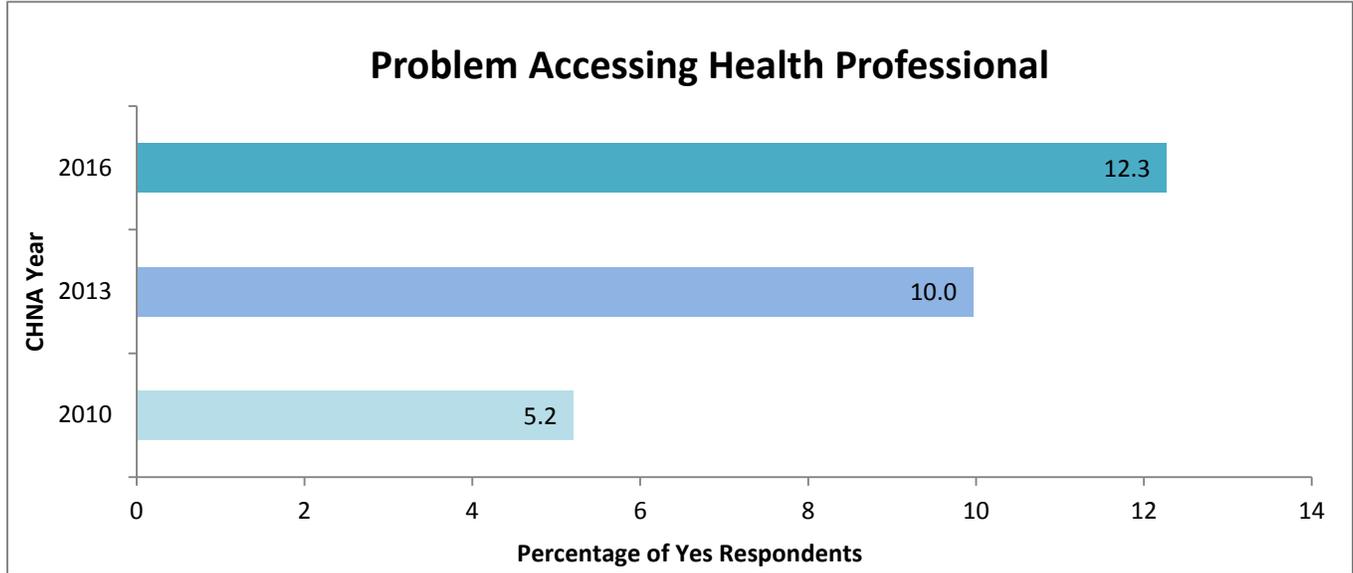
**Taxi included

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. In the 2013 and 2016 CHNA, of those respondents who indicated a type of transportation, over 87% of respondents reported using their personal car as the most common form of transportation. The percentage of respondents who use the public bus or bicycle has increased, while walking and having a friend, neighbor, or family member drive the respondent have decreased since 2013.

**Prosper Waco Access to Care Goal:
Increase the percentage of people covered by health insurance by 1% per year**

In the past 12 months, have you had a problem accessing a health professional?

Figure 2.13 Had a problem accessing a health professional by CHNA year



⁺ 2010 data is a reference point, not true reflection of trend

Table 2.10 Had a problem accessing health professional by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	5.2%	10.0%	12.3%

⁺ 2010 data is a reference point, not true reflection of trend

The percentage of respondents who indicated experiencing a problem accessing a health professional appears to have increased. In 2016, 12% of respondents reported that they had a problem accessing a health professional, whereas, in 2013, 10% reported having had a problem accessing a health professional.

Table 2.11 Percentage of respondents who had a problem accessing a health professional by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	20.5%	8.9%	-11.6%
East Waco	7.4%	12.3%	+4.8%
Hewitt/Eddy	2.3%	22.9%	+20.6%
Mart Area	2.7%	12.3%	+9.6%
McGregor/ Moody	0.0%	2.5%	+2.5%
North Waco	25.8%	7.8%	-18.0%
South Waco	9.7%	17.2%	+7.5%
West Waco	7.4%	10.9%	+3.4%
West/Leroy	0.0%	12.6%	+12.6%
Woodway	5.4%	7.9%	+2.5%

Figure 2.14 Problem accessing a health professional by region (CHNA 2013)

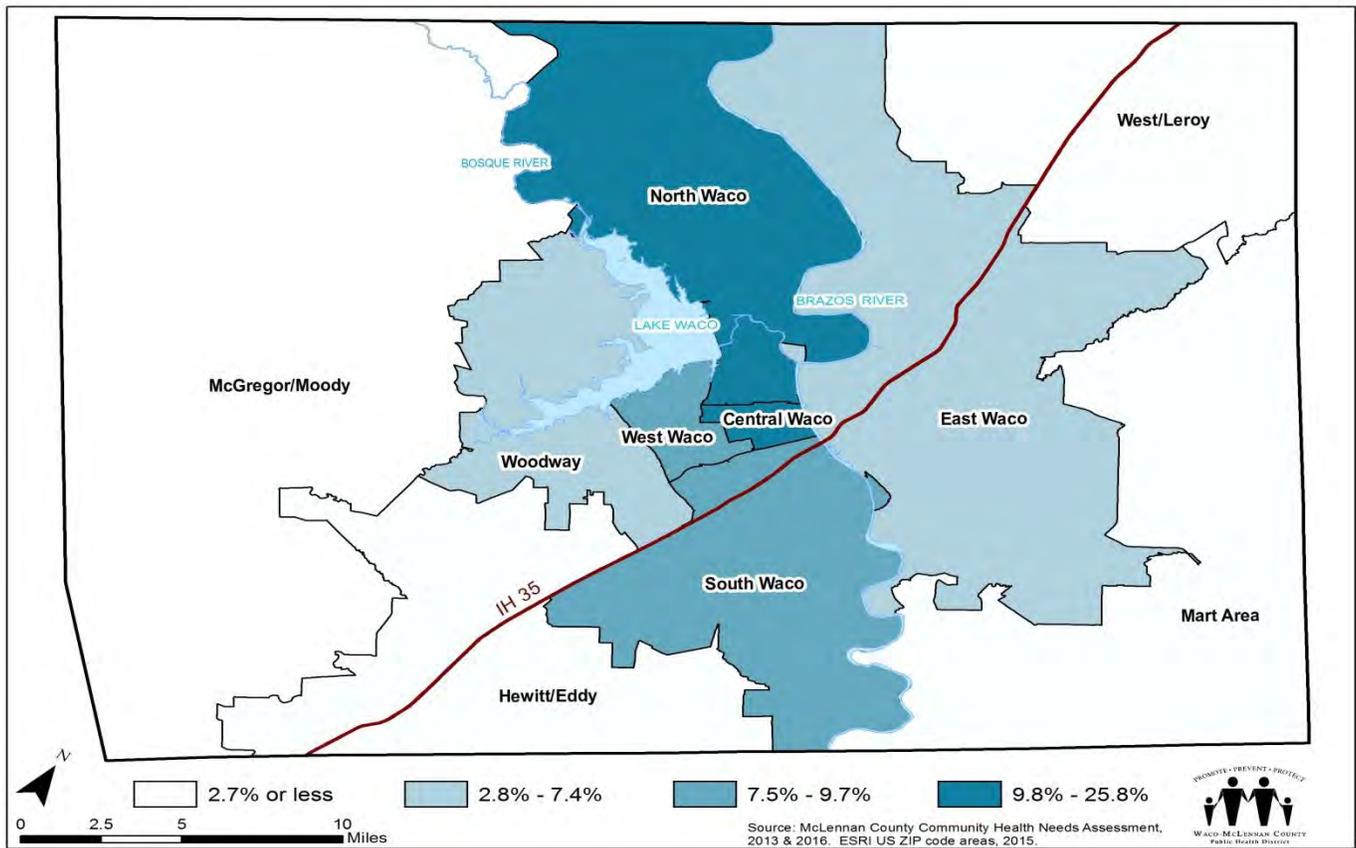
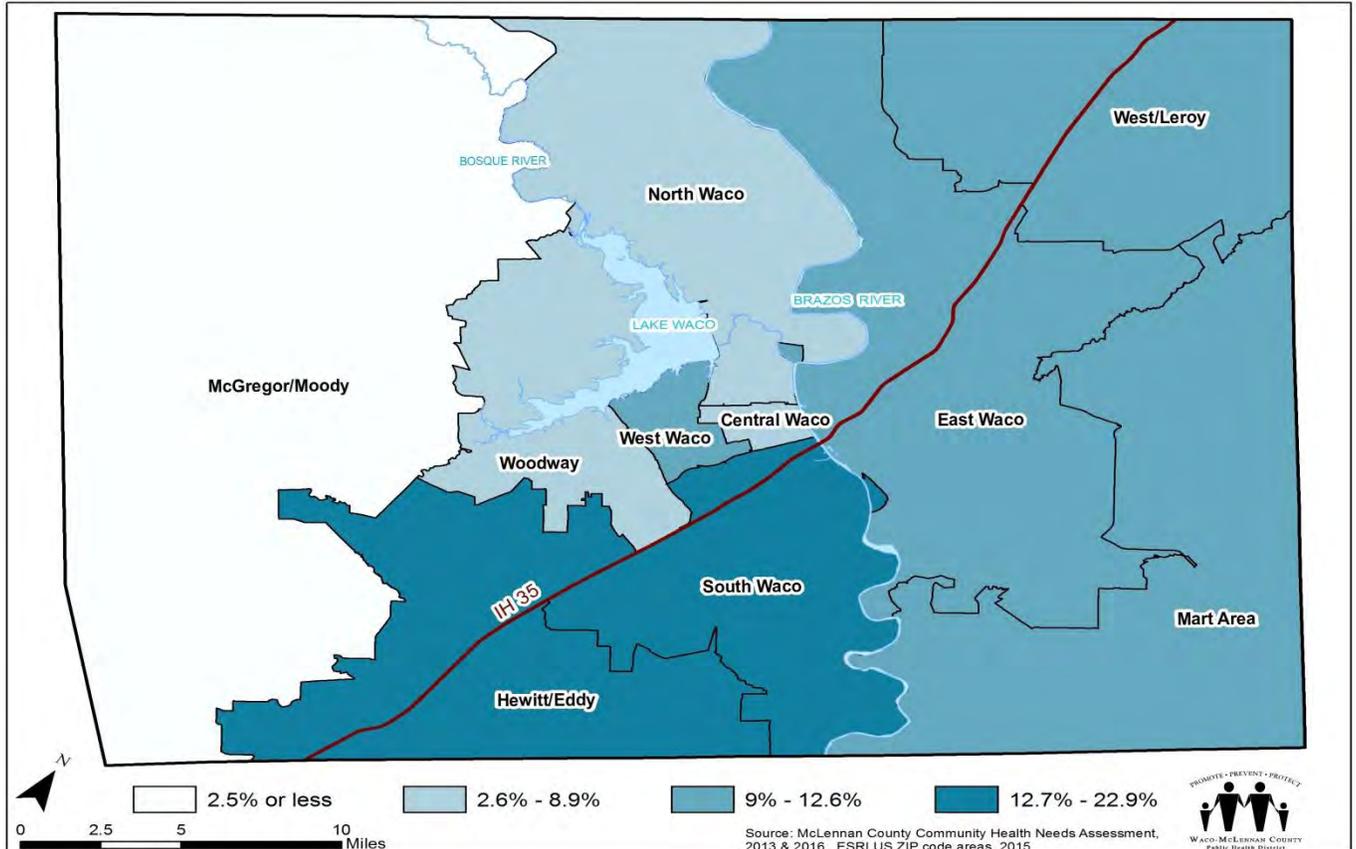
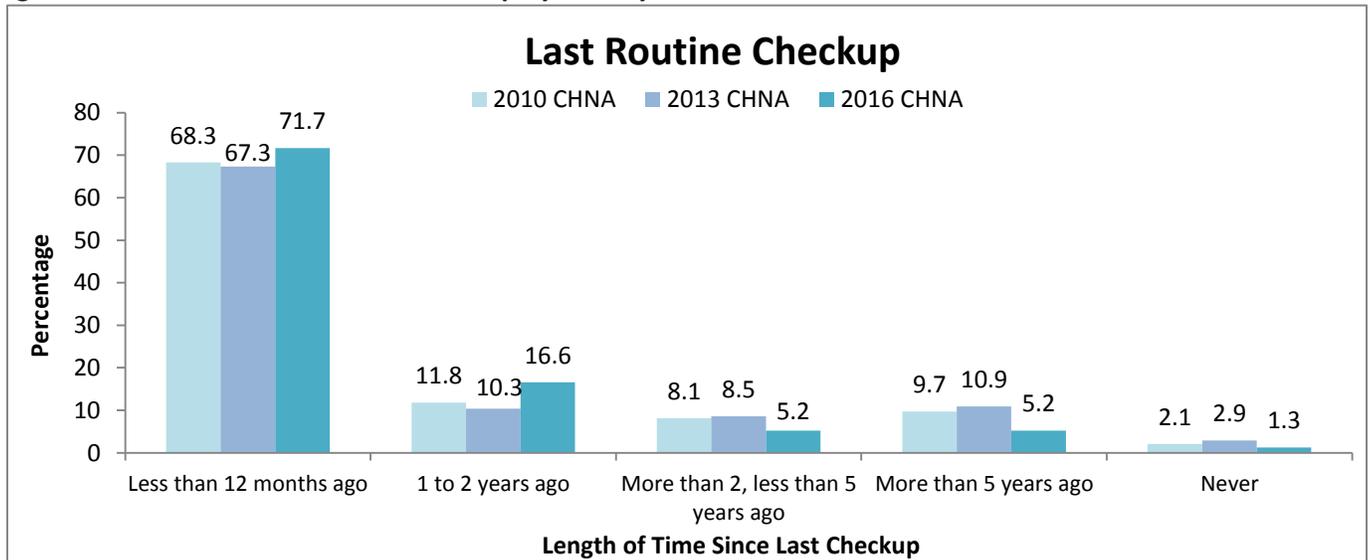


Figure 2.15 Problem accessing a health professional by region (CHNA 2016)



About how long has it been since you last visited a doctor for a routine checkup?

Figure 2.16 Time since last routine checkup by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 2.12 Time since last routine checkup by CHNA year

Length of Time	2010 CHNA	2013 CHNA	2016 CHNA
Less than 12 months ago	68.3%	67.3%	71.7%
1 to 2 years ago	11.8%	10.3%	16.6%
More than 2, less than 5 years ago	8.1%	8.5%	5.2%
More than 5 years ago	9.7%	10.9%	5.2%
Never	2.1%	2.9%	1.3%

* 2010 data is a reference point, not true reflection of trend

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. Respondents were asked how long it had been since they last visited a doctor for a routine checkup (defined as a general physical exam NOT for a specific injury, illness, or condition). In 2016, of the respondents who answered the question, 72% of respondents reported that they had received a routine checkup from a doctor less than twelve months ago. This is a 4% increase in the number of respondents who reported having a routine checkup less than twelve months ago since the 2013 CHNA.

Table 2.13 Percentage of respondents who had a routine checkup less than twelve months ago by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	60.4%	74.8%	+14.4%
East Waco	71.5%	61.9%	-9.6%
Hewitt/Eddy	55.7%	89.0%	+33.3%
Mart Area	89.5%	81.0%	-8.6%
McGregor/ Moody	69.9%	60.1%	-9.9%
North Waco	78.0%	71.0%	-7.0%
South Waco	44.5%	63.3%	+18.8%
West Waco	65.8%	78.4%	+12.6%
West/Leroy	75.9%	86.6%	+10.7%
Woodway	79.8%	75.8%	-4.0%

Figure 2.17 Routine checkup in the last twelve months by region (CHNA 2013)

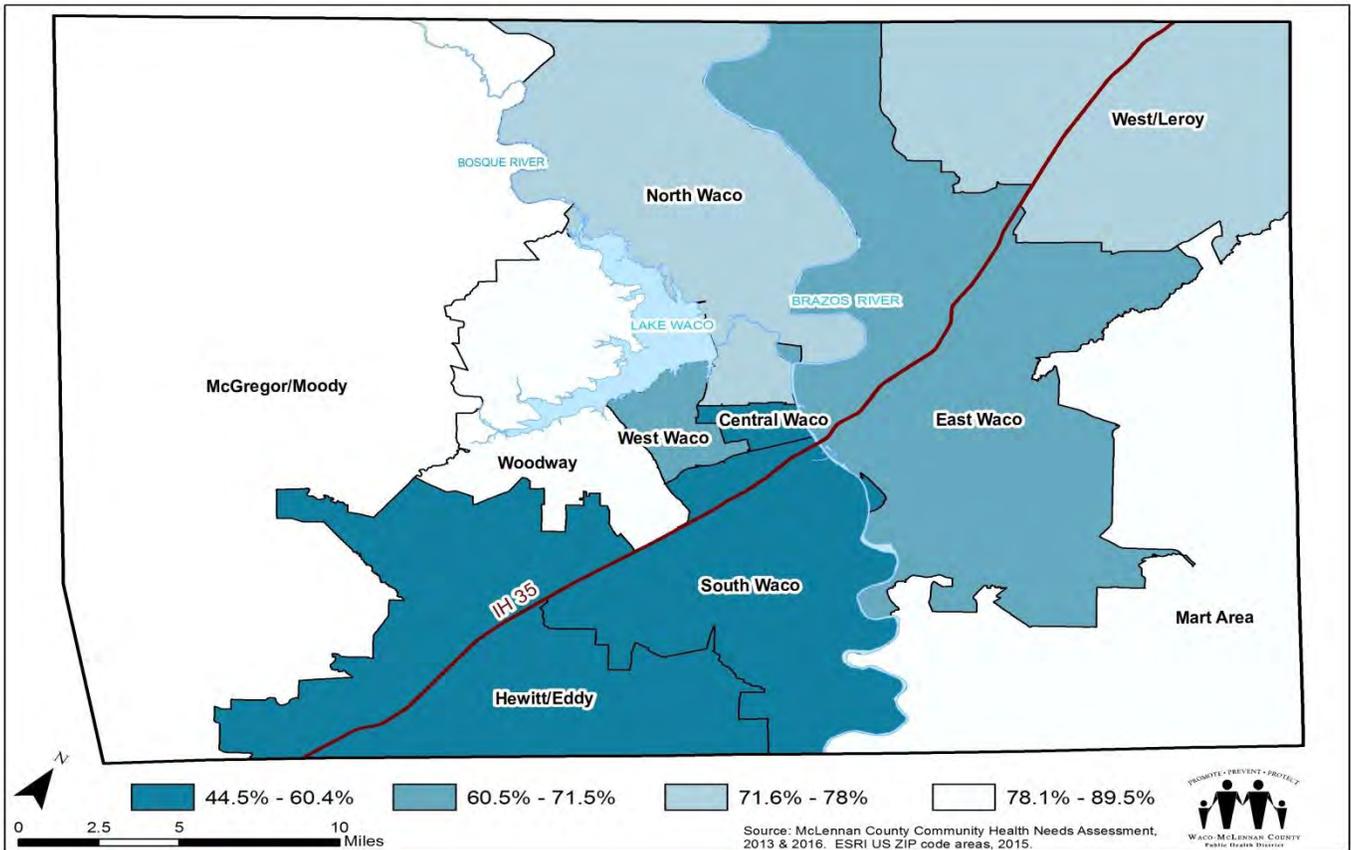
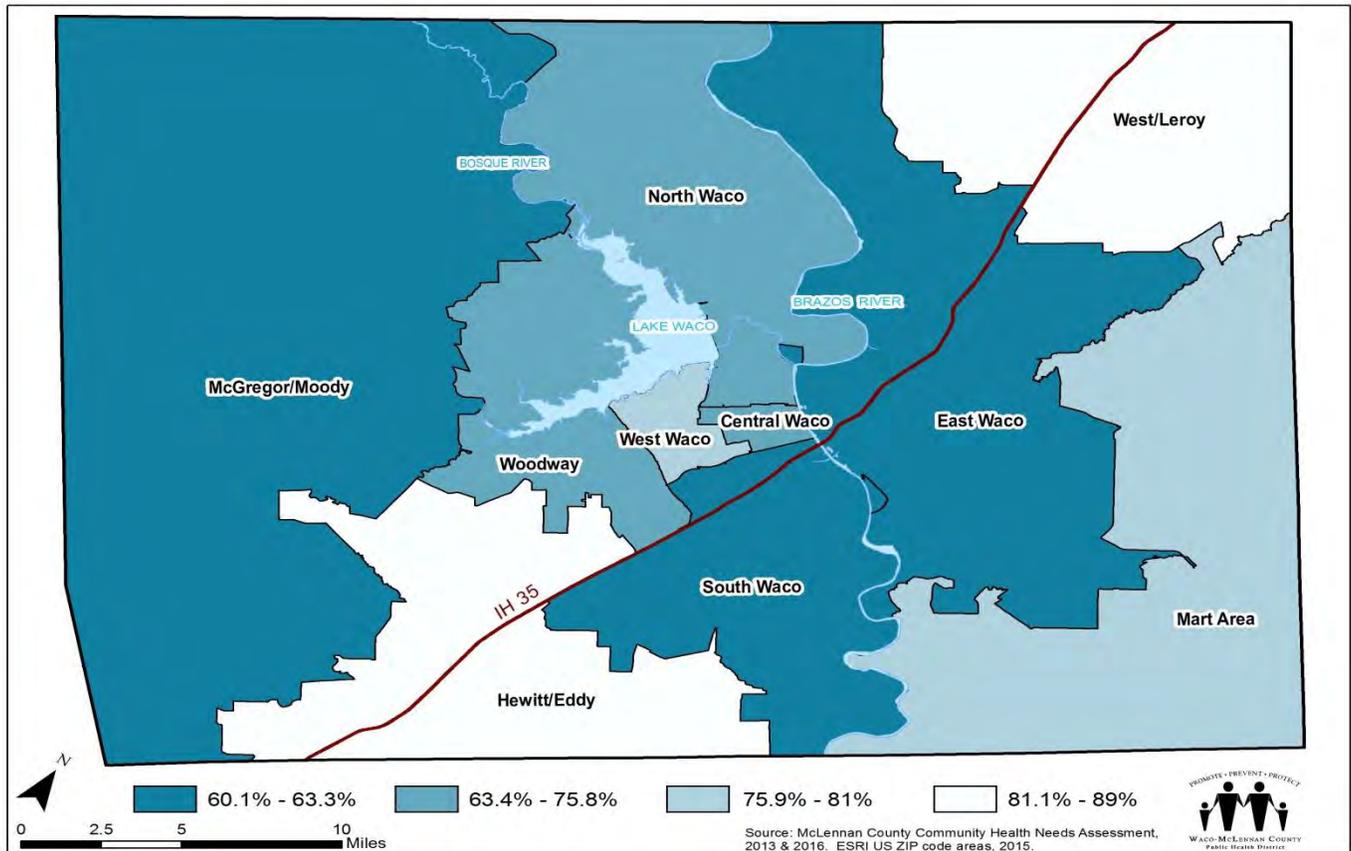


Figure 2.18 Routine checkup in the last twelve months by region (CHNA 2016)



Prosper Waco Access to Care Goal:

Decrease the percentage of people utilizing the ER as a source of primary care by 10%

In the past 12 months, how many times did you go to the emergency room (ER) to get care for yourself?

Figure 2.19 Number of visits to the emergency room

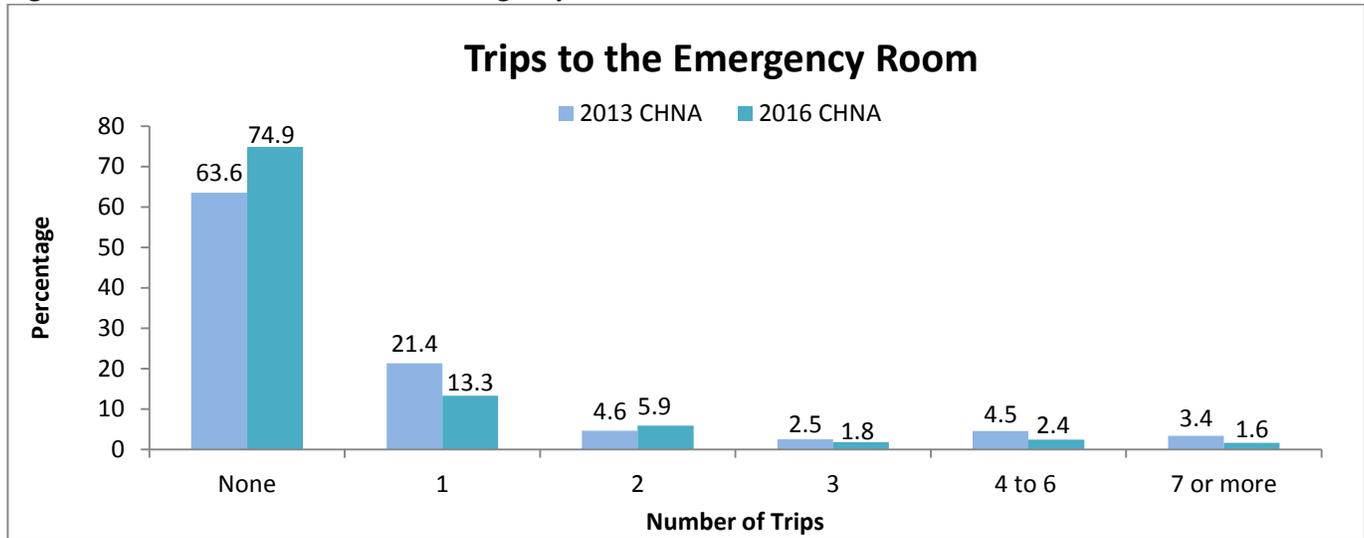


Table 2.14 Number of trips to the emergency room for themselves by CHNA year

	None	1	2	3	4 to 6	7 or more
2013 CHNA	63.6%	21.4%	4.6%	2.5%	4.5%	3.4%
2016 CHNA	74.9%	13.3%	5.9%	1.8%	2.4%	1.6%

Participants were asked how many times in the past twelve months they visited an emergency room to get care for themselves. In the 2016 CHNA, nearly 75% of respondents indicated they had not been to the ER to get care for themselves in the past twelve months. This is an 11% decrease of reported usage. Additionally, in 2016 only 4% reported visiting the ER for themselves four or more times within the past twelve months.

Table 2.15 Percentage of respondents who went to the ER four or more times for themselves by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	3.5%	7.8%	+4.3%
East Waco	17.8%	4.0%	-13.8%
Hewitt/Eddy	0.0%	1.1%	+1.1%
Mart Area	0.0%	0.0%	+0.0%
McGregor/ Moody	0.0%	0.9%	+0.9%
North Waco	27.9%	6.4%	-21.4%
South Waco	4.6%	5.9%	+1.3%
West Waco	1.9%	3.1%	+1.2%
West/Leroy	0.0%	0.0%	+0.0%
Woodway	0.0%	2.8%	+2.8%

Figure 2.20 Four of more ER visits in the past twelve months for themselves by region (CHNA 2013)

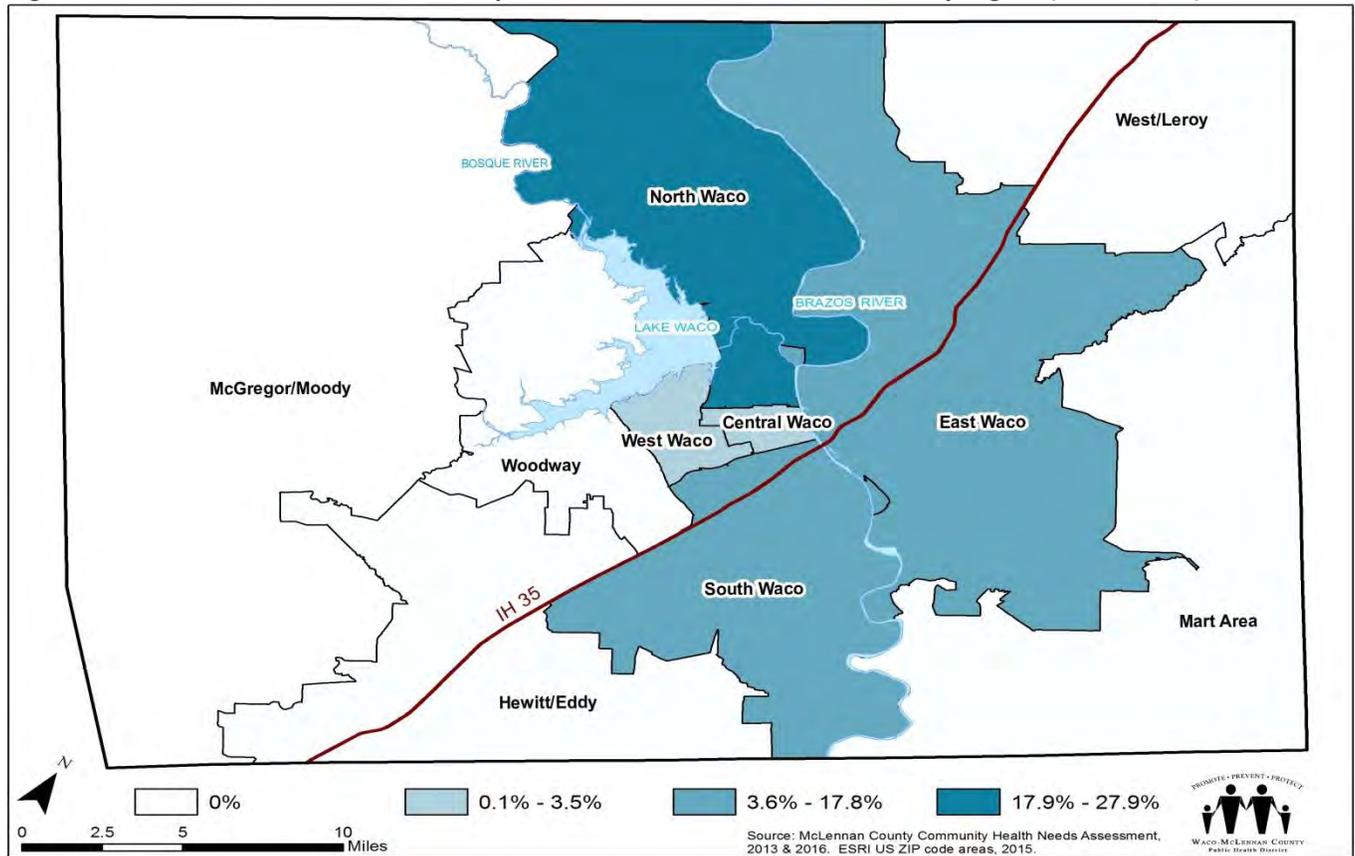
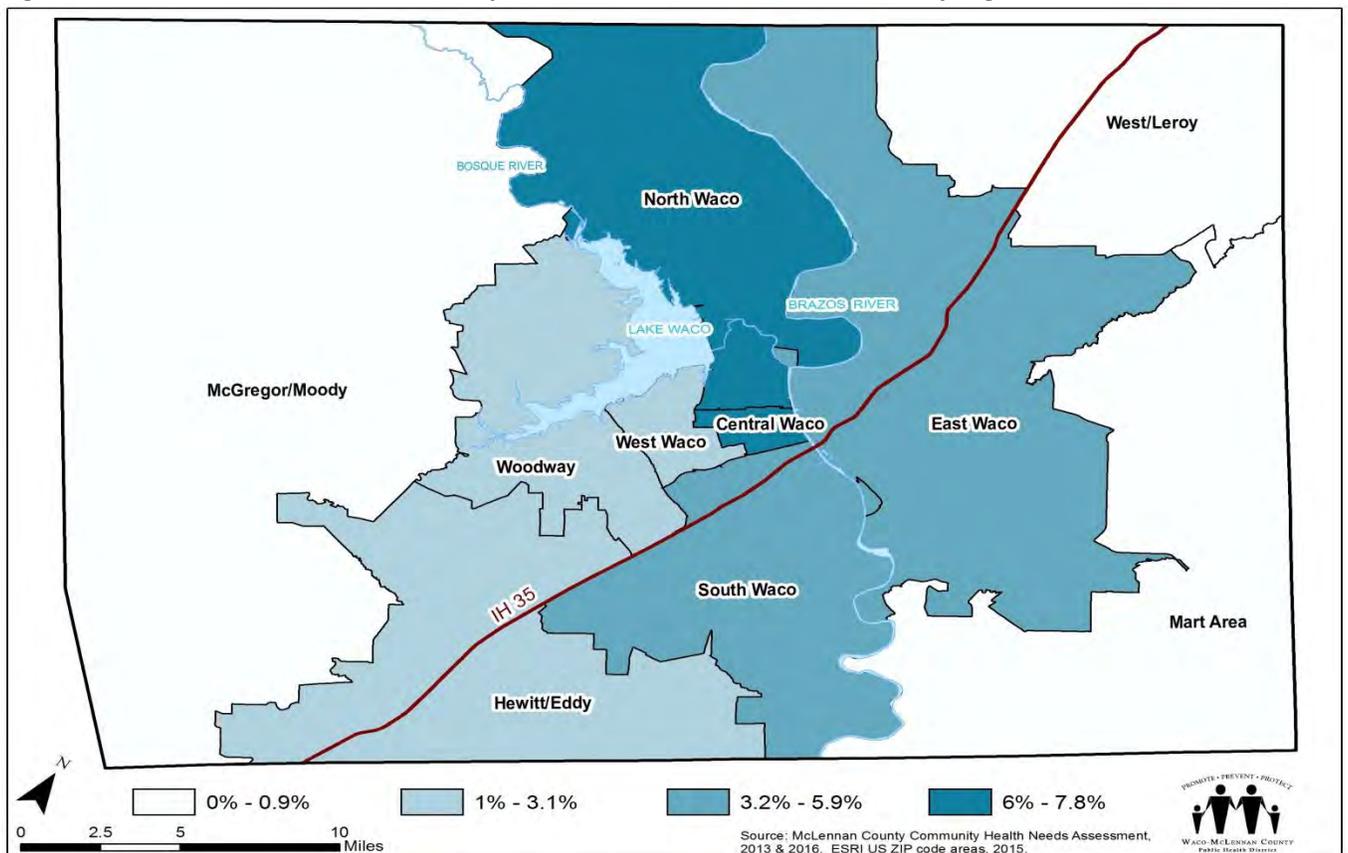


Figure 2.21 Four or more ER visits in the past twelve months for themselves by region (CHNA 2016)



Prosper Waco Access to Care Goal:

Decrease the percentage of people utilizing the ER as a source of primary care by 10%

In the last twelve months, how many times did you go to the ER for anyone in your household other than yourself?

Figure 2.22 Number of visits to the ER for anyone in their household other than themselves by CHNA year

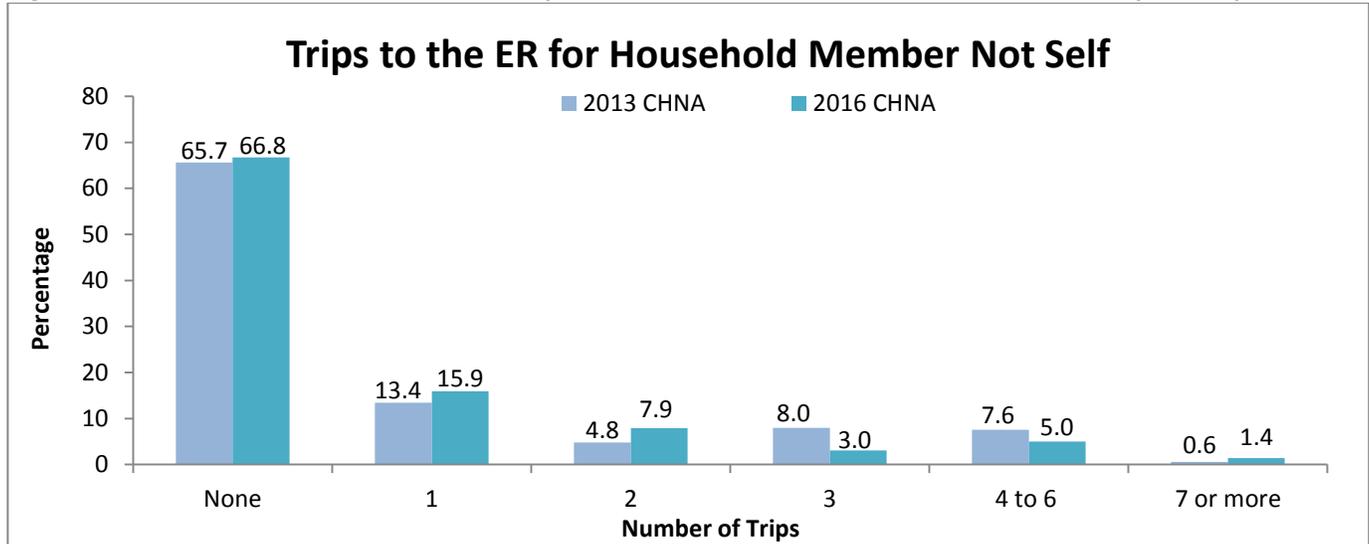


Table 2.16 Percentage of trips to the ER for anyone in household other than self

	None	1	2	3	4 to 6	7 or more
2013 CHNA	65.7%	13.4%	4.8%	8.0%	7.6%	0.6%
2016 CHNA	66.8%	15.9%	7.9%	3.0%	5.0%	1.4%

Participants were asked how many times in the past twelve months they visited an emergency room to get care for anyone in their household other than themselves. The majority of respondents, 67% in 2016 and 66% in 2013, reported that they had not visited an emergency room for a household member not including themselves in the past twelve months. Only 8% in 2013, reported visiting the emergency room four or more times in the past twelve months; whereas, only 6% visited the emergency room four or more times in 2016.

Table 2.17 Four or more ER visits in the past twelve months for household members other than self

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	0.0%	15.3%	+15.3%
East Waco	25.0%	8.0%	-17.0%
Hewitt/Eddy	0.1%	0.9%	+0.8%
Mart Area	0.0%	0.0%	+0.0%
McGregor/ Moody	10.6%	0.0%	-10.6%
North Waco	4.8%	6.1%	-4.8%
South Waco	12.1%	5.6%	-6.4%
West Waco	0.5%	16.9%	+16.3%
West/Leroy	0.0%	0.0%	+0.0%
Woodway	0.0%	8.5%	+8.5%

Figure 2.23 Four or more visits to the ER in the past twelve months for a household member by region (CHNA 2013)

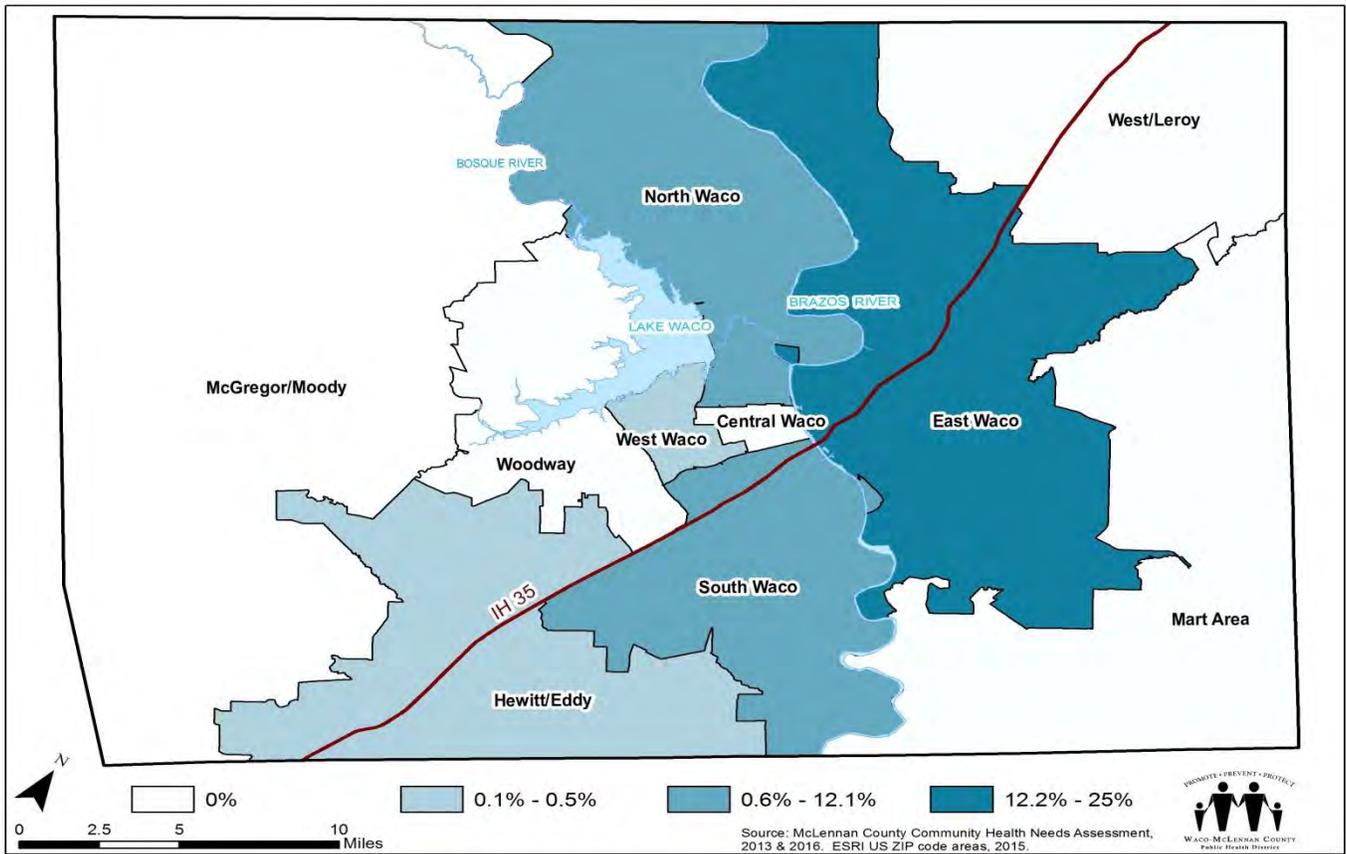
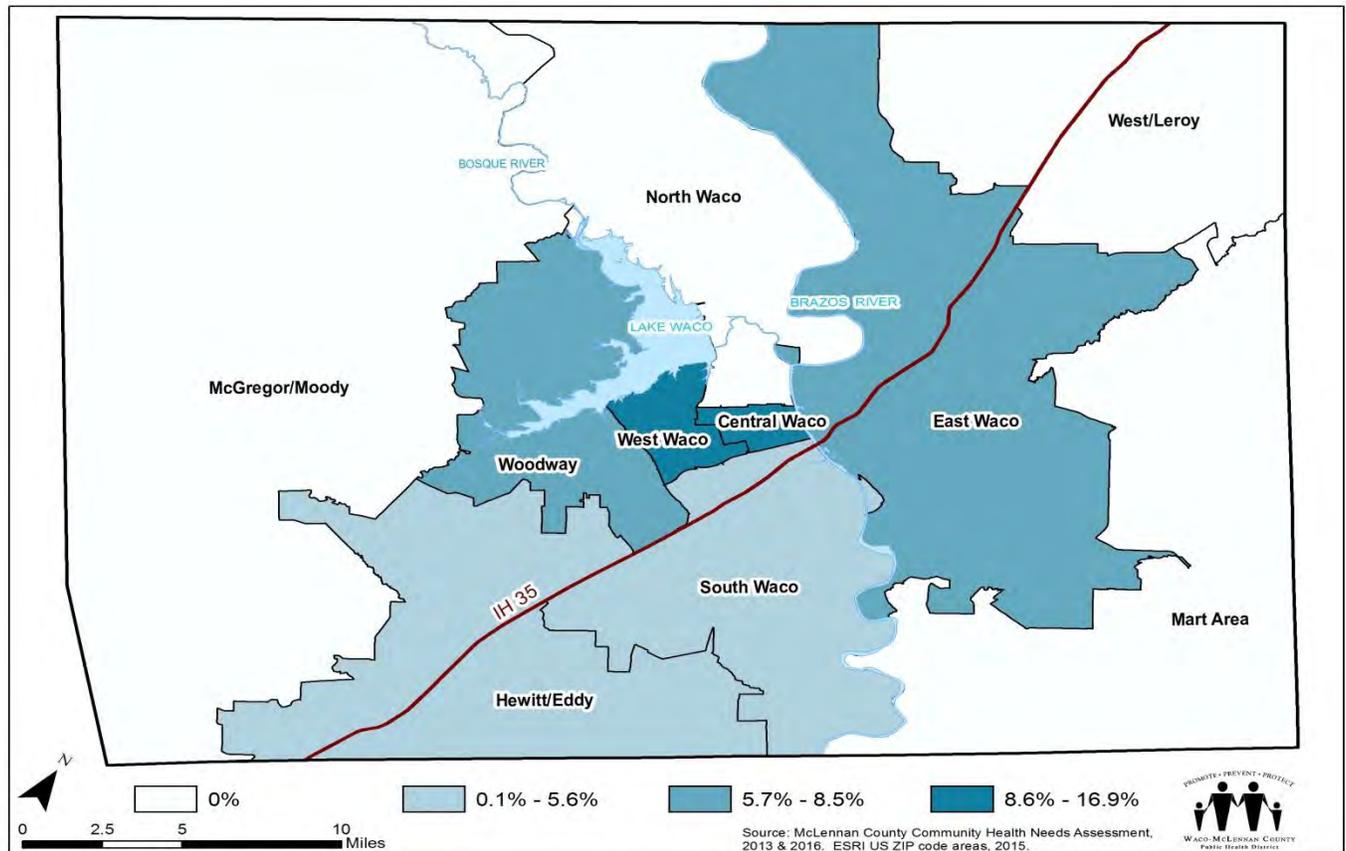


Figure 2.24 Four or more visits to the ER in the past twelve months for a household member by region (CHNA 2016)





HEALTHY EATING & ACTIVE LIVING

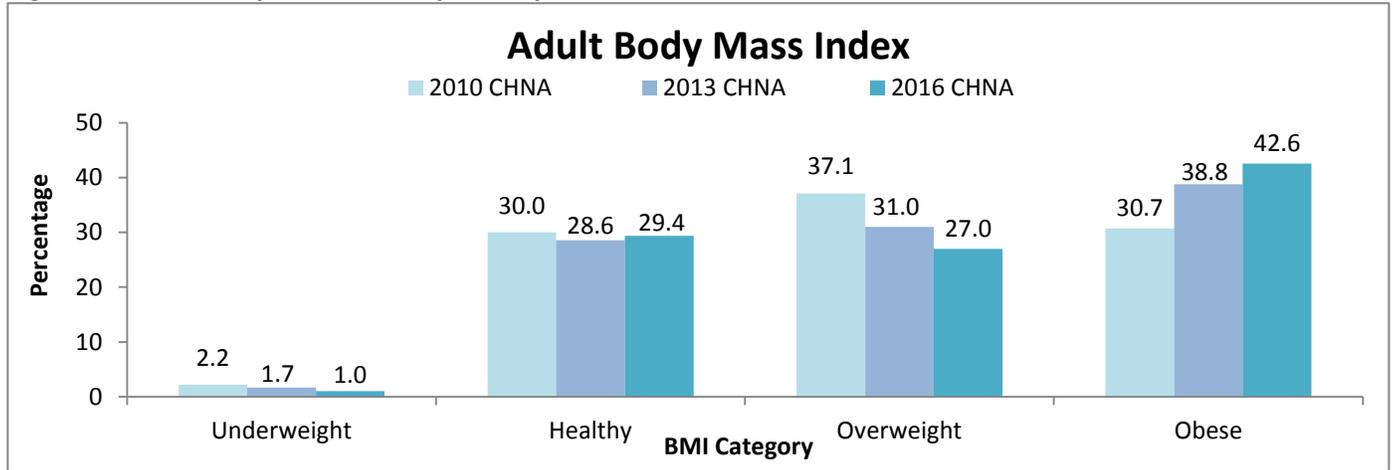
Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

Body Mass Index (BMI) is a measurement that shows the amount of fat in your body that is based on ones height and weight. The Center for Disease Control and Prevention (CDC) stated that BMI can be used to screen for weight categories that may lead to health problems. These categories are delineated as a quartile underweight, healthy, overweight, and obese. Additionally, the CDC reported that BMI can be used for population assessment of overweight and obesity. Further information about BMI and the CDC BMI categories can be found at http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.

Adult Body Mass Index

Figure 3.1 Adult Body Mass Index by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 3.1 BMI category by CHNA year

BMI CATEGORY	2010 CHNA	2013 CHNA	2016 CHNA
Underweight	2.2%	1.7%	1.0%
Healthy	30.0%	28.6%	29.4%
Overweight	37.1%	31.0%	27.0%
Obese	30.7%	38.8%	42.6%

* 2010 data is a reference point, not true reflection of trend

In both 2013 and 2016, 70% of respondents were considered to be overweight or obese as defined by the CDC categories. The CDC would define 43% of respondents as at risk for health problems. Those considered overweight decreased from 31% to 27% in 2016; however, those considered obese increased from 39% to 43% in 2016. Lastly, the number of respondents who had BMI categorized as healthy has increased by 1%, whereas those categorized as underweight has decreased by 1%.

Table 3.2 Percentage of respondents who were overweight or obese by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	63.9%	64.6%	+0.8%
East Waco	65.4%	62.6%	-2.8%
Hewitt/Eddy	76.1%	71.7%	-4.4%
Mart Area	91.8%	85.0%	-6.8%
McGregor/ Moody	68.2%	87.4%	+19.3%
North Waco	61.0%	66.1%	+5.0%
South Waco	74.7%	76.3%	+1.6%
West Waco	61.4%	75.8%	+14.4%
West/Leroy	68.3%	68.6%	+0.3%
Woodway	70.3%	46.7%	-23.6%

Figure 3.2 BMI categories overweight or obese by region (CHNA 2013)

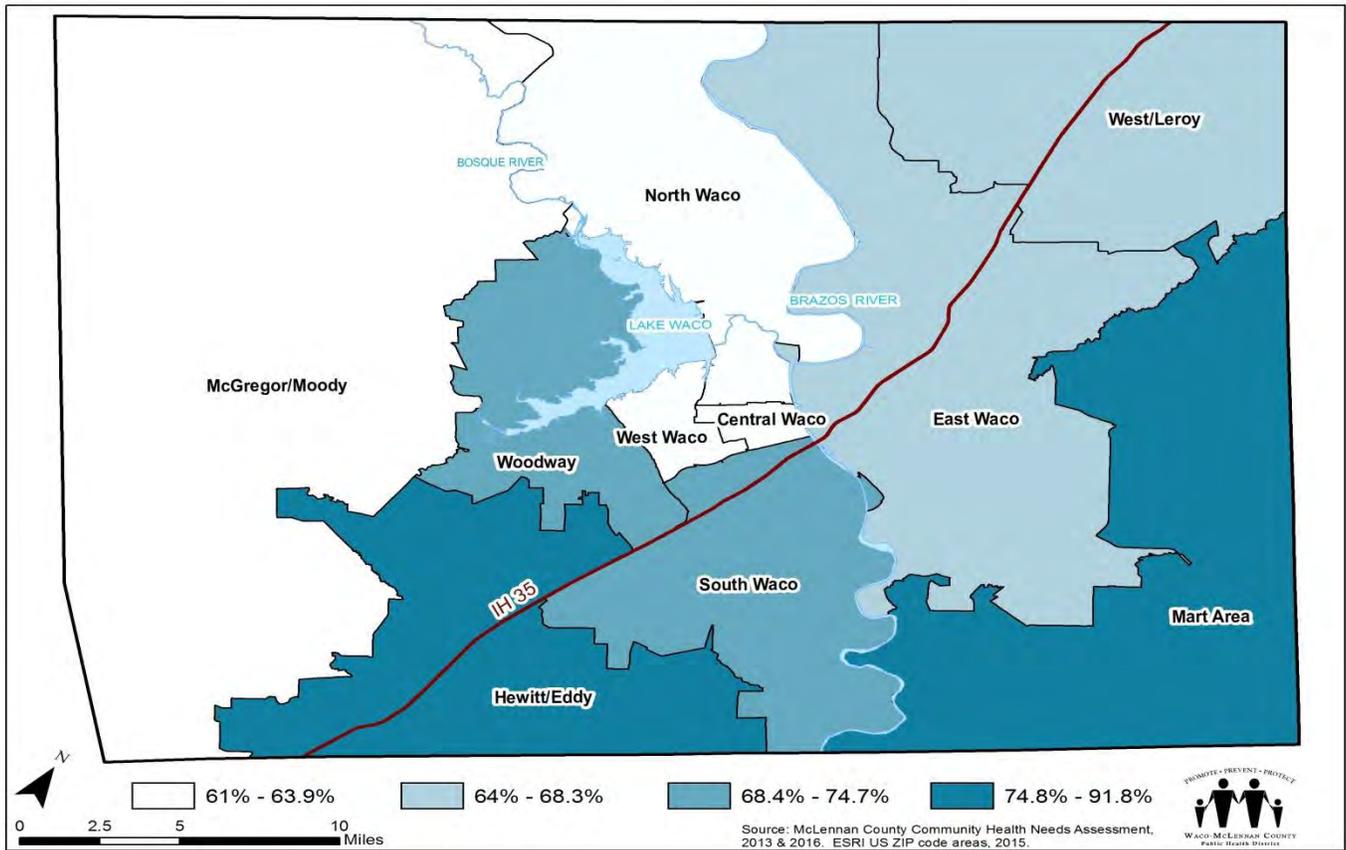
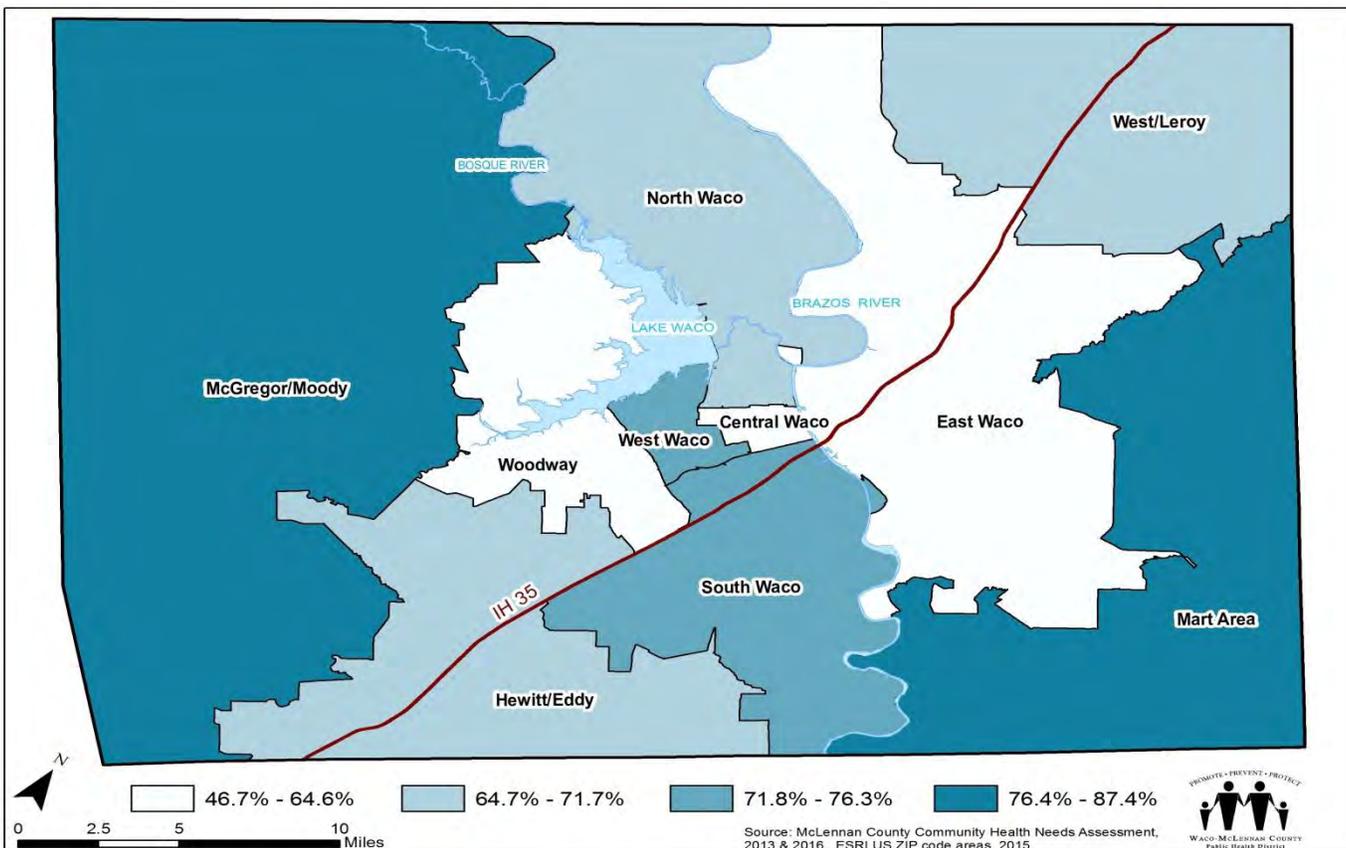


Figure 3.3 BMI categories overweight or obese by region (CHNA 2016)



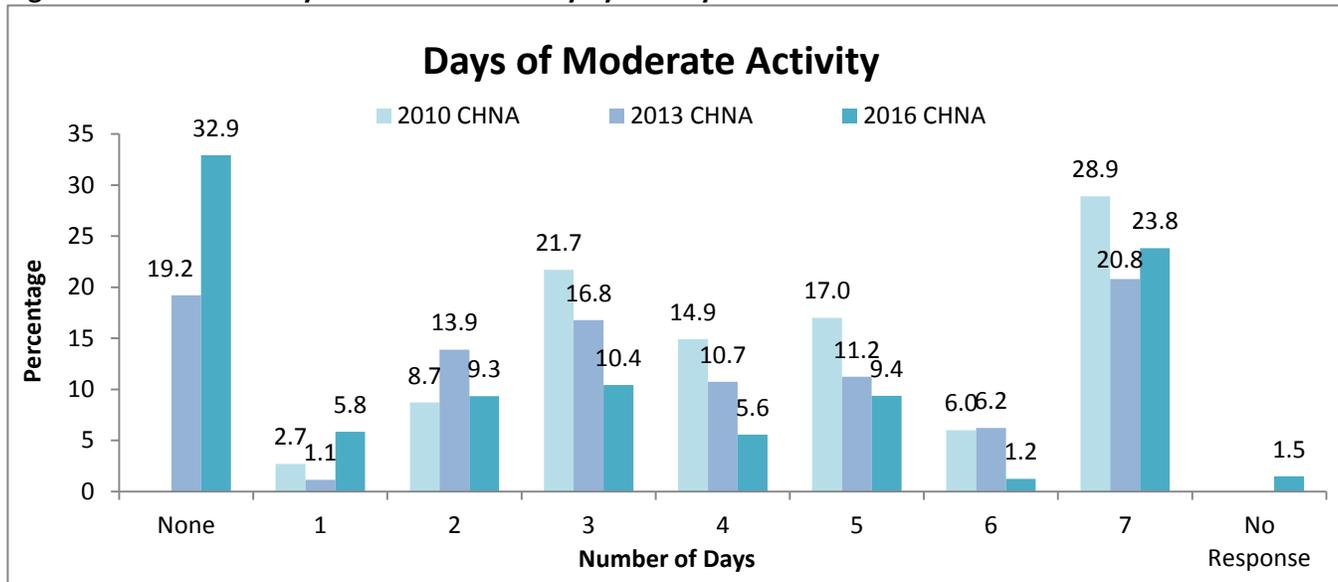
Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

Respondents were asked about the moderate activities they did in the last seven days for at least ten minutes at a time. Moderate activities were defined as activities that take moderate physical effort and make you breathe somewhat harder than normal, such as carrying light loads or bicycling at a regular pace.

In the last seven days, on how many days did you do moderate physical activities like carrying light loads or bicycling at a regular pace?

Figure 3.4 Number of days of moderate activity by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 3.3 Number of days of moderate activity by CHNA year

Days of moderate activity	2010 CHNA	2013 CHNA	2016 CHNA
1	2.7%	1.1%	5.8%
2	8.7%	13.9%	9.3%
3	21.7%	16.8%	10.4%
4	14.9%	10.7%	5.6%
5	17%	11.2%	9.4%
6	6%	6.2%	1.2%
7	28.9%	20.8%	23.8%
None	*	19.2%	32.9%
No Response	*	*	1.5%

*Response choice not an option that CHNA year.

* 2010 data is a reference point, not true reflection of trend

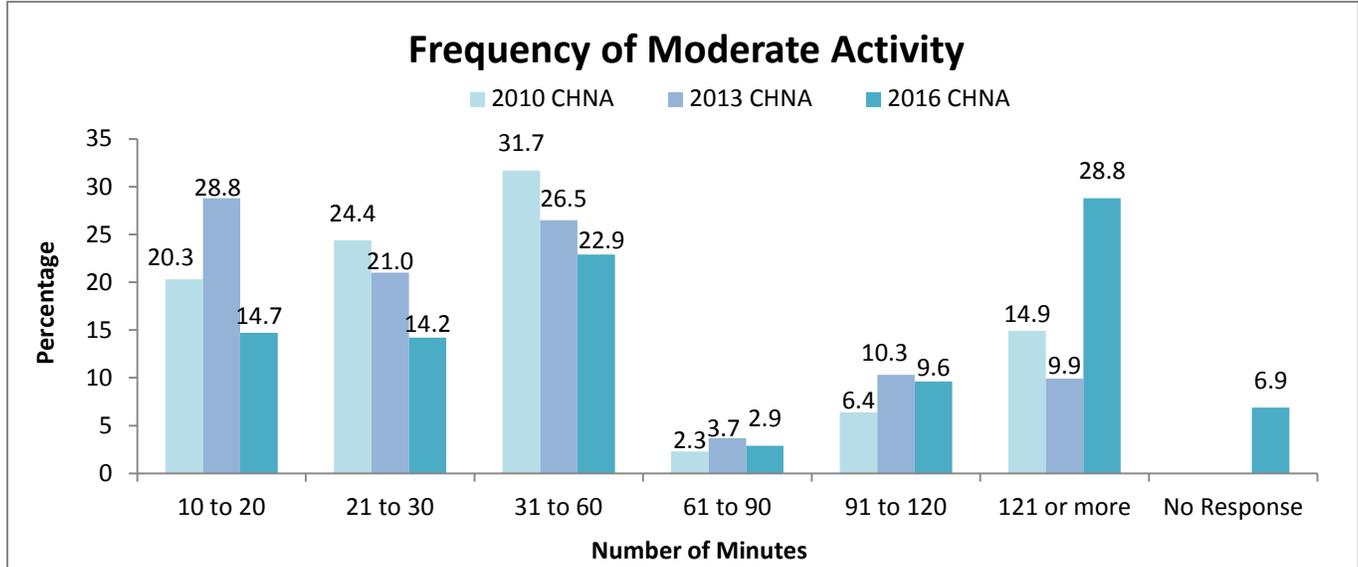
In the 2016 CHNA, 33% of respondents reported they did not do any moderate activity in the last seven days. This is a 14% increase of reported inactivity from the 2013 CHNA. However, in 2016, 24% stated they did moderate activity all of the last seven days, which is a 3% increase since 2013.

Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

How much time did you usually spend doing moderate physical activities on one of those days?

Figure 3.5 Number of minutes doing moderate activity minutes by CHNA year



+ 2010 data is a reference point, not true reflection of trend

Table 3.4 Number of minutes doing moderate activity by CHNA year

	10 to 20	21 to 30	31 to 60	61 to 90	91 to 120	121 or more*	No Response**
2010 CHNA	20.3%	24.4%	31.7%	2.3%	6.4%	14.9%	*
2013 CHNA	28.8%	21.0%	26.5%	3.7%	10.3%	9.9%	*
2016 CHNA	14.7%	14.2%	22.9%	2.9%	9.6%	28.8%	6.9%

‡ Includes 3-12 hours

* Not an option/not reported in this year

**Includes responses below 10 minutes and beyond 12 hours considered to be interview error

+ 2010 data is a reference point, not true reflection of trend

Of those respondents who reported completing moderate activities in the last seven days for at least ten minutes at a time, in 2013, the average number of minutes was 66 minutes. The median over the last seven days was 35.5 minutes of moderate activity.

For 2016, of those respondents who reported completing at least ten minutes of moderate activities in the last seven days, the average number of minutes was 136. The median over the last seven days was 60 minutes of reported moderate activity.

On a usual day within the last seven days, 64% of respondents from the 2016 CHNA spent more than 30 minutes performing moderate physical activities. Only 40% of respondents in 2013 reported doing moderate physical activities for greater than 30 minutes.

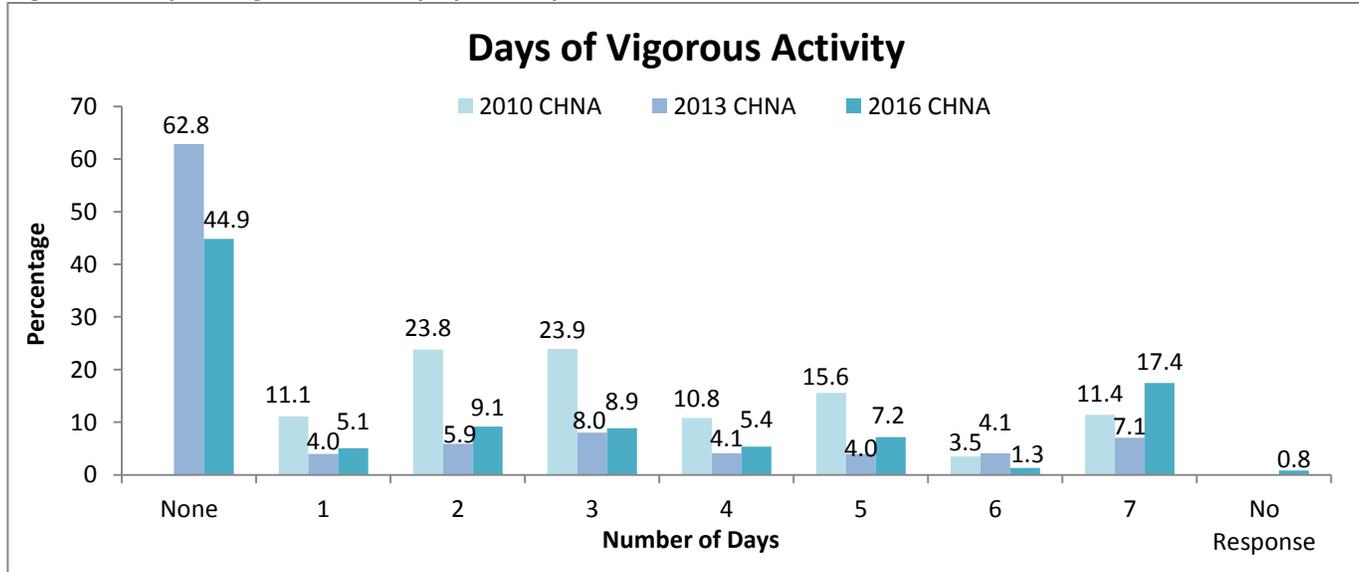
Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

Respondents were asked about the vigorous activities they completed in the last seven days for at least ten minutes at a time. Vigorous activities refer to activities that take hard physical effort and make the respondents breathe much harder than normal, such as heavy lifting, digging, aerobics, or fast bicycling.

During the last seven days, on how many days did you do vigorous physical activities such as heaving lifting or digging, aerobics, or fast bicycling?

Figure 3.6 Days of vigorous activity by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 3.5 Number of days of vigorous activity by CHNA year

Number of Days	2010 CHNA	2013 CHNA	2016 CHNA
1	11.1%	4.0%	5.1%
2	23.8%	5.9%	9.1%
3	23.9%	8.0%	8.9%
4	10.8%	4.1%	5.4%
5	15.6%	4.0%	7.2%
6	3.5%	4.1%	1.3%
7	11.4%	7.1%	17.4%
None	*	62.8%	44.9%
No Response	*	*	0.8%

*Response choice not an option that CHNA year

* 2010 data is a reference point, not true reflection of trend

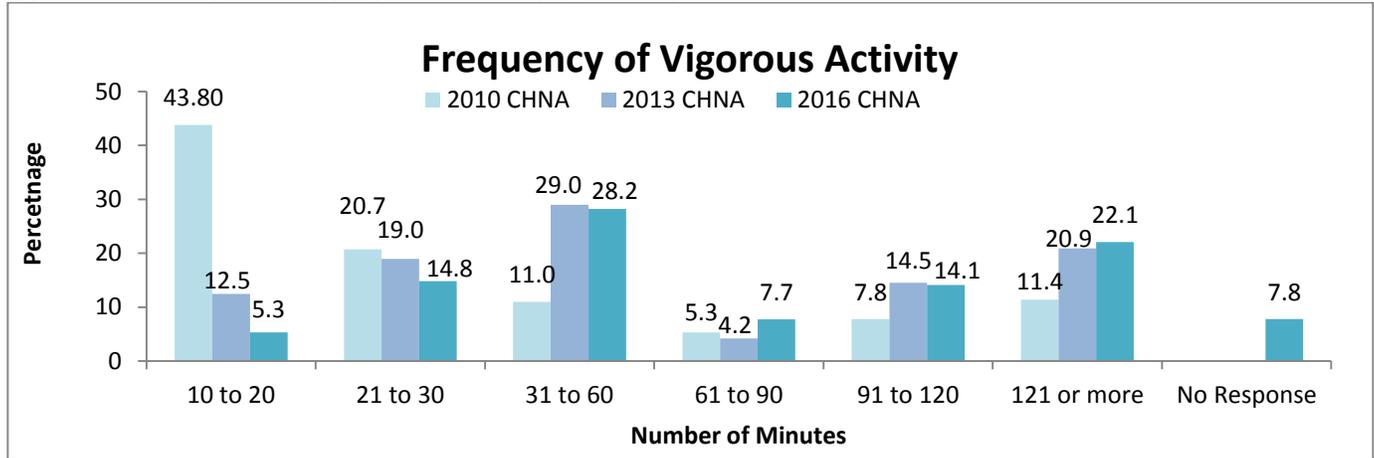
There has been an 18% decrease of reported inactivity from 2013 to 2016. Additionally, 17% of 2016 CHNA respondents reported completing vigorous activities in all of the last seven days; whereas, 7% reported performing vigorous activity all of the last seven days in 2013.

Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

How much time did you usually spend doing vigorous activities on one of those days?

Figure 3.7 Time spent doing vigorous activity by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 3.6 Number of vigorous activity minutes by CHNA year

	10 to 20	21 to 30	31 to 60	61 to 90	91 to 120	121 or more [¥]	No Response ^{**}
2010 CHNA	43.8%	20.7%	11.0%	5.3%	7.8%	11.4%	*
2013 CHNA	12.5%	19.0%	29.0%	4.2%	14.5%	20.9%	*
2016 CHNA	5.3%	14.8%	28.2%	7.7%	14.1%	22.1%	7.8%

¥ Includes 3-12 hours

* Not an option/not reported in this year

**Includes responses below 10 minutes or beyond 12 hours thought to be interview error

* 2010 data is a reference point, not true reflection of trend

On a usual day within the last seven days, 72% of respondents from the 2016 CHNA spent over 30 minutes performing vigorous physical activities. In 2013, 63% of respondents stated doing vigorous physical activities for greater than 30 minutes.

Of those who reported performing vigorous activities in the last seven days for at least ten minutes, in 2013, the average number of minutes completed was 110 minutes, and the median over the last seven days was 60 minutes.

For 2016, of those respondents who reported completing vigorous activities in the last seven days for at least ten minutes, the average number of minutes was 141 minutes. The median over the last seven days was 60 minutes.

Table 3.7 Percentage of respondents who reported zero days of moderate or vigorous activity by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	50.1%	37.2%	-12.9%
East Waco	21.8%	16.7%	-5.1%
Hewitt/Eddy	38.5%	40.4%	+1.8%
Mart Area	21.9%	30.3%	+8.4%
McGregor/ Moody	30.2%	18.8%	-11.4%
North Waco	23.1%	29.4%	+6.3%
South Waco	40.2%	30.6%	-9.6%
West Waco	34.3%	33.0%	-1.3%
West/Leroy	42.4%	23.0%	-19.4%
Woodway	26.4%	19.9%	-6.5%

Figure 3.8 No days of moderate or vigorous activity by region (CHNA 2013)

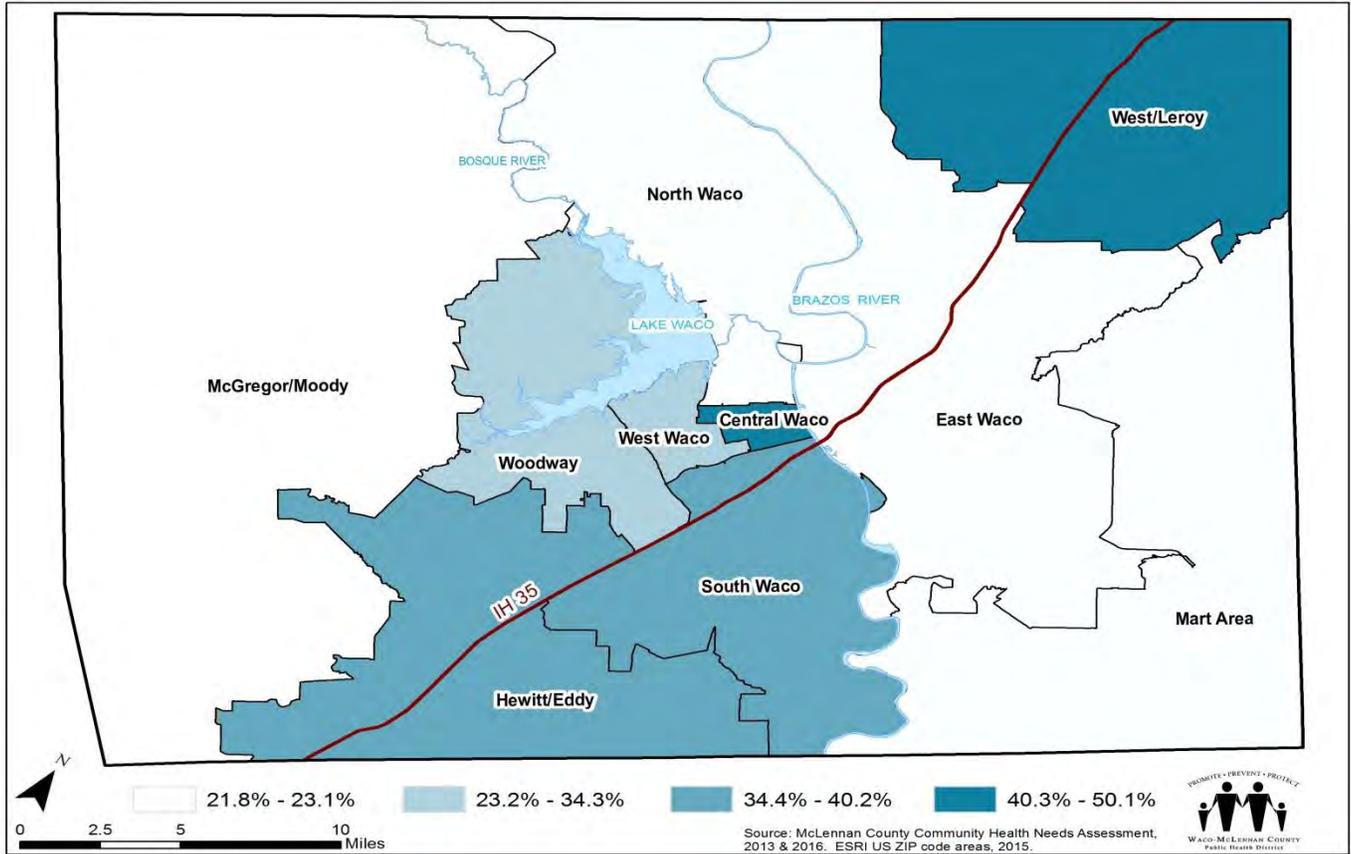
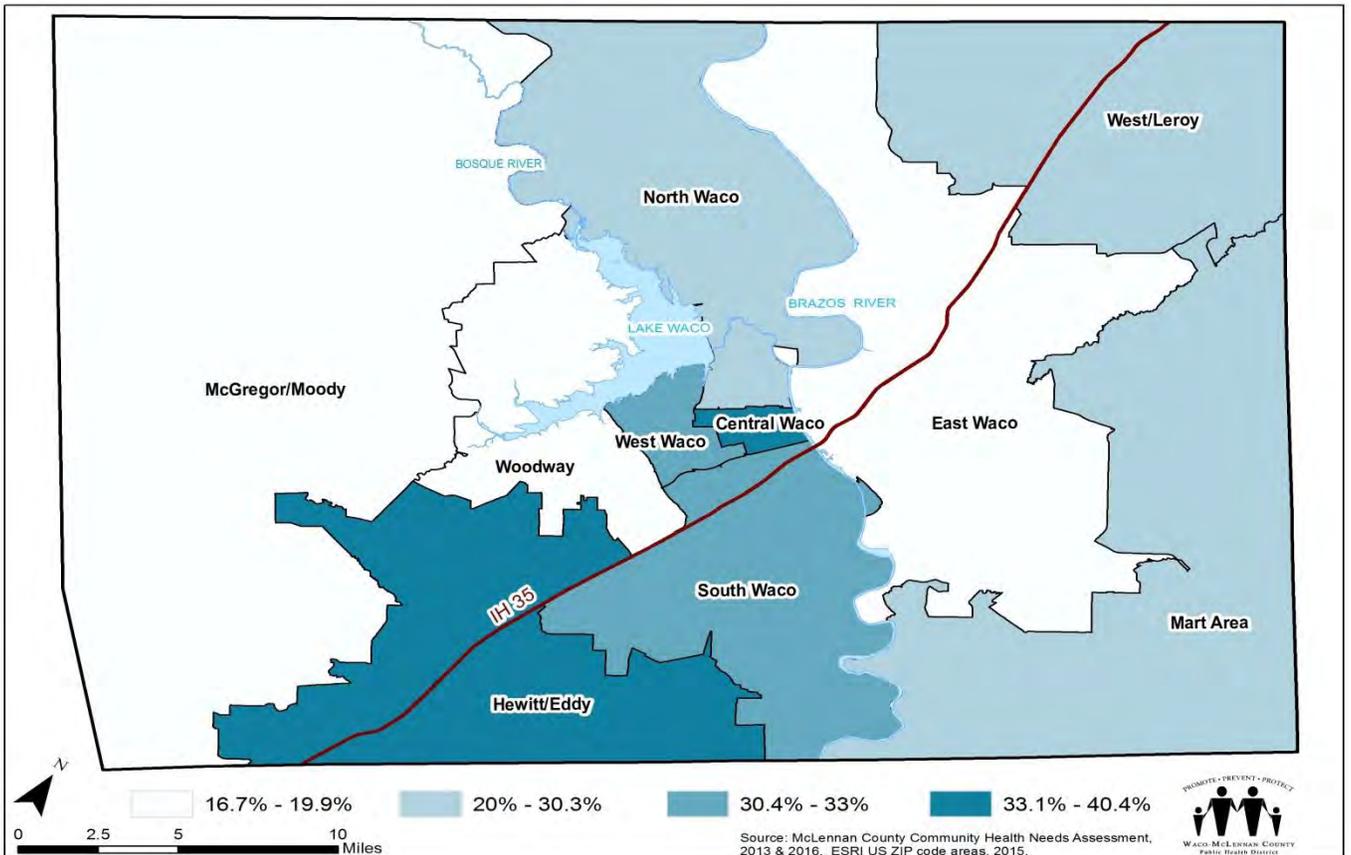


Figure 3.9 No days of moderate or vigorous activity by region (CHNA 2016)



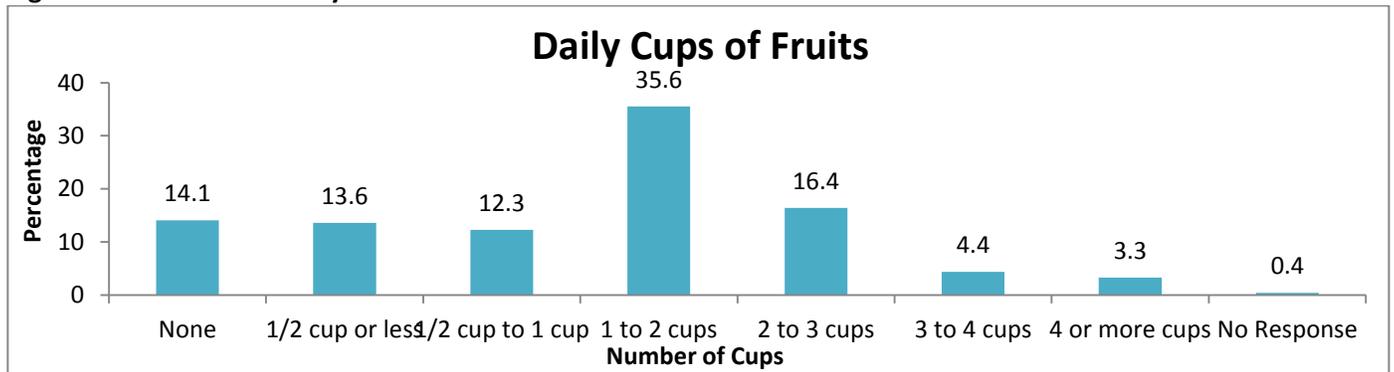
Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

In the 2016 Community Health Needs Assessment (CHNA), respondents were asked the number of cups of fruits and vegetables they consume each day, where in the 2013 CHNA respondents were asked the number of servings consumed daily. This change was made to match national surveys; therefore, the questions are not trended. The following represent the findings from those questions including a map of those who did not consume fruits and a map of those who did not consume any vegetables.

About how many cups of fruit (including 100% pure fruit juice) do you eat or drink each day?

Figure 3.10 Amount of daily fruit

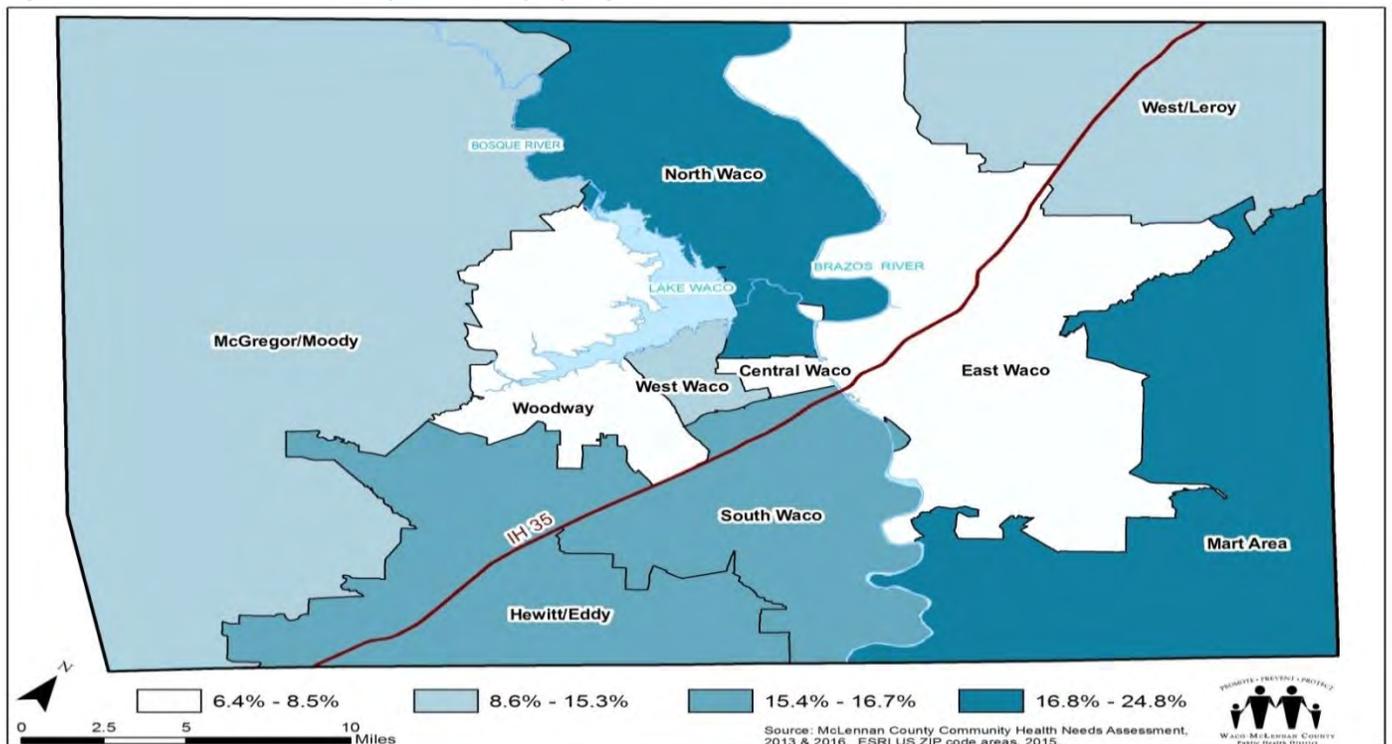


Of the 2016 CHNA respondents 36% reported consuming one to two cups of fruits each day, and 14% reported consuming zero cups of fruit each day.

Table 3.8 Percentage of respondents who reported consuming zero cups of fruit each day by region

REGION	Central Waco	East Waco	Hewitt/Eddy	Mart Area	McGregor/Moody	North Waco	South Waco	West Waco	West/Leroy	Woodway
2016 CHNA	7.6%	6.4%	16.7%	24.8%	13.2%	23.6%	16.6%	15.3%	12.9%	8.5%

Figure 3.11 Did not consume any fruits daily by region (CHNA 2016)

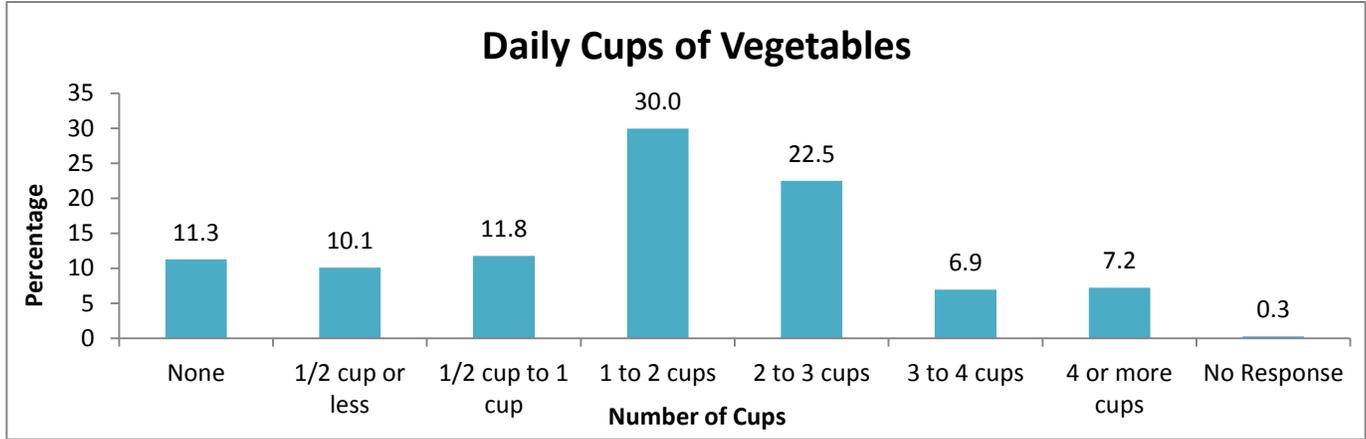


Prosper Waco Live Well Waco Goal:

Decrease the percentage of Waco-area adults and children considered overweight or obese by 5%

About how many cups of vegetables (including 100% pure vegetable juice) do you eat or drink each day?

Figure 3.12 Amount of daily vegetables

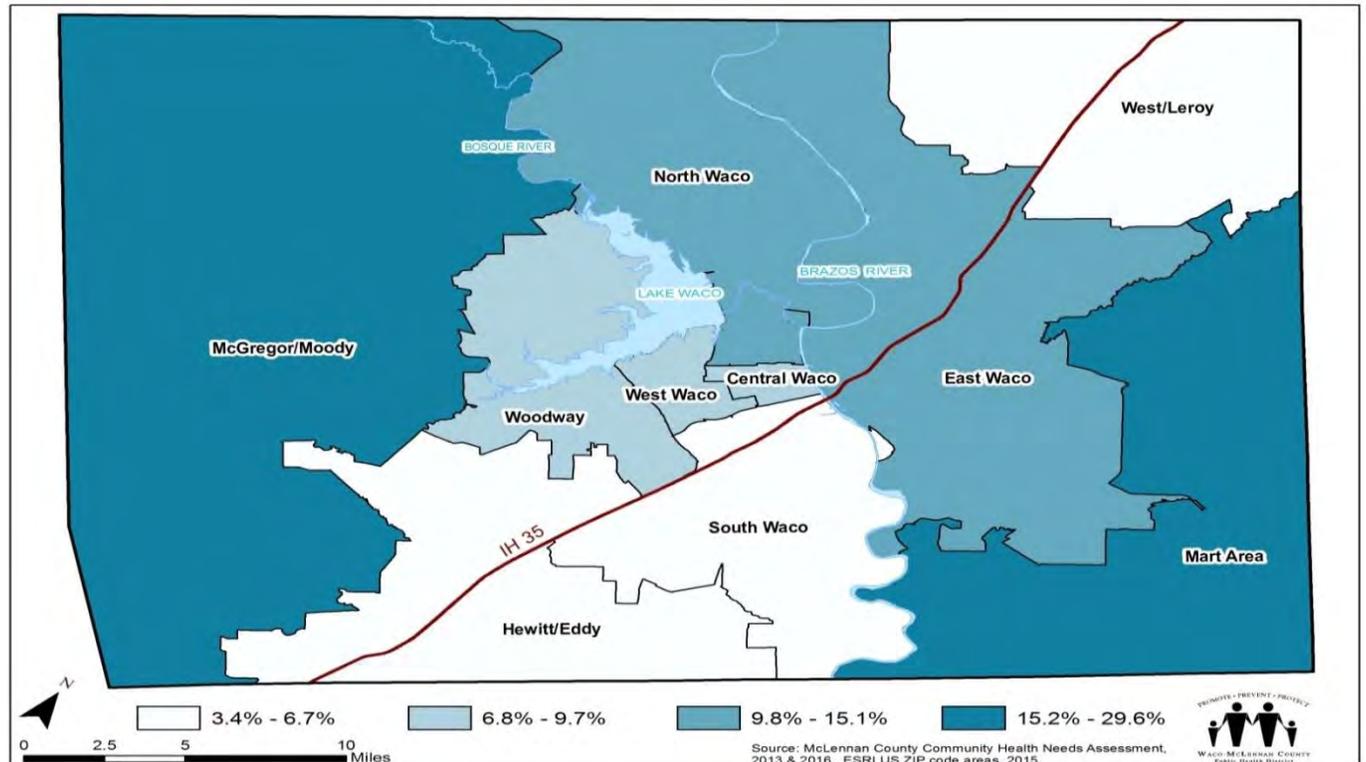


Of the respondents from the 2016 CHNA, 30% of respondents reported consuming one to two cups of vegetables each day; however, 11% reported consuming zero cups of vegetables each day.

Table 3.9 Percentage of respondents who consumed zero cups of vegetables by region

REGION	Central Waco	East Waco	Hewitt / Eddy	Mart Area	McGregor/ Moody	North Waco	South Waco	West Waco	West/ Leroy	Woodway
2016 CHNA	9.1%	13.2%	3.4%	17.6%	29.6%	15.1%	6.7%	8.3%	6.3%	9.7%

Figure 3.13 Did not consume any vegetables daily by region (CHNA 2016)



GENERAL HEALTH

Because of an impairment or health problem, do you need assistance in handling ROUTINE needs such as household chores, business, shopping, or getting around?

Figure 4.1 Need help with routine needs by CHNA year

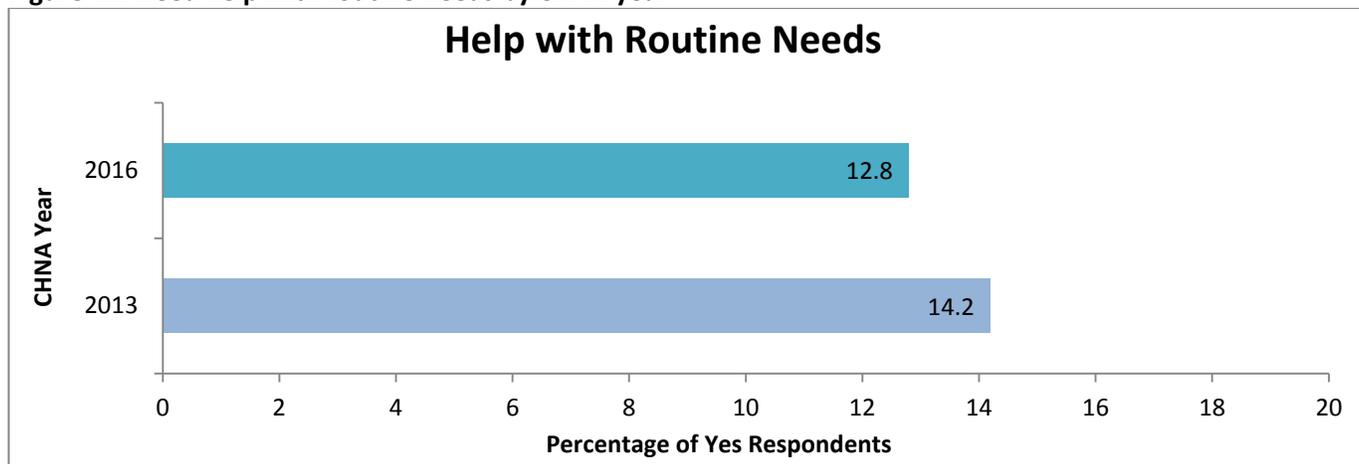


Table 4.1 Need help with routine needs by CHNA year

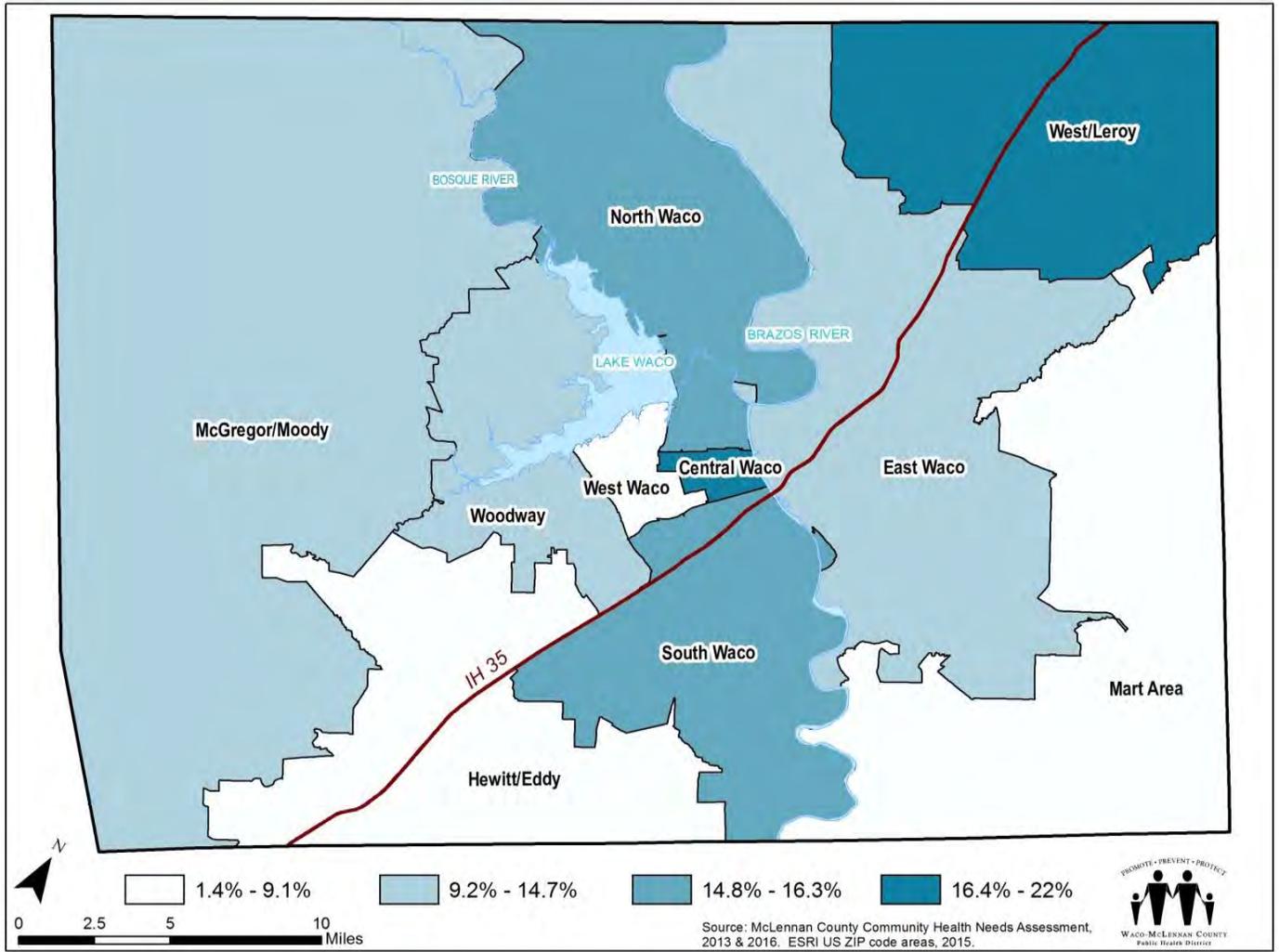
	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	14.2%	12.8%

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. The percentage of those who reported having an impairment or health problem who reported they need assistance with routine needs in the 2016 Community Health Needs Assessment (CHNA) was 13%, and that number has decreased from 14% in the 2013 CHNA.

Table 4.2 Need help with routine needs by region

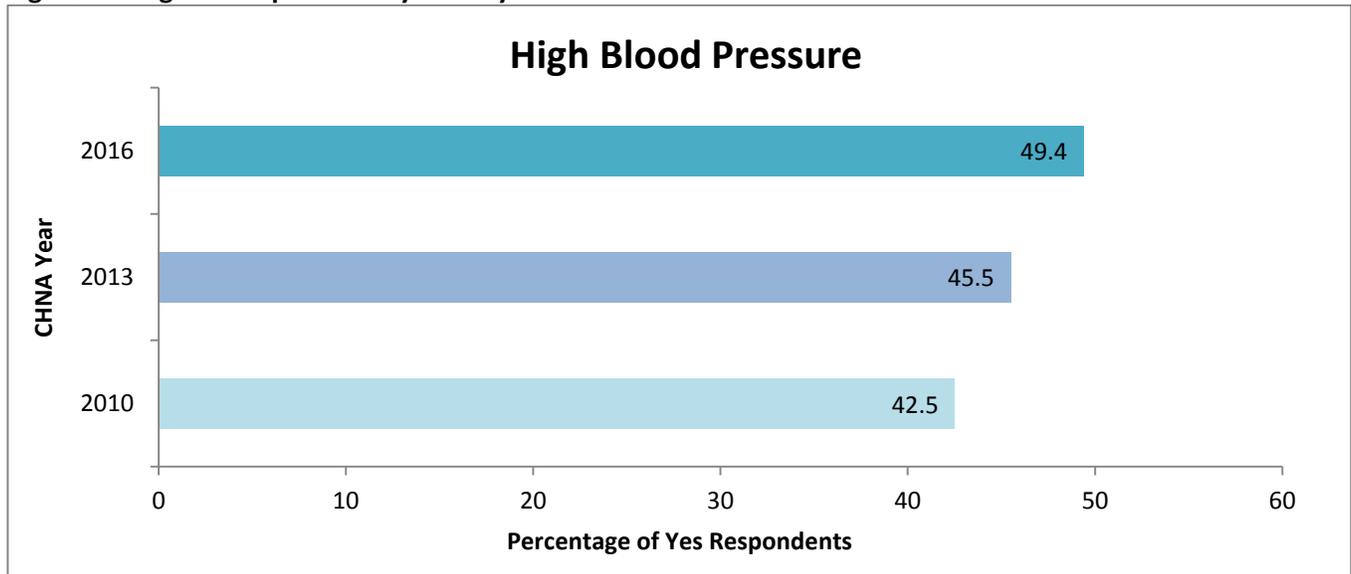
REGION	2013 CHNA	2016 CHNA	Percent Change
Central Waco	45.1%	78.3%	+33.2%
East Waco	68.9%	78.0%	+9.1%
Hewitt/Eddy	62.3%	95.6%	+33.3%
Mart Area	91.4%	87.7%	-3.7%
McGregor/ Moody	92.3%	93.9%	+1.6%
North Waco	76.3%	82.3%	+6.0%
South Waco	68.1%	77.3%	+9.2%
West Waco	66.7%	80.0%	+13.3%
West/Leroy	89.7%	94.2%	+4.6%
Woodway	92.4%	99.2%	+6.8%

Figure 4.2 Percentage of those who reported needing help with routine needs by region



Have you been told by a health professional that your blood pressure is high?

Figure 4.3 High blood pressure by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 4.3 High blood pressure by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	42.5%	45.5%	49.4%

* 2010 data is a reference point, not true reflection of trend

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. The percentage of persons reporting having ever been told by a health professional that their blood pressure was high has increased from 46% in 2013 to 49% in 2016 CHNA.

Table 4.4 Percentage of respondents who reported having high blood pressure ever by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	46.2%	50.8%	+4.6%
East Waco	40.4%	47.3%	+6.9%
Hewitt/Eddy	35.1%	57.4%	+22.3%
Mart Area	78.1%	63.8%	-14.2%
McGregor/ Moody	35.3%	38.0%	+2.7%
North Waco	33.5%	59.1%	+25.6%
South Waco	41.0%	41.6%	+0.6%
West Waco	49.7%	52.1%	+2.4%
West/Leroy	29.5%	59.1%	+29.7%
Woodway	50.7%	39.7%	-10.9%

Figure 4.4 High blood pressure by region (CHNA 2013)

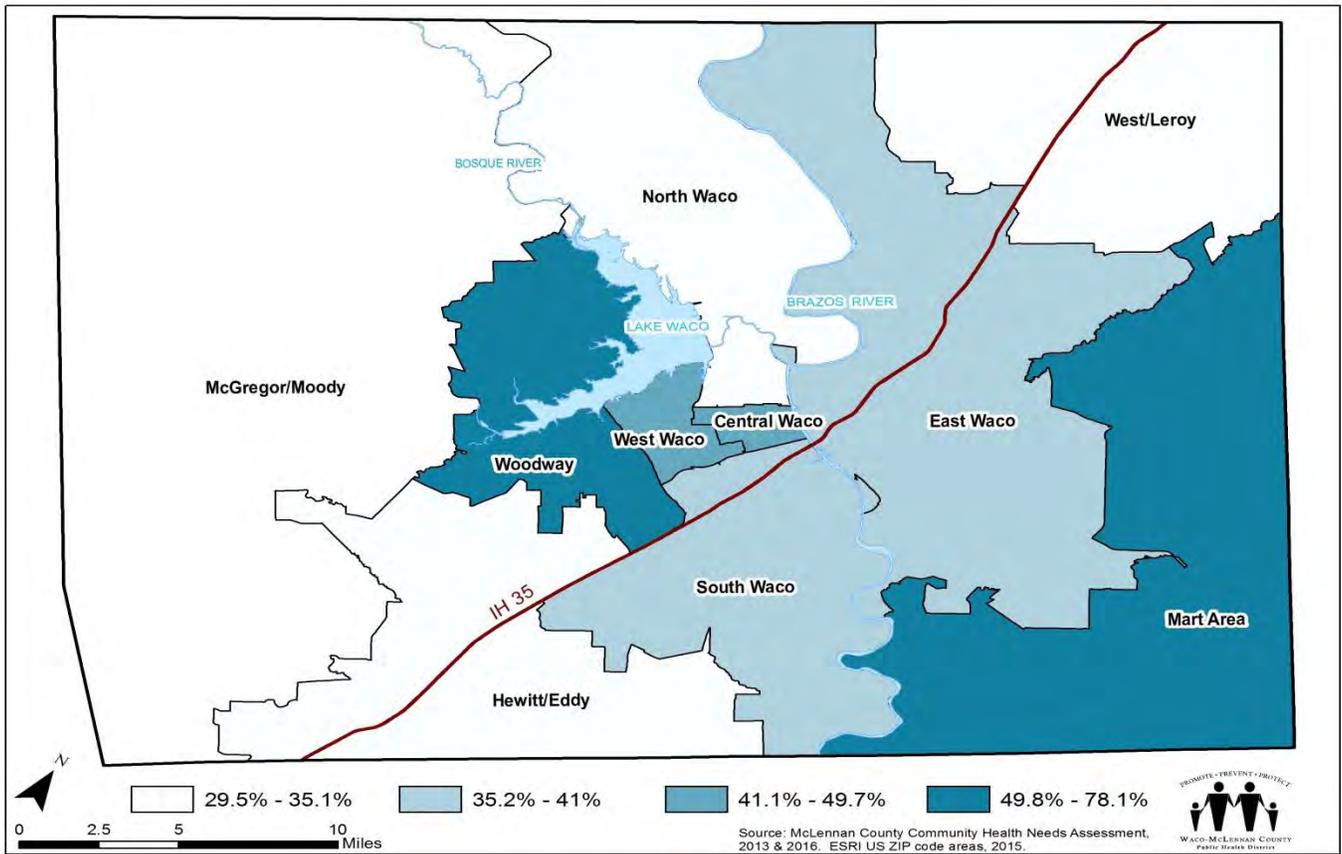
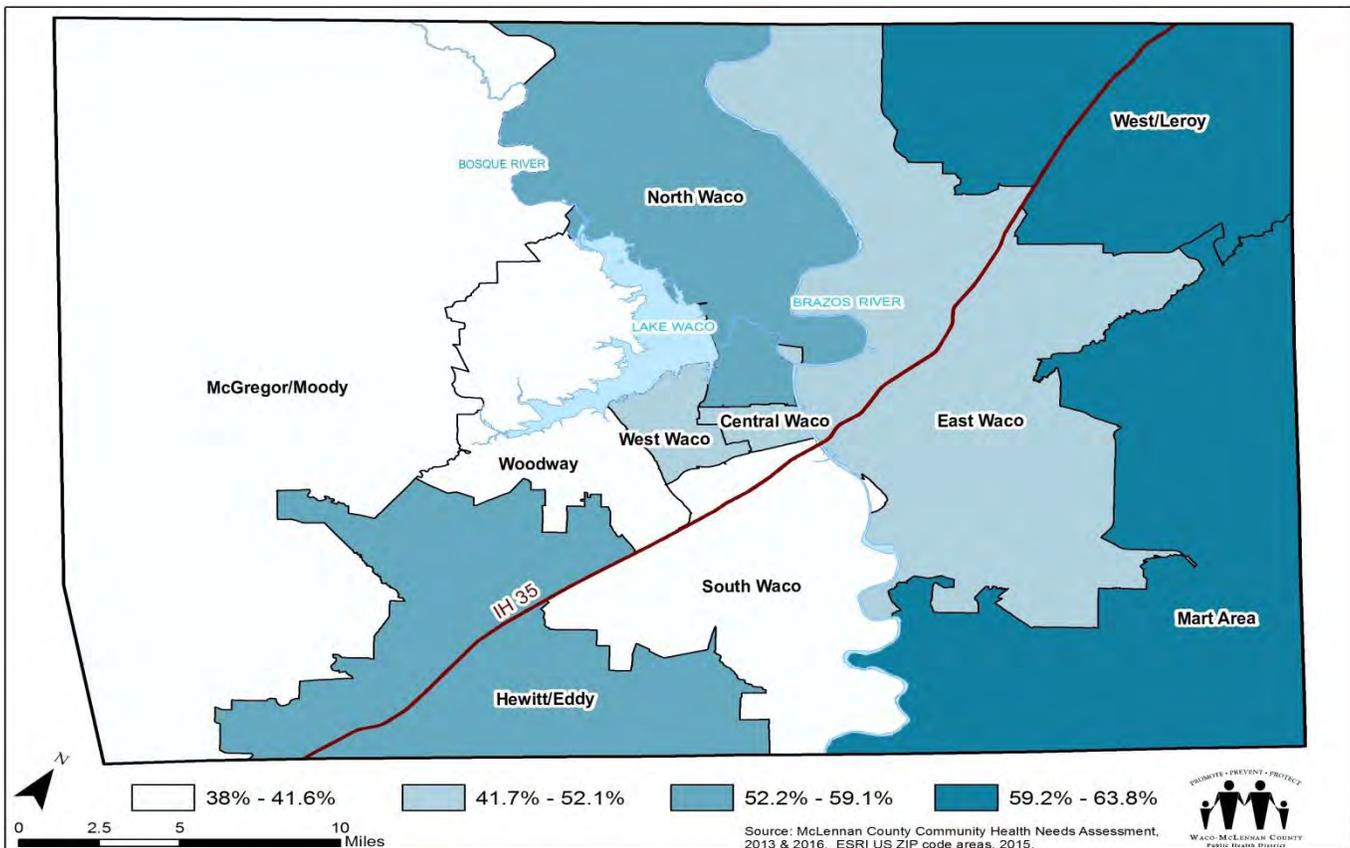
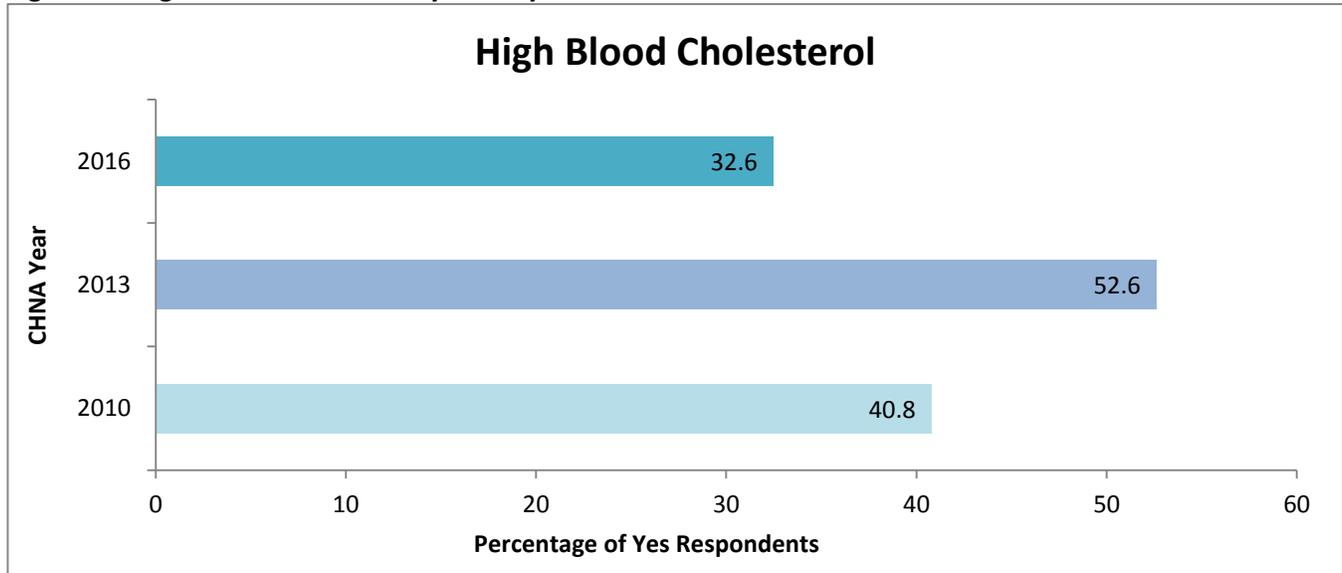


Figure 4.5 High blood pressure by region (CHNA 2016)



Have you ever been told by a health professional that your blood cholesterol was high?

Figure 4.6 High blood cholesterol by CHNA year



⁺ 2010 data is a reference point, not true reflection of trend

Table 4.5 High blood cholesterol by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	40.8%	52.6%	32.6%

⁺ 2010 data is a reference point, not true reflection of trend

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. In 2016, 33% of respondents indicated that they had been told by a health professional at some point in time that their blood cholesterol was high. This is a 20% decrease from 2013 in the number of respondents who reported ever being told they had high blood cholesterol.

Table 4.6 Percentage of respondents who had high blood cholesterol ever by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	34.5%	36.4%	1.9%
East Waco	56.0%	26.5%	-29.5%
Hewitt/Eddy	84.8%	31.3%	-53.5%
Mart Area	88.5%	44.7%	-43.8%
McGregor/ Moody	80.9%	13.4%	-67.5%
North Waco	77.0%	31.3%	-45.7%
South Waco	70.7%	36.5%	-34.2%
West Waco	51.5%	44.4%	-7.1%
West/Leroy	87.0%	38.7%	-48.3%
Woodway	94.8%	34.6%	-60.2%

Figure 4.7 High blood cholesterol by region (CHNA 2013)

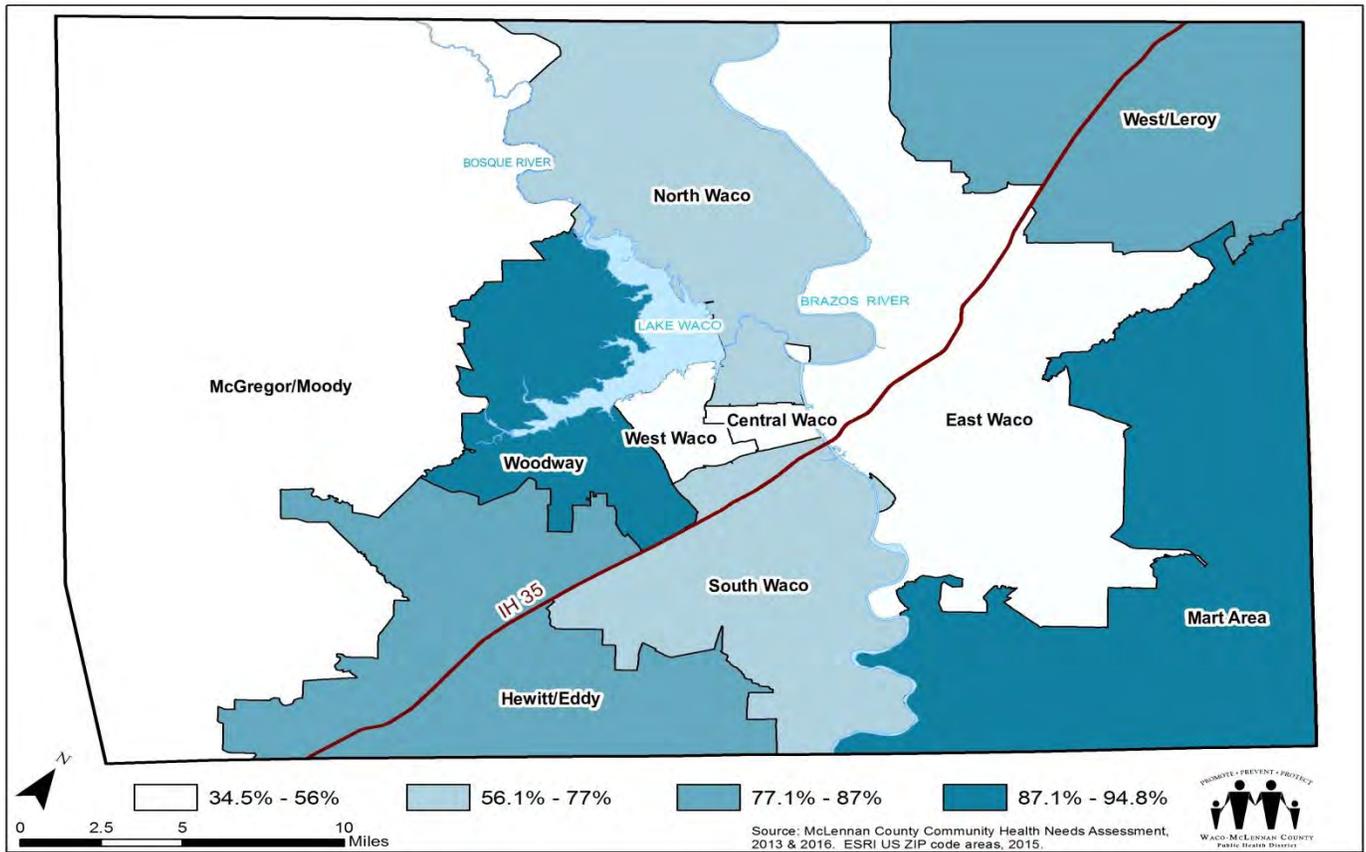
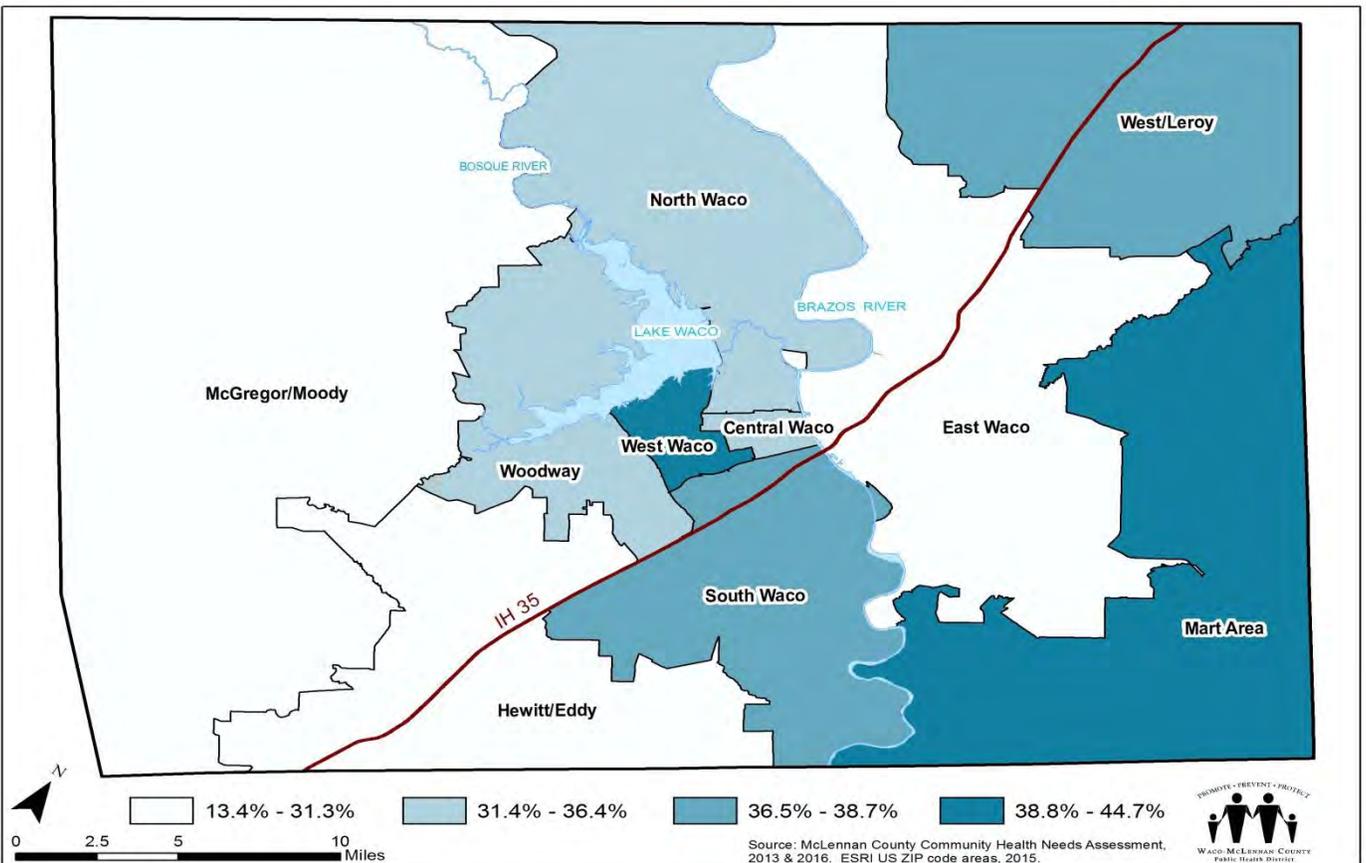
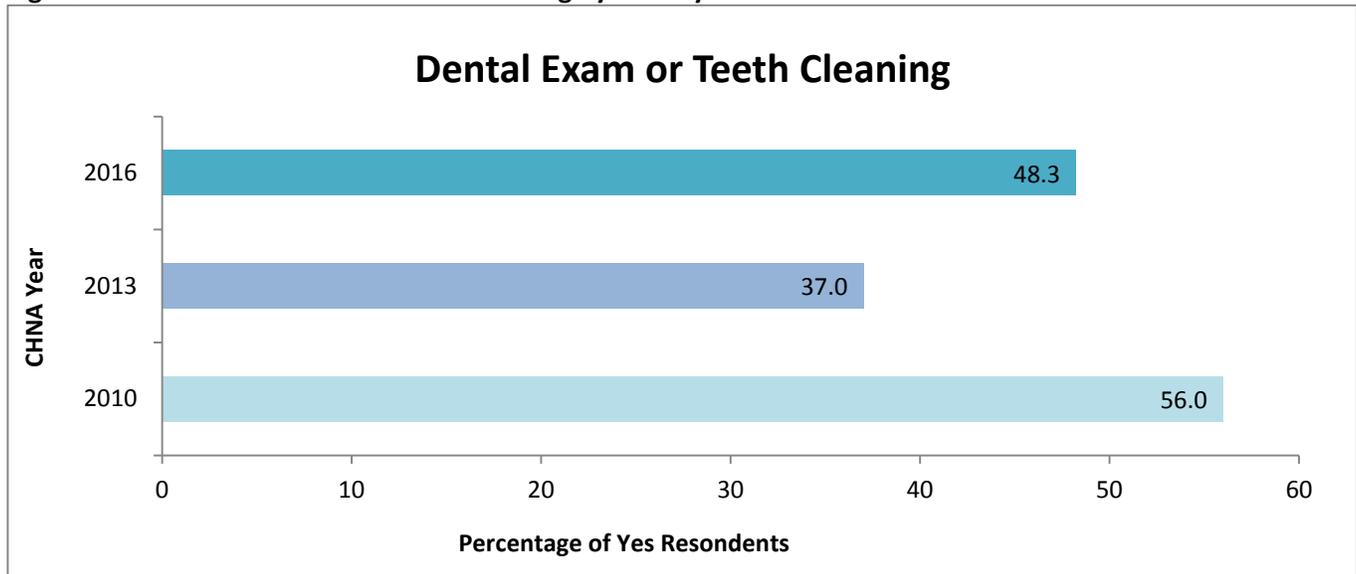


Figure 4.8 High blood cholesterol by region (CHNA 2016)



In the past twelve months, have you had a dental exam or teeth cleaning?

Figure 4.9 Had a dental exam or teeth cleaning by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 4.7 Had a dental exam or teeth cleaning by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	56.0%	37.0%	48.3%

* 2010 data is a reference point, not true reflection of trend

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. The percentage of persons who reported receiving a dental exam or teeth cleaning in the past twelve months has increased by 11% since 2013. Nearly half of the respondents indicated they had received a dental exam or teeth cleaning in the past twelve months.

Table 4.8 Had a dental exam or teeth cleaning in the past twelve months by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	18.6%	34.7%	+16.0%
East Waco	35.9%	51.2%	+15.3%
Hewitt/Eddy	73.3%	54.6%	-18.6%
Mart Area	25.1%	55.0%	+29.9%
McGregor/ Moody	44.5%	44.6%	+0.1%
North Waco	30.0%	45.8%	+15.8%
South Waco	37.5%	38.9%	+1.4%
West Waco	27.2%	51.9%	+24.7%
West/Leroy	57.6%	57.3%	-0.2%
Woodway	77.1%	72.6%	-4.5%

Figure 4.10 Dental exam or teeth cleaning by region (CHNA 2013)

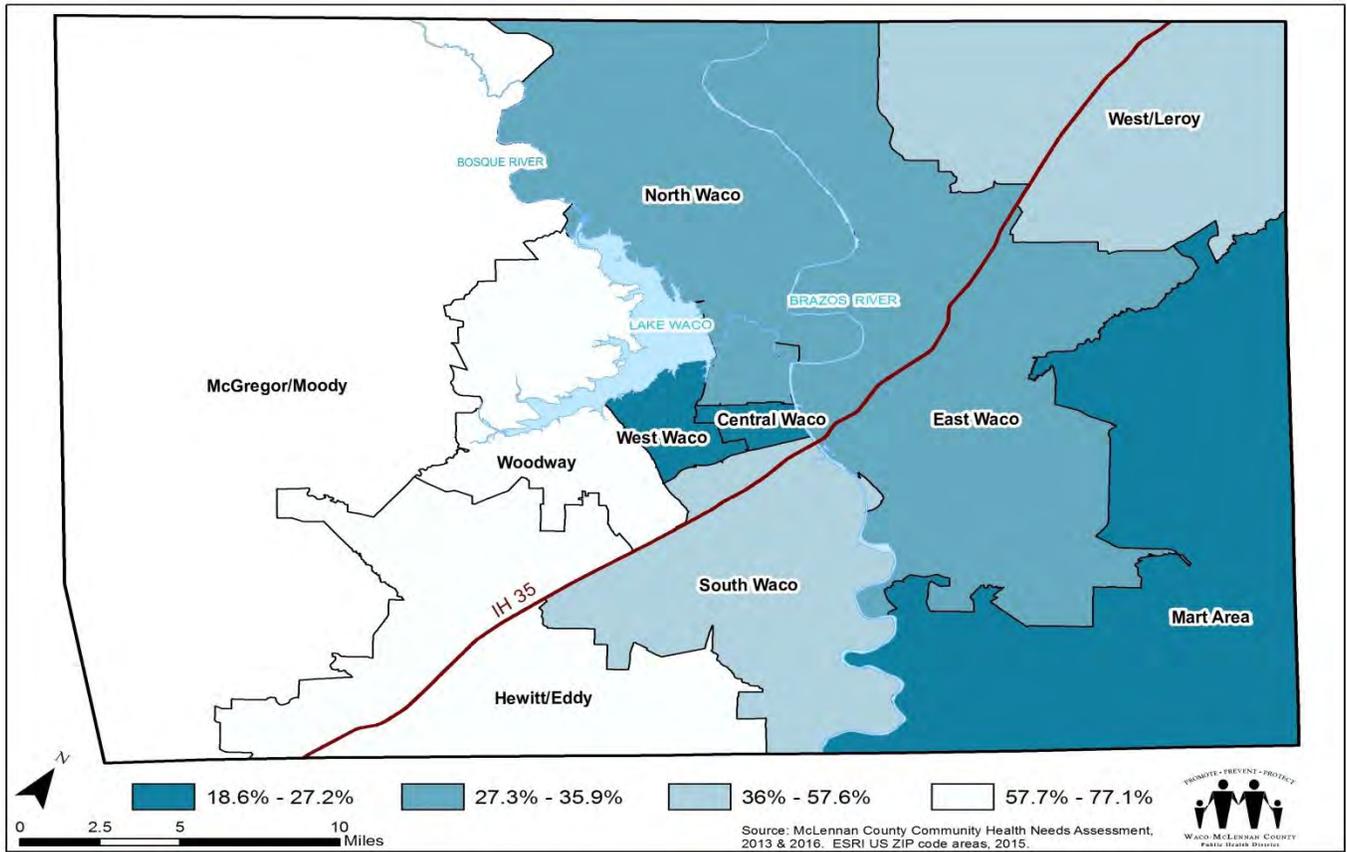
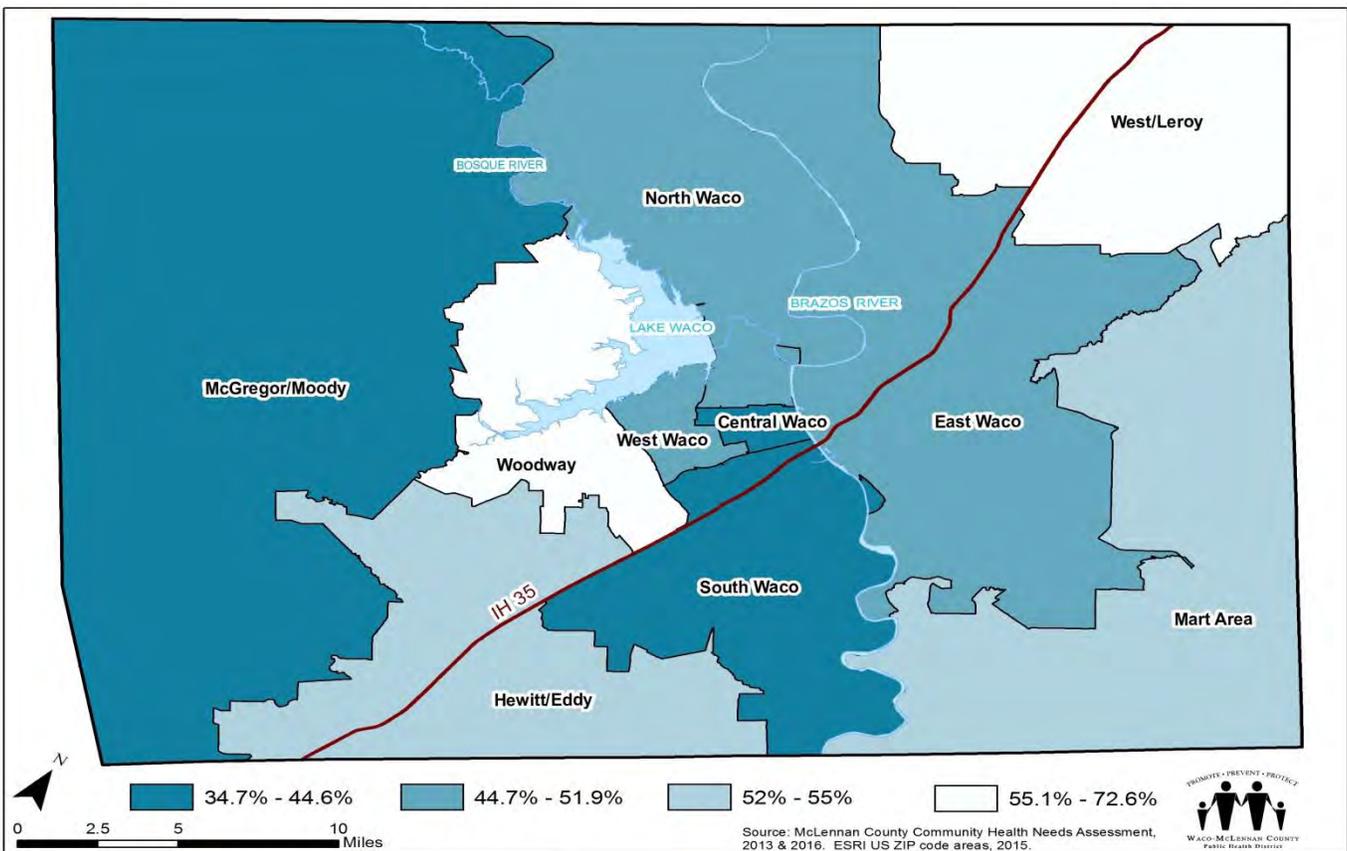
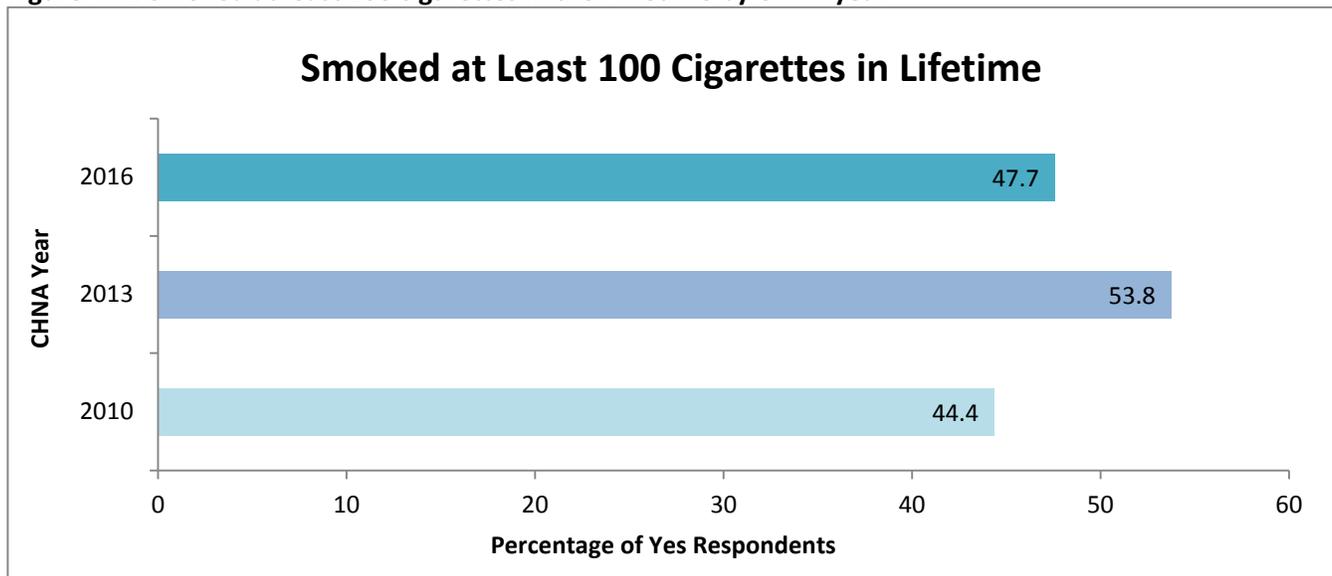


Figure 4.11 Dental exam or teeth cleaning by region (CHNA 2016)



Have you smoked at least 100 cigarettes in your life?

Figure 4.12 Smoked at least 100 cigarettes in their lifetime by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 4.9 Smoked at least 100 cigarettes in their lifetime by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	44.4%	53.8%	47.7%

* 2010 data is a reference point, not true reflection of trend

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. Based on the table and chart above the number of persons who reported smoking at least 100 cigarettes in their lifetime has decreased from 54% in 2013 to 48% in 2016. This is in accordance with the Robert Wood Johnson County Health Rankings data which also showed a decline.

Table 4.10 Percentage of respondents who smoked at least 100 cigarettes in their lifetime by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	45.1%	39.0%	-6.1%
East Waco	62.0%	59.1%	-2.9%
Hewitt/Eddy	50.6%	29.3%	-21.3%
Mart Area	83.6%	49.6%	-34.0%
McGregor/ Moody	39.3%	61.1%	+21.9%
North Waco	57.6%	48.0%	-9.6%
South Waco	52.2%	40.0%	-12.2%
West Waco	51.6%	55.9%	+4.3%
West/Leroy	26.0%	41.4%	+15.4%
Woodway	48.2%	41.6%	-6.6%

Figure 4.13 Smoked at least 100 cigarettes in their lifetime by region (CHNA 2013)

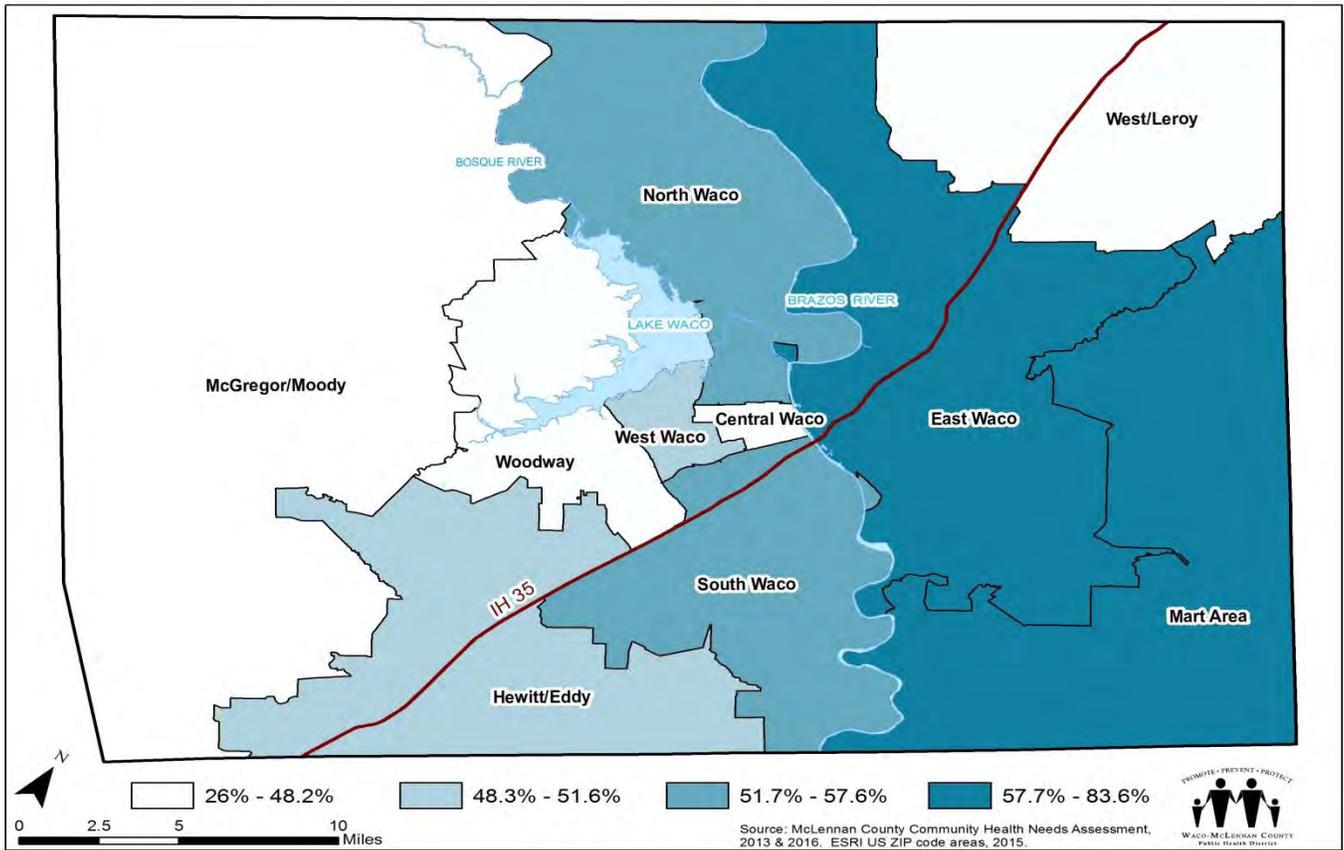
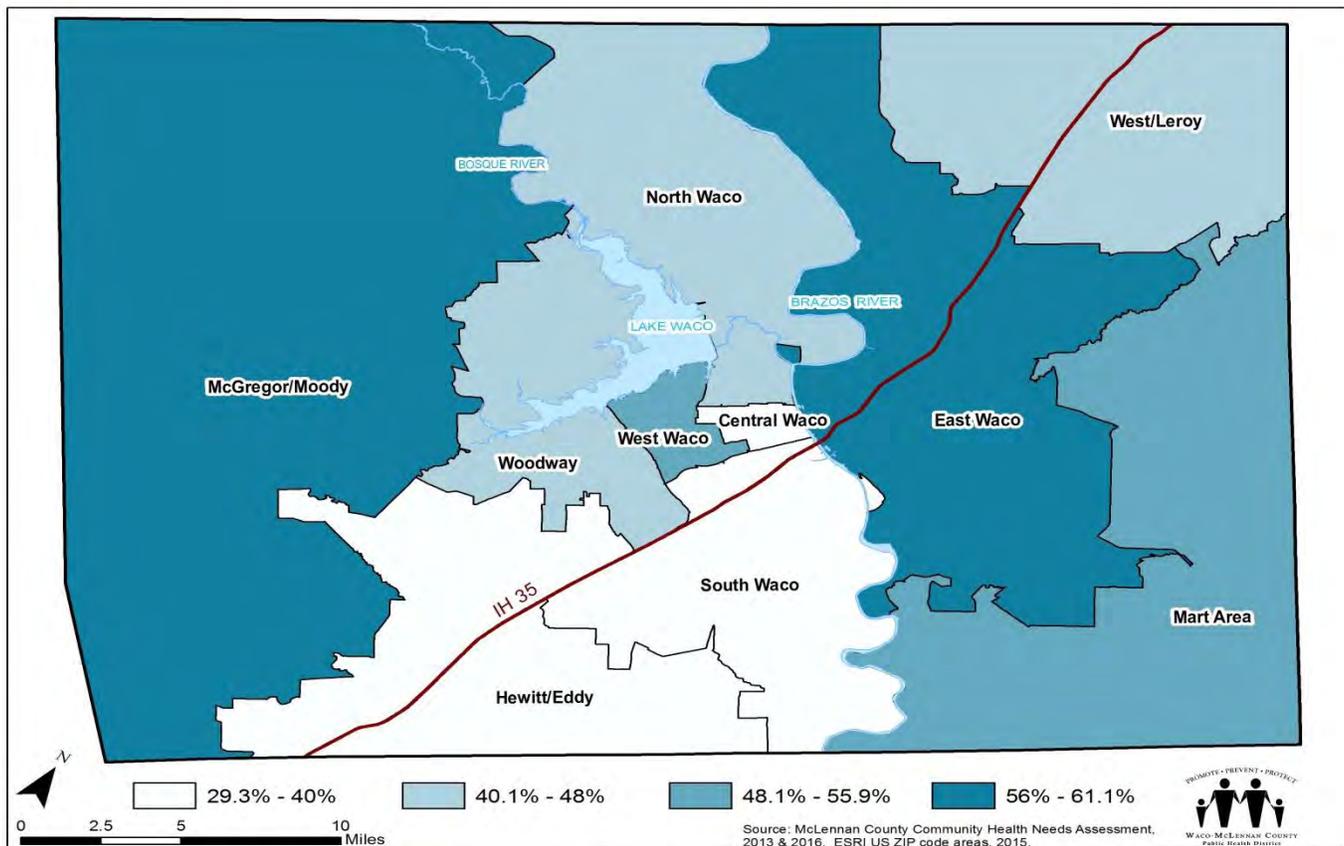
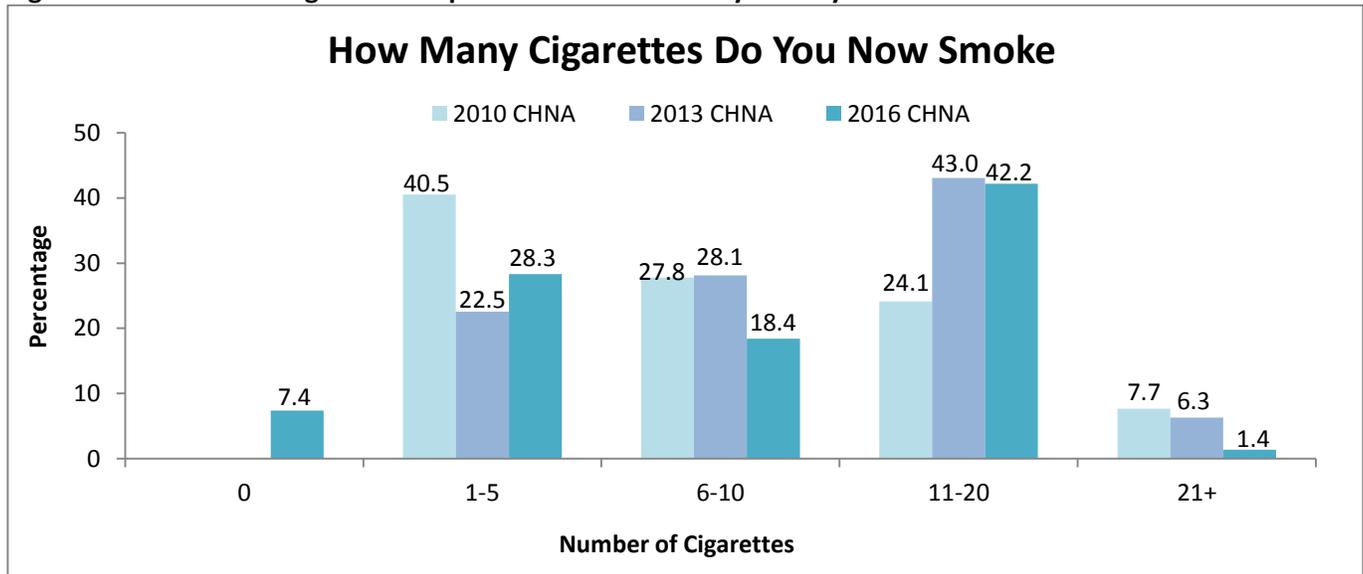


Figure 4.14 Smoked at least 100 cigarettes in their lifetime by region (CHNA 2016)



On average, about how many cigarettes do you now smoke? (One pack= 20 cigarettes)

Figure 4.15 Number of cigarettes respondents smoke now by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 4.11 Number of cigarettes respondents smoke now by CHNA year

Number of Cigarettes	2010 CHNA	2013 CHNA	2016 CHNA
0	0.0%*	0.0%*	7.4%
1-5	40.5%	22.5%	28.3%
6-10	27.8%	28.1%	18.4%
11-20	24.1%	43.0%	42.2%
21+	7.7%	6.3%	1.4%

* Respondents did not report this choice these years

* 2010 data is a reference point, not true reflection of trend

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. Of those who indicated they smoke *some days* or *every day*, in 2016 over 44% reported smoking eleven or more cigarettes a day. In 2013, over 49% reported smoking eleven or more cigarettes a day. Additionally, those who smoke over a pack a day (one pack = 20 cigarettes) has decreased by 5%.

During the past 12 months, have you quit smoking for one day or longer?

Figure 4.16 Quit smoking for one day or longer by CHNA year

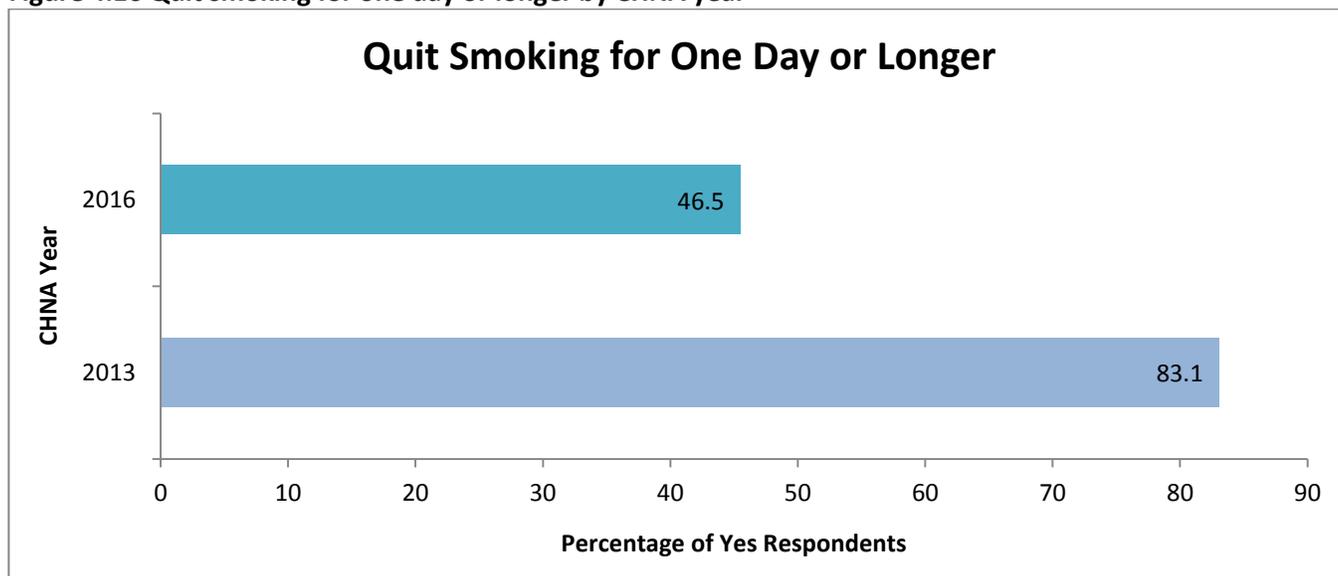


Table 4.12 Quit smoking for one day or longer by CHNA year

	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	83.1%	46.5%

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. The reported number of those who smoke *every day* or *some days* who have quit smoking for one day or longer has decreased by 38% since 2013. As stated previously, the number of persons who reported smoking 100 cigarettes in their lifetime has also decreased.

Table 4.13 Percentage of respondents who have quit smoking for one day or longer by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	63.1%	49.1%	-14.0%
East Waco	77.6%	43.0%	-34.5%
Hewitt/Eddy	95.6%	43.0%	-52.7%
Mart Area	96.2%	17.8%	-78.5%
McGregor/ Moody	48.3%	18.4%	-29.9%
North Waco	95.9%	69.0%	-27.0%
South Waco	83.8%	65.5%	-18.3%
West Waco	82.8%	43.8%	-39.0%
West/Leroy	21.5%	22.6%	+1.1%
Woodway	62.6%	53.7%	-9.0%

Figure 4.17 Quit smoking for one day or longer by region (CHNA 2013)

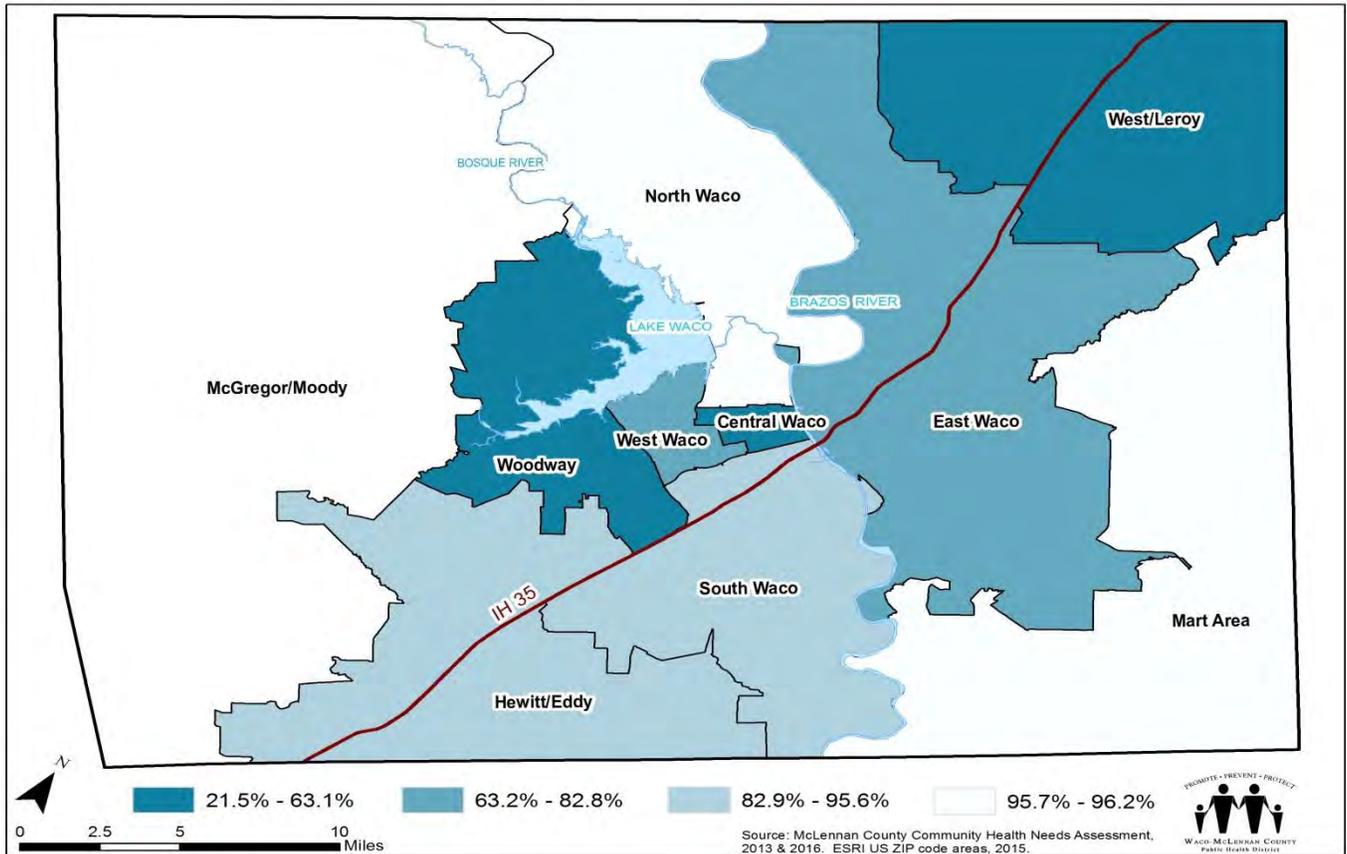
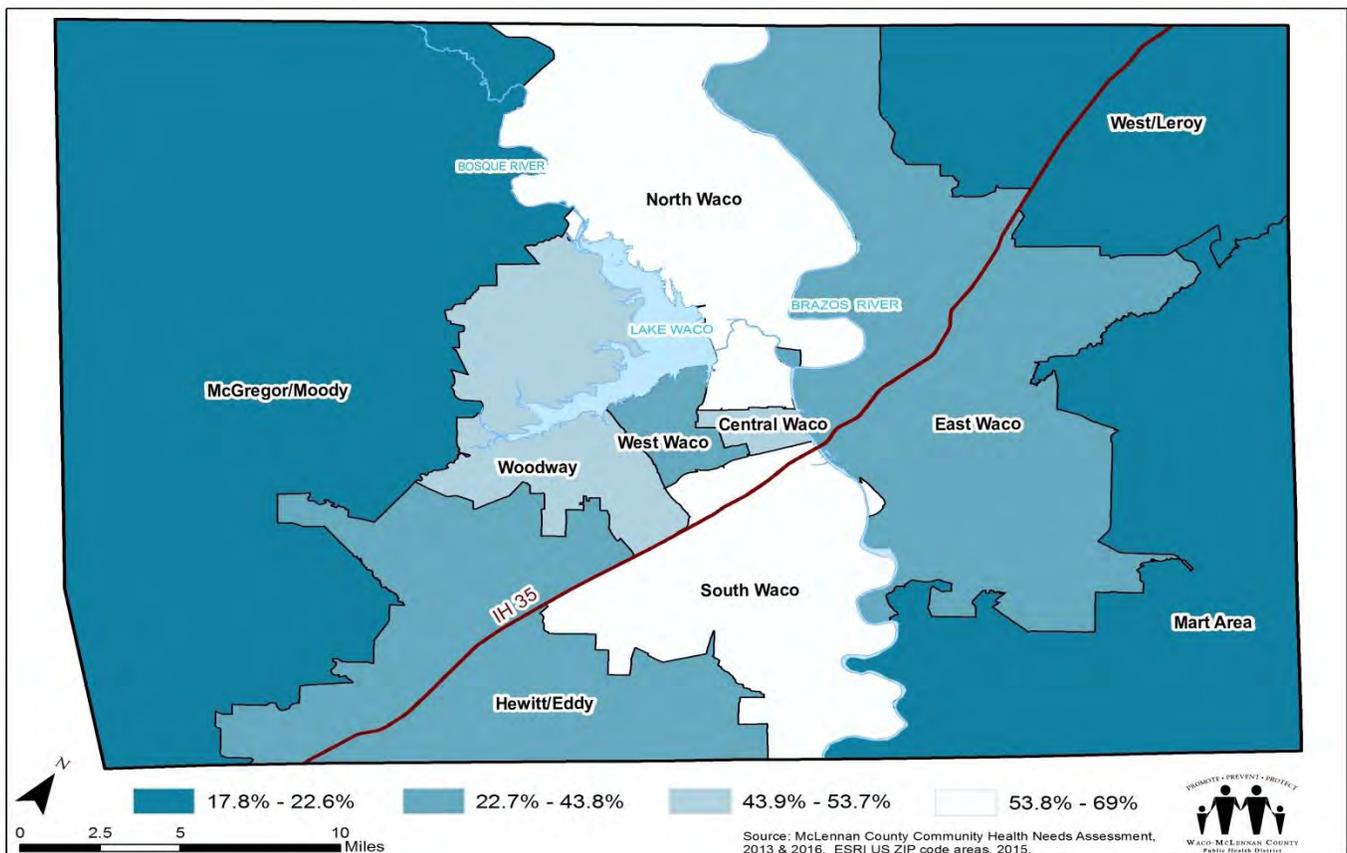


Figure 4.18 Quit smoking for one day or longer by region (CHNA 2016)



WOMEN'S HEALTH

Prosper Waco Women’s Health Goal:

Increase the percentage of women receiving annual preventative care by 10%

In the 2016 CHNA, respondents were asked if they had ever received a well woman exam. The 2016 CHNA stated a well woman exam should occur at the frequency your physician recommends and could include: comprehensive physical exam, breast exam, pelvic exam, discussion of lifestyle, work, family health history, listing of medications, herbs, and supplements, as well as an evaluation for the need of a mammogram or sexually transmitted infection testing. This question was not asked in previous years; therefore, the information cannot be trended. The tables and figures below represent information regarding the response to the well woman exam question for 2016.

Have you ever received a well woman exam?

Table 5.1 Ever received a well woman exam

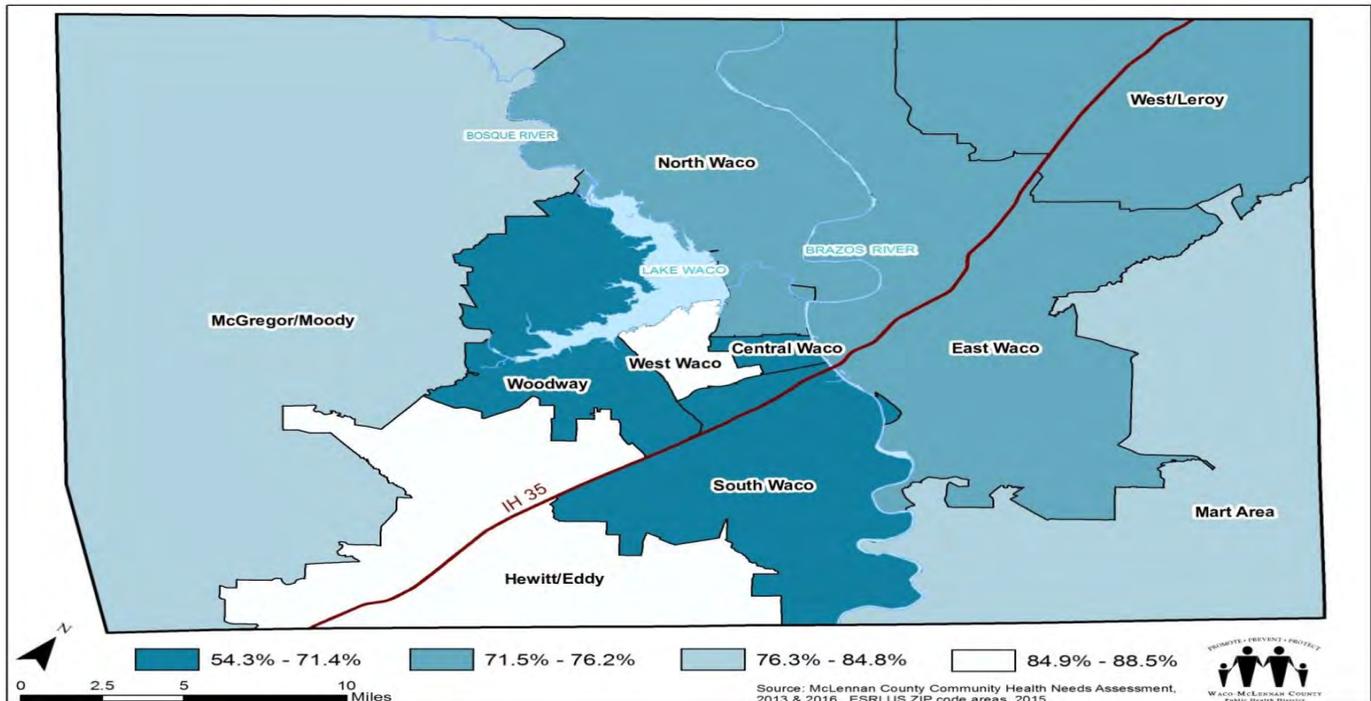
	2016 CHNA
Percentage of Yes Respondents	73.6%
Percentage of No Respondents	26.4%

In 2016, women were asked whether they had ever received a well woman exam before. Of those women 74% reported they had ever had a well woman exam, where 26% reported they had never received one.

Table 5.2 Percentage of respondents who reported having a well woman exam by region

REGION	2016 CHNA
Central Waco	61.9%
East Waco	75.0%
Hewitt/Eddy	86.0%
Mart Area	84.8%
McGregor/ Moody	78.9%
North Waco	75.7%
South Waco	54.3%
West Waco	88.5%
West/Leroy	76.2%
Woodway	71.4%

Figure 5.1 Ever received a well woman exam by region



**Prosper Waco Women's Health Goal:
Reduce the rate of teen pregnancy across all racial groups by 10%**

How often do you use birth control?

Figure 5.2 Frequency of birth control use by CHNA year

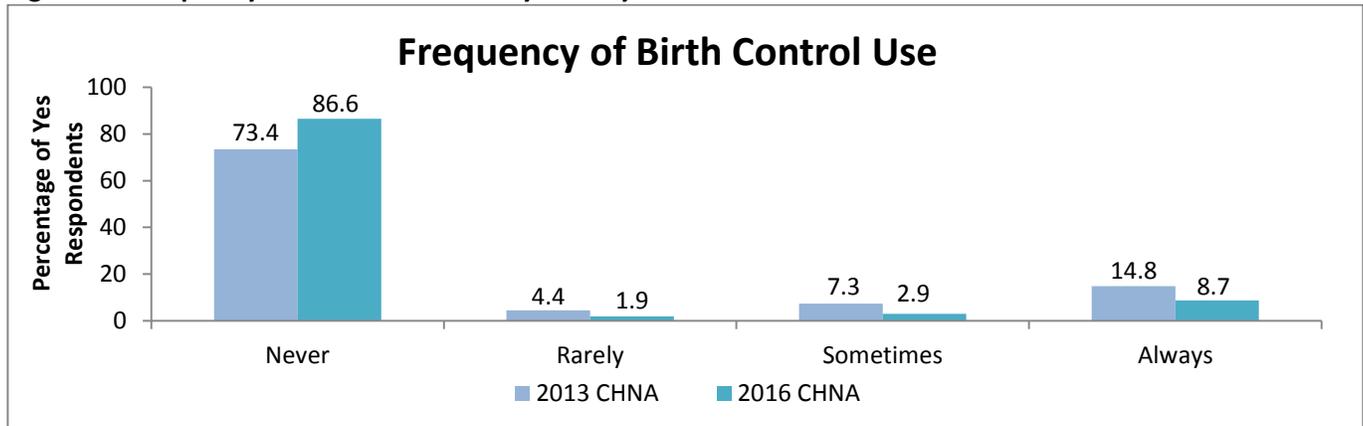


Table 5.3 Frequency of birth control use by CHNA year

	Never	Rarely	Sometimes	Always
2013 CHNA	73.4%	4.4%	7.3%	14.8%
2016 CHNA	86.6%	1.9%	2.9%	8.7%

In 2016, 87% of respondents indicated they never use birth control; whereas in 2013, 73% of respondents indicated they never use birth control. While 9% reported always using birth control in 2016, 15% of respondents in 2013 indicated they always use birth control.

Table 5.4 Frequency of birth control use by age category*

Age Category	Never		Rarely		Sometimes		Always	
	2013	2016	2013	2016	2013	2016	2013	2016
18-24	70.2%	68.2%	3.7%	6.6%	5.6%	9.9%	20.5%	15.3%
25-34	34.2%	61.8%	1.0%	4.0%	17.6%	11.2%	47.3%	23.0%
35-44	61.6%	79.0%	15.4%	2.3%	12.5%	3.1%	10.5%	15.6%
45-54	83.1%	88.7%	1.3%	2.2%	5.3%	0.3%	10.3%	8.7%
55-64	89.4%	97.0%	2.7%	0.4%	2.0%	0.5%	5.8%	2.1%
65+	93.2%	99.5%	1.7%	0.2%	1.9%	0.0%	3.3%	0.2%

*Columns will add up to more than 100%. These are percentages of those in each age category.

Table 5.5 Percentage of those respondents who reported *Never* using birth control by region across CHNA years

Region	2013 CHNA	2016 CHNA	Difference
Central Waco	7.7%	8.9%	+1.3%
East Waco	20.4%	18.5%	-1.9%
Hewitt/Eddy	6.8%	11.9%	+5.1%
Mart Area	7.7%	4.5%	-3.2%
McGregor/Moody	4.8%	9.6%	+4.8%
North Waco	14.9%	10.0%	-4.9%
South Waco	17.9%	16.2%	-1.7%
West Waco	11.9%	9.2%	-2.7%
West/Leroy	1.9%	3.6%	+1.8%
Woodway	6.0%	7.5%	+1.5%

**Prosper Waco Women’s Health Goal:
Reduce the rate of teen pregnancy across all racial groups by 10%**

Do you have a current method of birth control?

Figure 5.3 Have current form of birth control by CHNA year

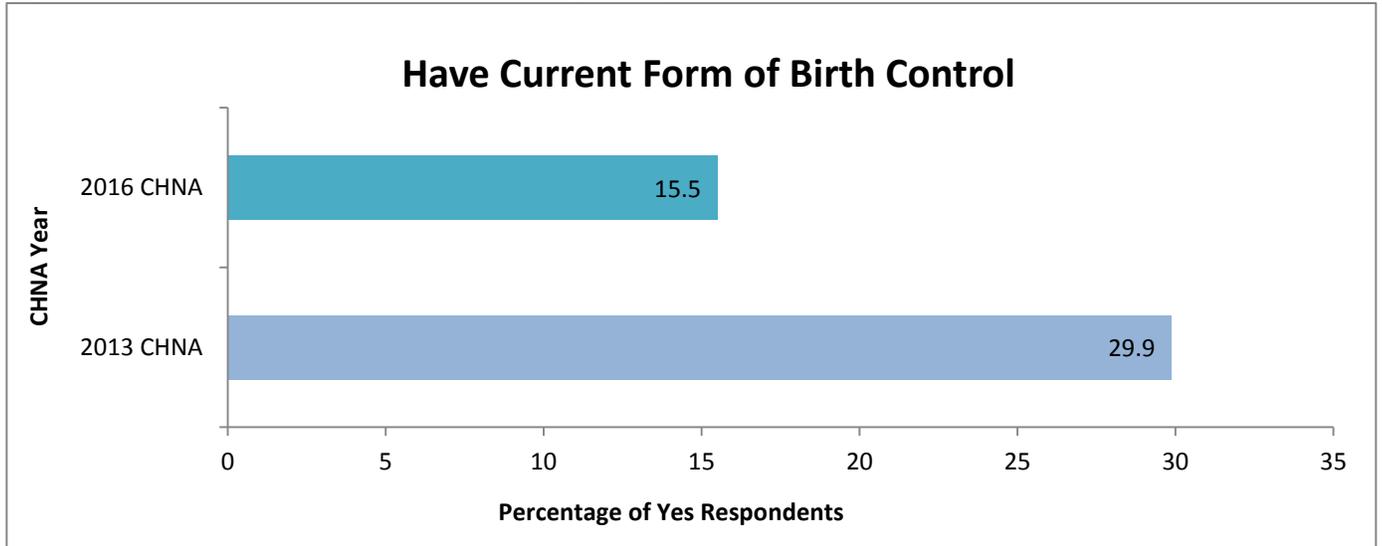


Table 5.6 Have current form of birth control by CHNA year

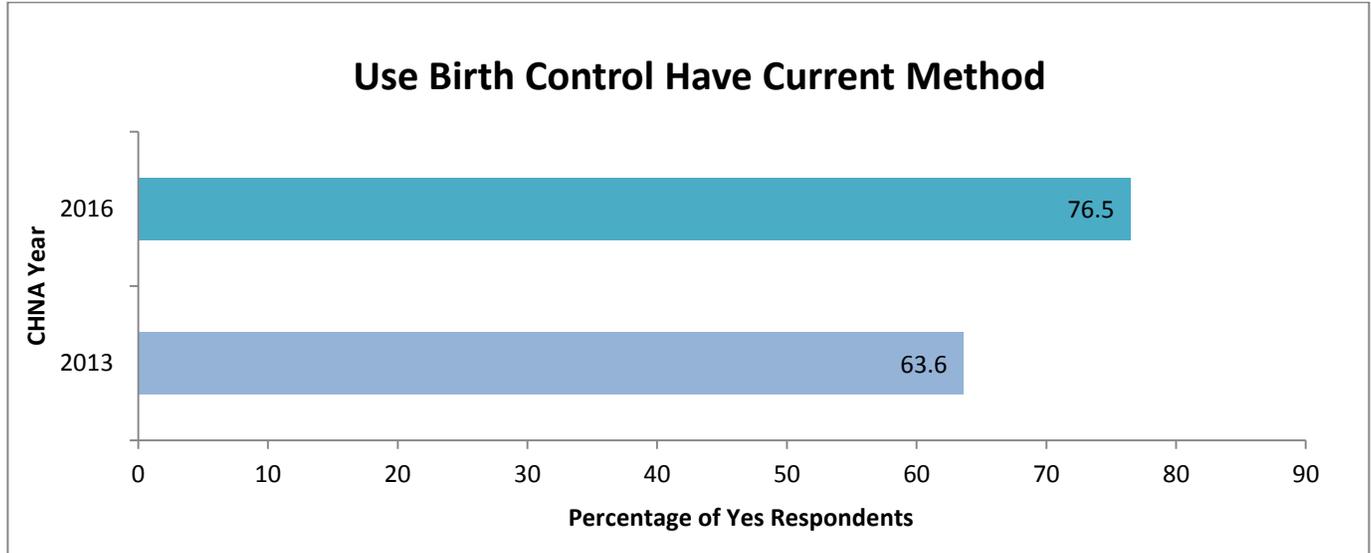
	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	29.9%	15.5%

All respondents were asked whether they have a current method of birth control. In 2016, 16%, of respondents reported having a current form of birth control. In 2013, 30% reported having a current method of birth control. The following page represents the information for those who reported using birth control *always, sometimes, or rarely* to the frequency of birth control use question.

**Prosper Waco Women’s Health Goal:
Reduce the rate of teen pregnancy across all racial groups by 10%**

Respondents Who Use Birth Control Have Current Method

Figure 5.4 Percentage of current method of birth control for those who use birth control by CHNA year



Of those respondents who reported using birth control *always, sometimes, or rarely*, 64% in 2013 reported having a current method of birth control, and 77% in 2016 reported having a current method of birth control. For those respondents who indicated they *always, sometimes, or rarely* use a form of birth control, the table below depicts the percentage of respondents who indicated they have a current method of birth control by region.

Table 5.7 Percentage of those who use birth control and have a current method of birth control by region

Region	2013 CHNA	2016 CHNA	Difference
Central Waco	88.4%	70.5%	-18.0%
East Waco	67.6%	88.1%	20.5%
Hewitt/Eddy	19.2%	71.9%	+52.6%
Mart Area	82.3%	100.0%	+17.7%
McGregor/Moo	80.2%	92.6%	+12.4%
North Waco	64.1%	80.5%	+16.3%
South Waco	38.3%	58.4%	+20.0%
West Waco	95.4%	60.2%	-35.1%
West/Leroy	89.5%	0.0%	-89.5%
Woodway	96.1%	100.0%	+3.9%

**Prosper Waco Women's Health Goal:
Reduce the rate of teen pregnancy across all racial groups by 10%**

What is your current method of birth control? (Check all that apply)

Figure 5.5 Current method of birth control by CHNA year

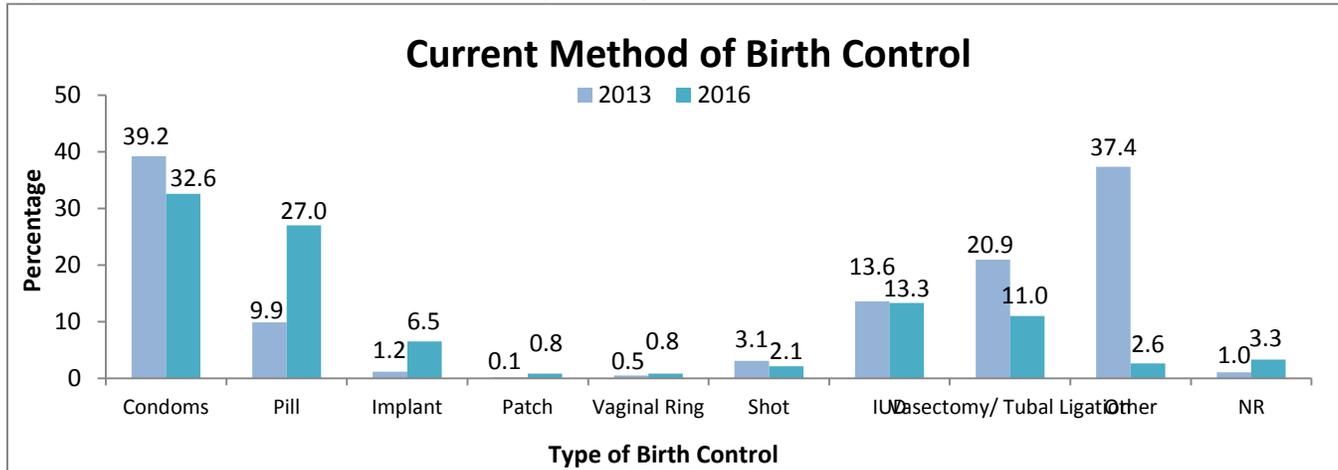


Table 5.8 Current type of birth control by CHNA year

Type of Birth Control	2013 CHNA	2016 CHNA
Condoms	39.2%	32.6%
Birth control pills	9.9%	27.0%
Birth control implant (Implanon)	1.2%	6.5%
Birth control patch (Ortho Evra)	0.1%	0.8%
Birth control vaginal ring (NuvaRing)	0.5%	0.8%
Birth control shot (Depo-Provera)	3.1%	2.1%
IUD (ParaGard or Mirena)	13.6%	13.3%
Vasectomy/Tubal Ligation	20.9%	11.0%
Other*	37.4%	2.6%
No Response**	1.0%	3.3%

* 'Other', in 2013, includes 3.7% who reported 'not sexually active'

** Includes 'Don't know', 'Refused', and 'No Response' response options

Respondents were asked why they are not currently using a method of birth control. They were able to answer all that apply. The table below represents the percentages of respondents who reported reasons for not having a current method of birth control. The reason for not using birth control question was unable to be trended with the 2013 CHNA data. In 2016, 33% of respondents indicated that they are not currently using a method of birth control because they are not sexually active. Additionally, 13% reported unable to become pregnant therefore they are not using a current method of birth control, and 16% reported they did not want to use birth control.

Table 5.9 Reason for not using birth control (CHNA 2016)

Reason for no birth control	2016 CHNA
I am not sexually active	33.3%
My partner and I are trying to become pregnant	1.5%
My partner and I are unable to become pregnant	13.3%
I cannot afford a method of birth control	1.1%
I do not want to use birth control	15.9%
Other*	24.0%
No Response	10.8%

*Includes age, tubal ligation, male, married, health reasons, and other

**Prosper Waco Women's Health Goal:
Reduce the rate of teen pregnancy across all racial groups by 10% and
Reduce the disparities of poor birth outcomes by 50%**

If you have ever had any children, what was your age when you had your first child?

Figure 5.6 Age at first child's birth by CHNA year

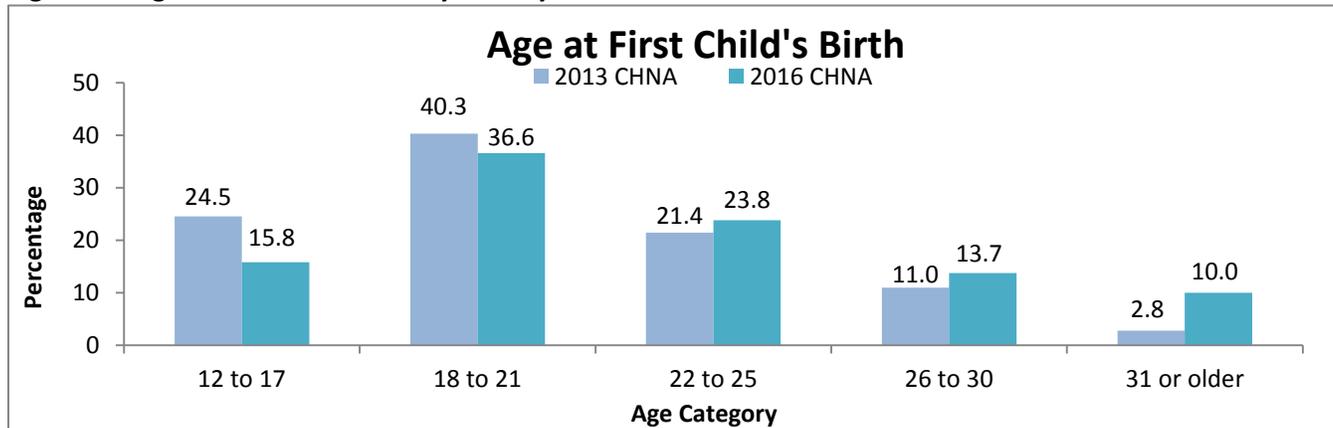


Table 5.10 Age at first child's birth by CHNA year

Age Category	2013 CHNA	2016 CHNA
12 to 17*	24.5%	15.8%
18 to 21	40.3%	36.6%
22 to 25	21.4%	23.8%
26 to 30	11.0%	13.7%
31 or older	2.8%	10.0%

*12 was youngest age reported in 2013; 13 was youngest age reported in 2016

Of those women who reported having a child, 48% indicated being 22 years or older when they had their first child. There was a 9% decrease in age 12 to 17 being the age at the birth of their first child. In the 2013 CHNA of those women who indicated they had a child, the average age when they had their first child was 21 years old, and in 2016, the average age was 23 years old.

Respondents of the 2013 and 2016 CHNA were asked if someone in their household had been pregnant in the past year. In 2013, 6% of respondents reported someone in the household being pregnant in the past year. In 2016, 7% of respondents reported someone in their household had been pregnant in the past year.

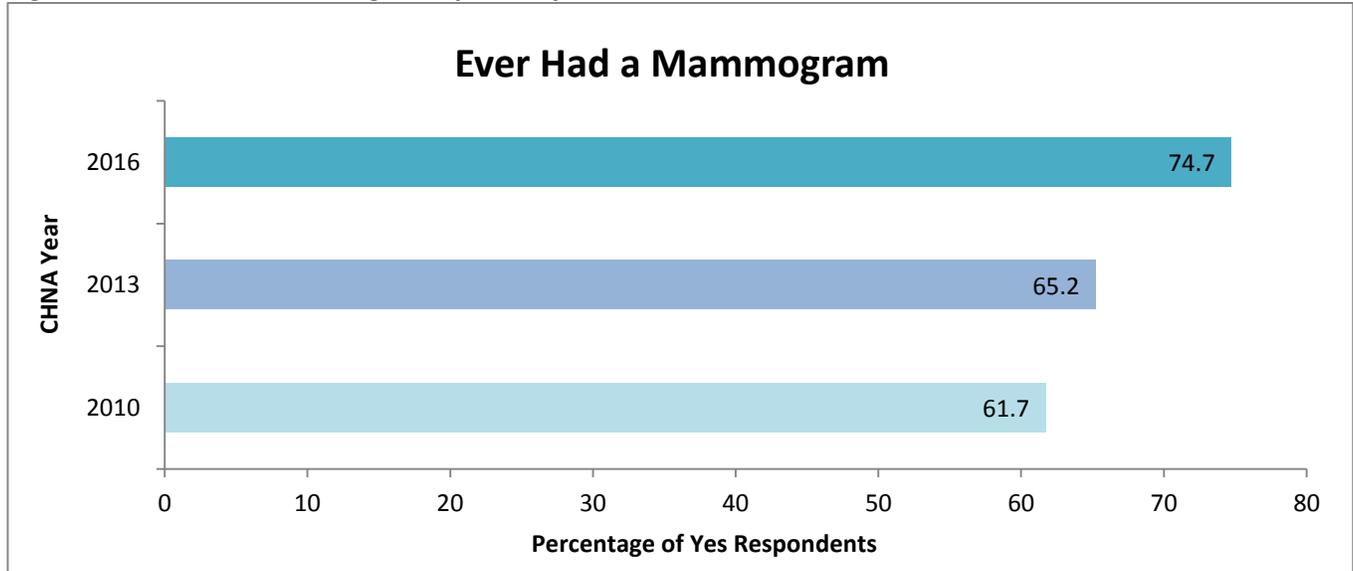
Table 5.11 Percentage of women who reported having a child by age category and region

Region	12 to 17		18 to 21		22 to 25		26 to 30		31 or older	
	2013	2016	2013	2016	2013	2016	2013	2016	2013	2016
Central Waco	31.1%	21.8%	43.6%	40.9%	24.9%	27.0%	0.4%	7.5%	0.0%	2.7%
East Waco	21.5%	17.6%	43.8%	41.6%	26.3%	24.0%	7.8%	12.7%	0.6%	4.1%
Hewitt/Eddy	28.5%	13.3%	35.2%	20.4%	13.3%	19.3%	14.5%	16.7%	8.4%	30.3%
Mart Area	0.0%	4.4%	65.8%	31.5%	18.3%	31.7%	10.7%	22.8%	5.2%	9.5%
McGregor/Moody	0.0%	10.6%	51.7%	57.4%	35.8%	16.2%	12.5%	12.6%	0.0%	3.3%
North Waco	31.6%	13.3%	43.7%	51.5%	11.5%	16.0%	12.9%	11.7%	0.3%	7.5%
South Waco	21.6%	22.7%	46.8%	29.5%	24.9%	25.9%	3.4%	14.9%	3.3%	7.1%
West Waco	13.3%	15.2%	38.5%	21.6%	14.6%	35.2%	30.1%	18.5%	3.5%	9.5%
West/Leroy	0.0%	12.1%	27.6%	41.9%	27.8%	18.5%	18.5%	12.8%	26.2%	14.7%
Woodway	8.1%	11.7%	16.3%	25.2%	39.3%	33.3%	28.0%	16.1%	8.3%	13.7%

**Prosper Waco Women's Health Goal:
Increase the percentage of women receiving annual preventative care by 10%**

Have you ever had a mammogram?

Figure 5.7 Ever had a mammogram by CHNA year



⁺ 2010 data is a reference point, not true reflection of trend

Table 5.12 Ever had a mammogram by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	61.7%	65.2%	74.7%

⁺ 2010 data is a reference point, not true reflection of trend

Respondents were asked if they had ever had a mammogram. Of the female respondents in 2016, 75% indicated they had received a mammogram some time in their life. This is a 10% increase since 2013 of females who reported ever having a mammogram.

Table 5.13 Percentage of respondents who ever had a mammogram by region

REGION	2013 CHNA	2016 CHNA	Difference
Central Waco	52.4%	74.2%	+21.8%
East Waco	64.3%	70.8%	+6.5%
Hewitt/Eddy	85.3%	77.1%	-8.2%
Mart Area	76.4%	90.1%	+13.7%
McGregor/ Moody	92.6%	64.1%	-28.5%
North Waco	66.6%	79.1%	+12.5%
South Waco	57.5%	65.1%	+7.7%
West Waco	54.7%	90.8%	+36.1%
West/Leroy	80.7%	81.6%	+0.9%
Woodway	81.3%	80.5%	-0.8%

Figure 5.8 Ever had a mammogram by region (CHNA 2013)

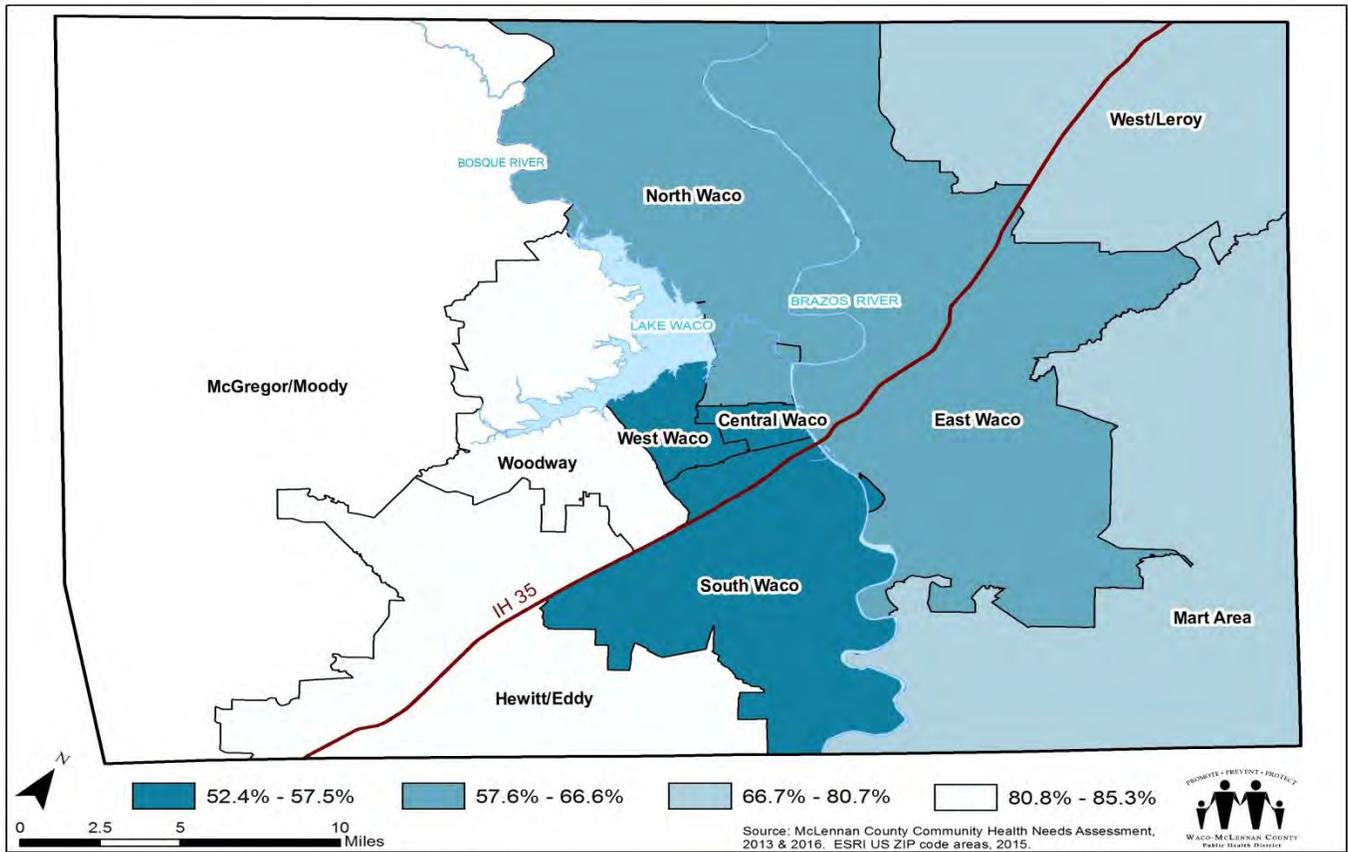
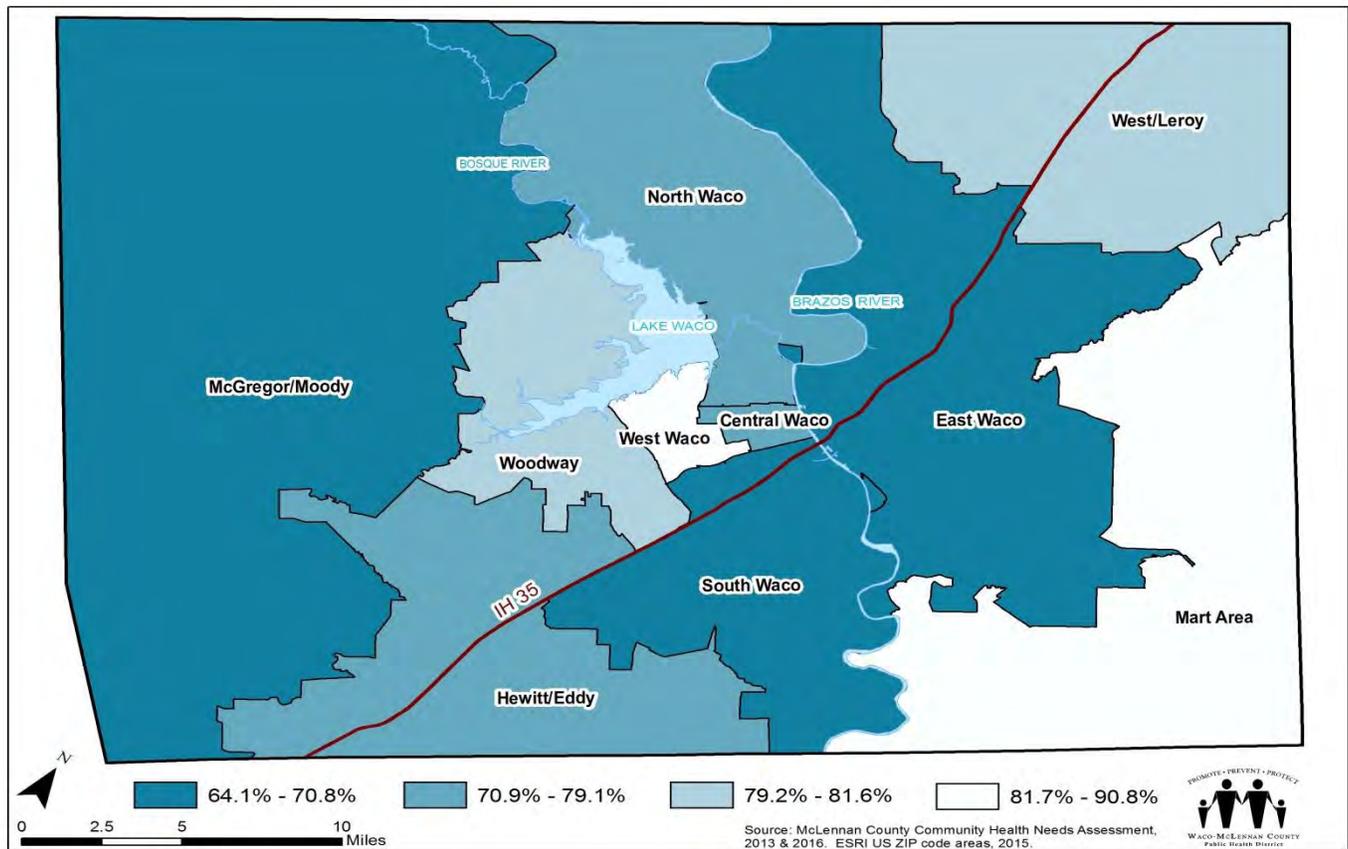


Figure 5.9 Ever had a mammogram by region (CHNA 2016)



**Prosper Waco Women’s Health Goal:
Increase the percentage of women receiving annual preventative care by 10%**

Ever Had a Mammogram by Age

Figure 5.10 Ever had a Mammogram by age by CHNA year

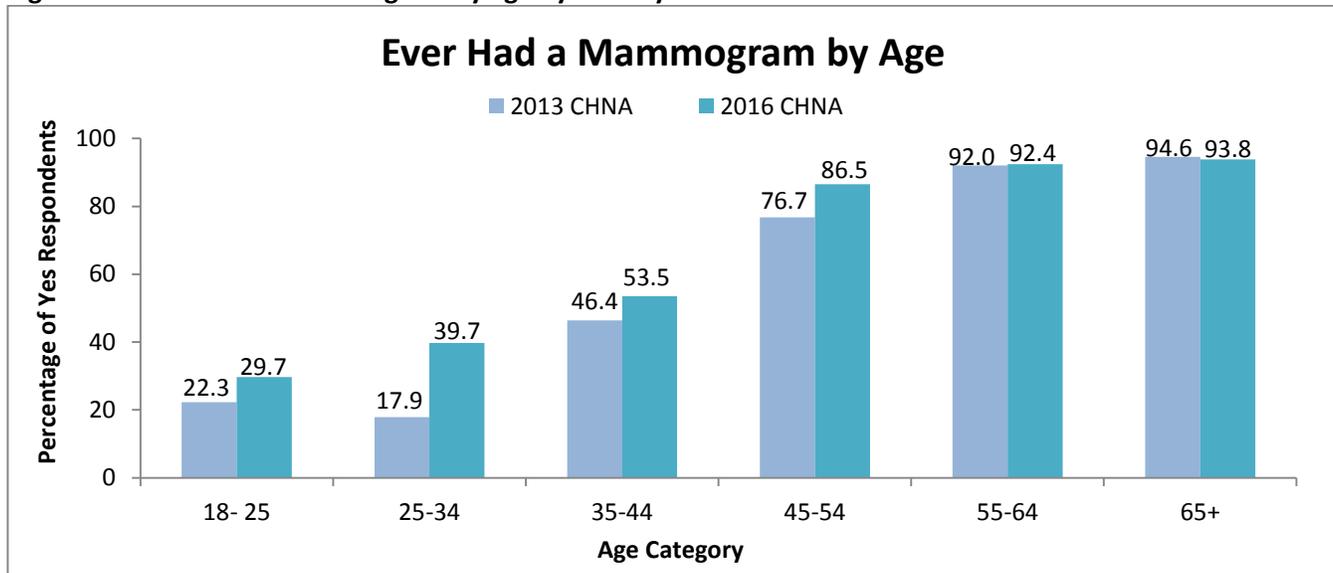


Table 5.14 Ever had a mammogram by age and CHNA year

Age Category	2013 CHNA	2016 CHNA
18-25	22.3%	29.7%
25-34	17.9%	39.7%
35-44	46.4%	53.5%
45-54	76.7%	86.5%
55-64	92.0%	92.4%
65+	94.6%	93.8%

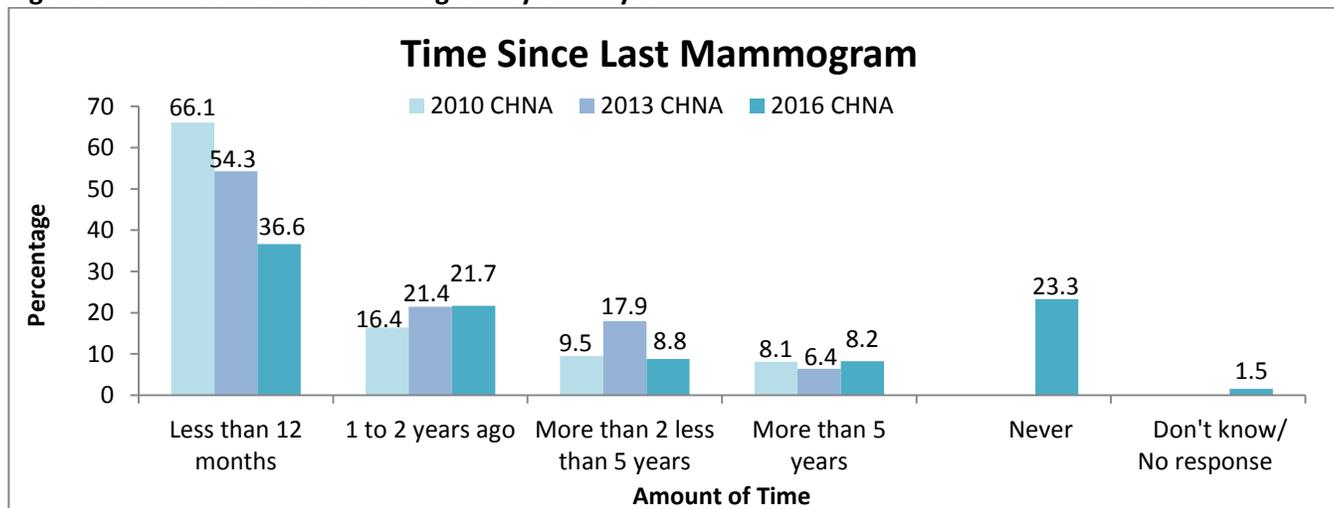
*These are percentages of those in each age group; therefore, columns will add up to more than 100%

Of those women who were 35-44 years of age, in 2016, 54% reported receiving a mammogram ever in their lifetime. This was a 7% increase from the 2013 CHNA. For women who were 45-54 years of age, in 2013 77% reported ever having a mammogram, whereas in 2016, 87% reported ever having a mammogram. Of women who were 55-64 years of age, 92% reported ever having had a mammogram in both 2013 and 2016 CHNA.

**Prosper Waco Women's Health Goal:
Increase the percentage of women receiving annual preventative care by 10%**

How long has it been since your last mammogram?

Figure 5.11 Time since last mammogram by CHNA year



* 2010 data is a reference point, not true reflection of trend

Table 5.15 Time since last mammogram by CHNA year

Time Since Last Mammogram	2010 CHNA	2013 CHNA	2016 CHNA
Less than 12 months	66.1%	54.3%	36.6%
1 -2 years ago	16.4%	21.4%	21.7%
More than 2 less than 5 years	9.5%	17.9%	8.8%
More than 5 years	8.1%	6.4%	8.2%
Never	*	*	23.3%
Don't know/ No response	*	*	1.5%

*Response choice not an option that year

* 2010 data is a reference point, not true reflection of trend

Respondents were asked how long it has been since their last mammogram. In 2016, 58% reported having a mammogram within the last two years; whereas, 76% reported having a mammogram within the last two years in 2013. Of those in 2016 who indicated the answer choice *never* to time since their last mammogram, 21% were 18-24 year olds, 35% were 25-34 year olds, 23% were 35-44 year olds. Only 9% of respondents who reported *never* were 45-55 year olds, and 9% were 65 and older.

Table 5.16 Time since last mammogram by age of respondents who reported ever having a mammogram*

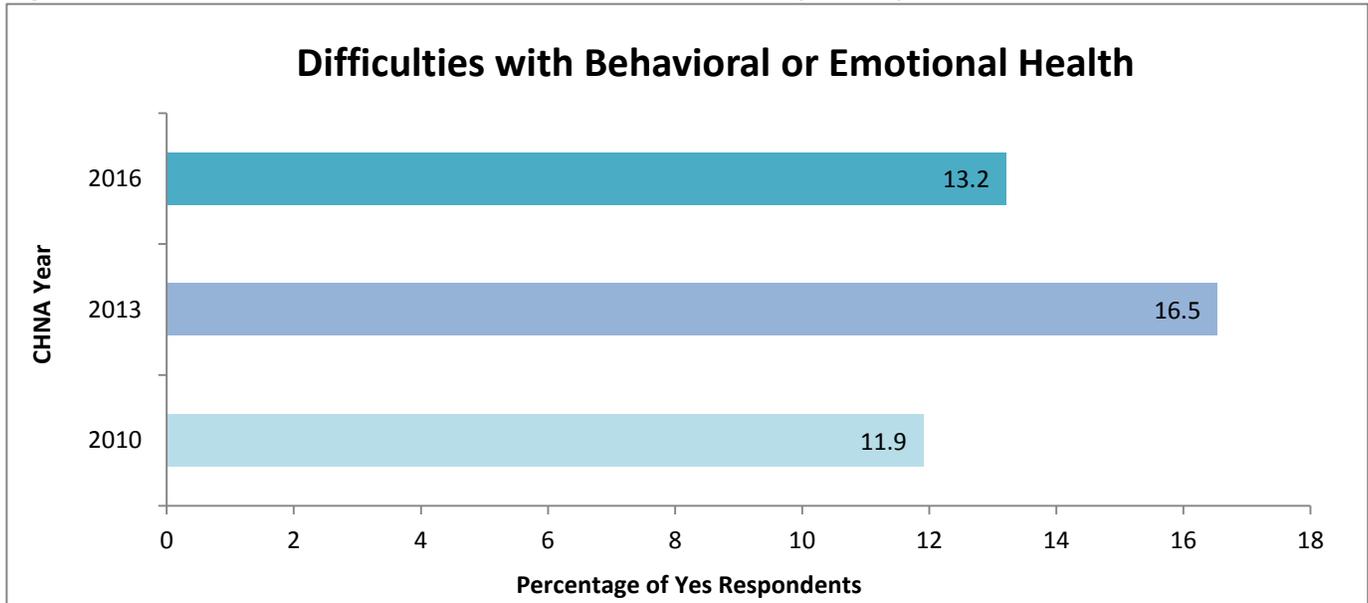
Age Category	Less than 1 year		1- 2 years		More than 2 less than 5 years		More than 5 years	
	2013	2016	2013	2016	2013	2016	2013	2016
18-24	17.1%	56.6%	4.2%	26.2%	78.7%	6.8%	0.0%	10.4%
25-34	50.5%	19.7%	46.0%	31.4%	3.5%	44.7%	0.0%	4.2%
35-44	50.6%	73.1%	21.1%	23.6%	18.2%	3.3%	10.1%	0.0%
45-54	57.0%	60.4%	33.6%	18.2%	8.5%	8.6%	0.9%	12.8%
55-64	55.5%	37.6%	10.5%	38.7%	24.7%	10.9%	9.3%	12.8%
65+	56.8%	53.6%	19.6%	24.8%	13.8%	10.2%	9.8%	11.4%

*Columns will add up to more than 100%. These are percentages of those in each age category.

MENTAL HEALTH

Does anyone in your household currently have difficulties with behavioral or emotional health?

Figure 6.1 Have difficulties with behavioral or emotional health by CHNA year



⁺ 2010 data is a reference point, not true reflection of trend

Table 6.1 Have difficulties with behavioral or emotional health by CHNA year

	2010 CHNA	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	11.9%	16.5%	13.2%

⁺ 2010 data is a reference point, not true reflection of trend

This question does not directly fit under one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. This question does allow the Prosper Waco mental health working group to see a trended amount of those in McLennan County who indicated someone in the household has difficulties with behavioral or emotional health. This percentage of respondents indicating that someone in their household has difficulties with behavioral or emotional health has decreased 3% since 2013.

Table 6.2 Have difficulties with behavioral or emotional health by region

REGION	2013 CHNA	2016 CHNA	Differences
Central Waco	11.8%	14.1%	+2.3%
East Waco	27.8%	15.9%	-11.9%
Hewitt/Eddy	4.9%	6.7%	+1.8%
Mart Area	50.1%	28.3%	-21.8%
McGregor/ Moody	3.6%	2.7%	-1.0%
North Waco	30.0%	19.7%	-10.3%
South Waco	12.2%	9.7%	-2.5%
West Waco	8.4%	11.9%	+3.5%
West/Leroy	0.0%	20.4%	+20.4%
Woodway	3.3%	18.9%	+15.5%

*2013 all West/Leroy respondents answered No

Figure 6.2 Difficulties with behavioral or emotional health (CHNA 2013)

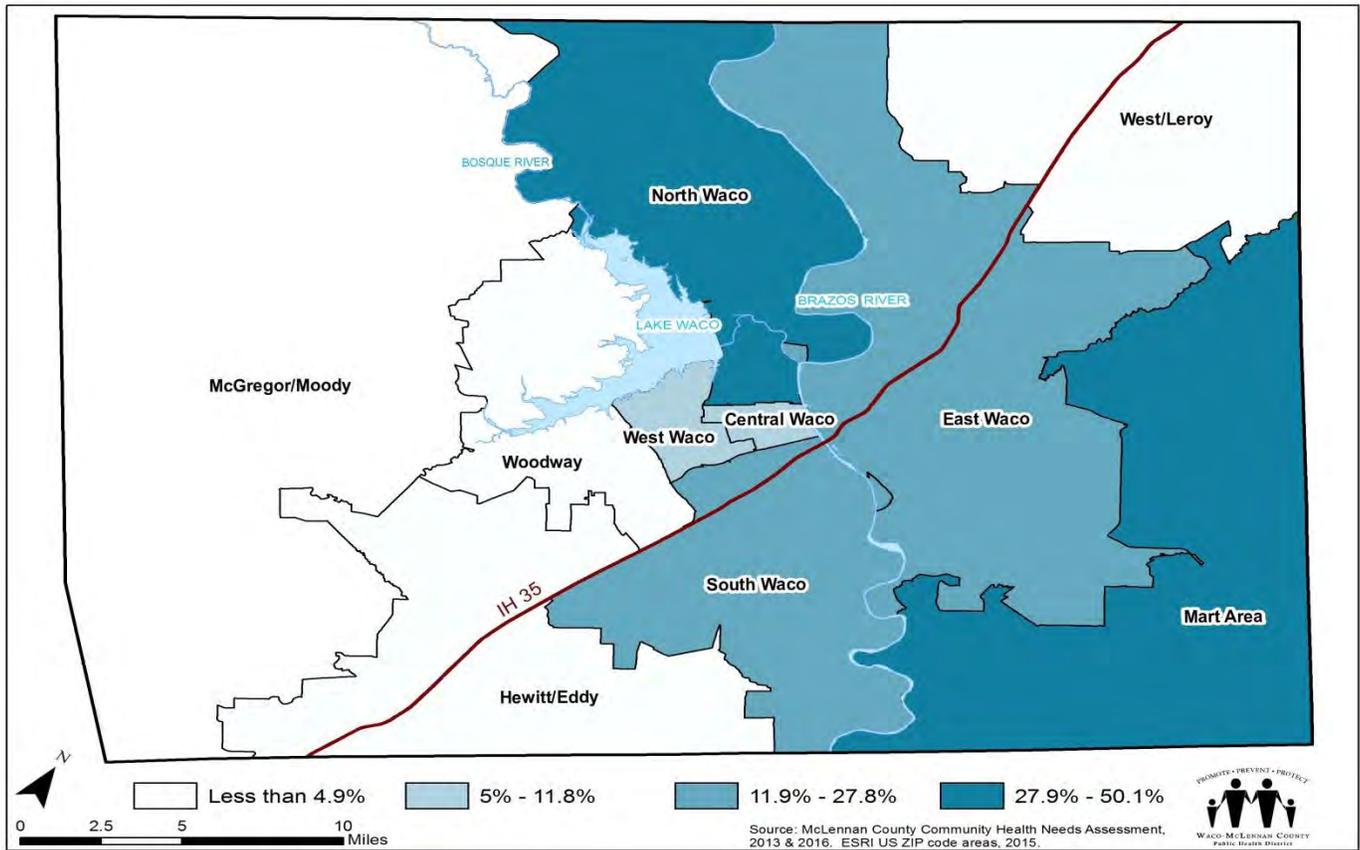
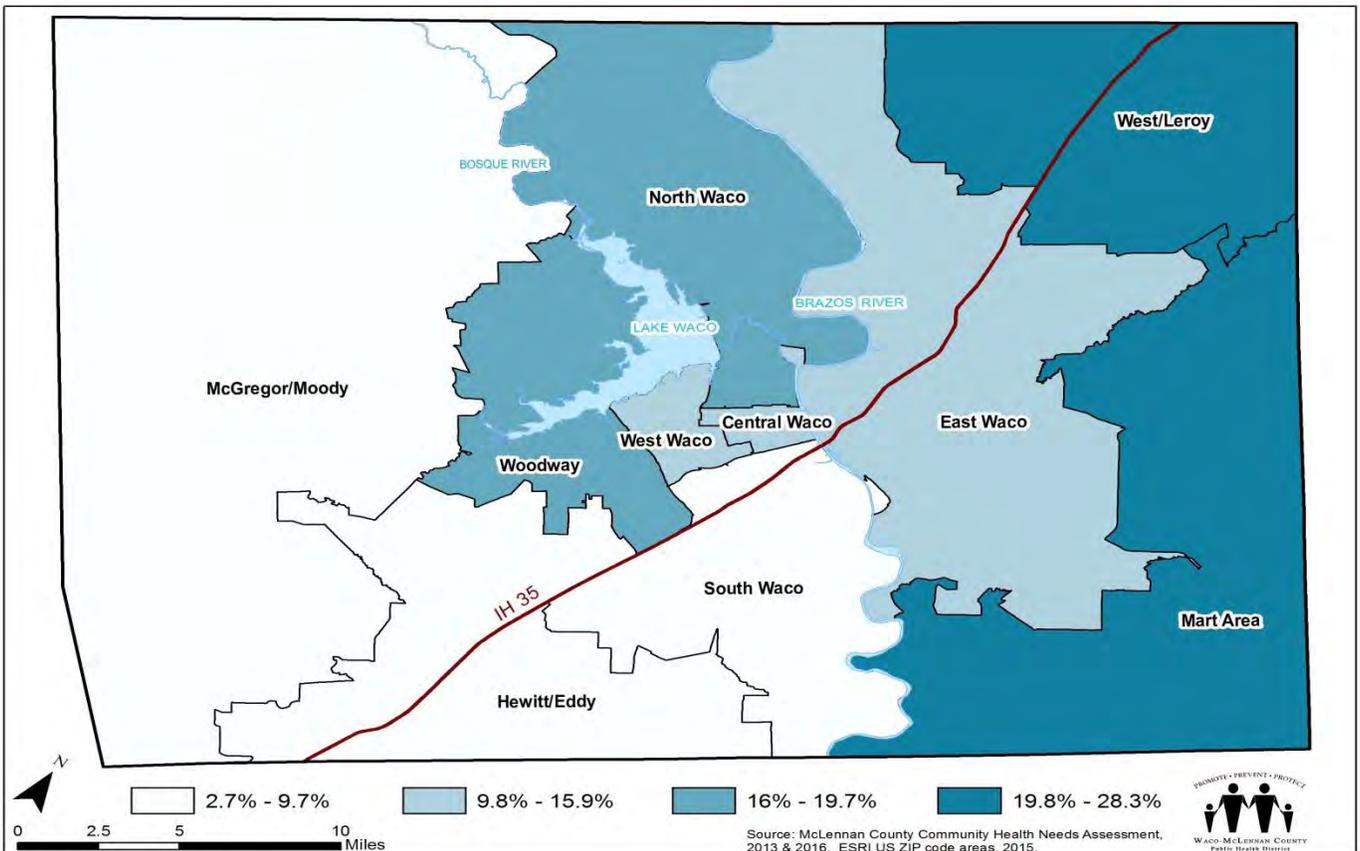


Figure 6.3 Difficulties with behavioral or emotional health (CHNA 2016)



Is it being addressed at the present time?

Figure 6.4 Difficulties being addressed at the present time by CHNA year

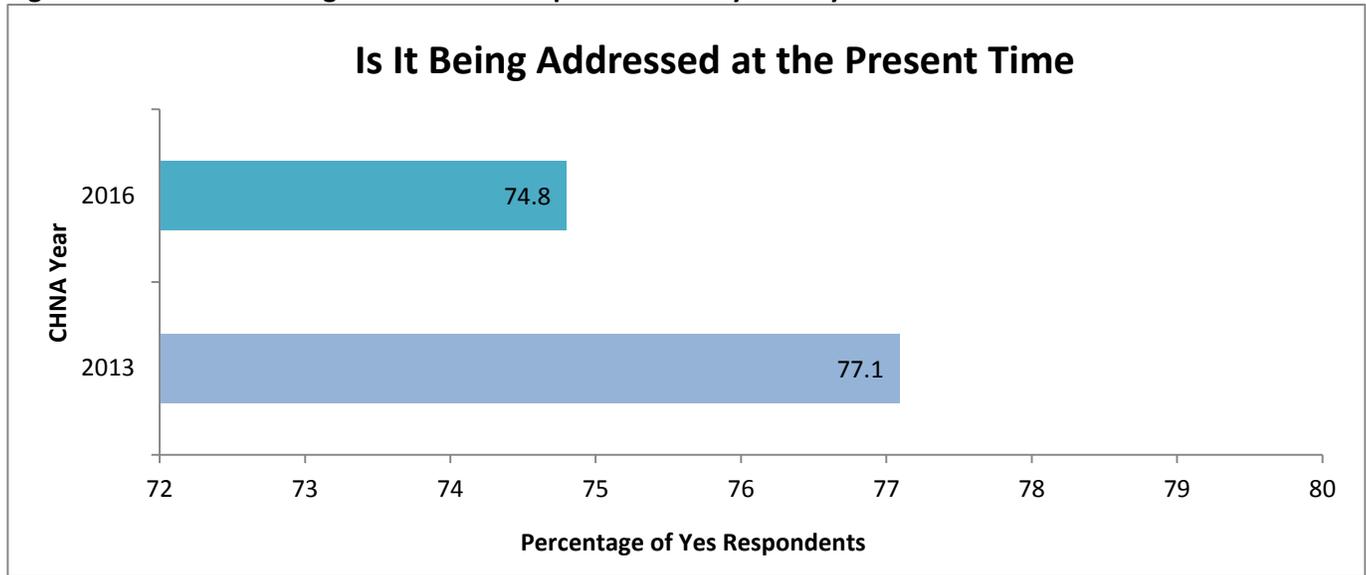


Table 6.3 Difficulties being addressed at present time by CHNA year

	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	77.1%	74.8%

This question does not directly relate to one of the Prosper Waco Health goals; however, the information has been asked in both the 2013 and 2016 CHNA; therefore, the trended information is included in this document. Of the respondents who reported that someone in the household has a behavioral or emotional problem, 75% indicated that the problem is being addressed in 2016. This is a 2% decrease since the 2013 CHNA of respondents indicating that the behavioral or emotional problem is being addressed at the present time.

Table 6.4 Emotional or behavioral health difficulties being addressed at the present time by region

REGION	2013 CHNA	2016 CHNA	Differences
Central Waco	91.5%	74.6%	-17.0%
East Waco	96.8%	59.9%	-36.9%
Hewitt/Eddy	100.0%	83.0%	-17.0%
Mart Area	100.0%	100.0%	+0.0%
McGregor/ Moody	100.0%	43.2%	-56.8%
North Waco	33.1%	75.4%	+42.3%
South Waco	81.1%	86.9%	+5.9%
West Waco	55.4%	42.2%	-13.1%
West/Leroy	0.1%	85.8%	+85.8%
Woodway	100.0%	85.85	-14.2%

Figure 6.5 Difficulties being addressed at the present time by region (CHNA 2013)

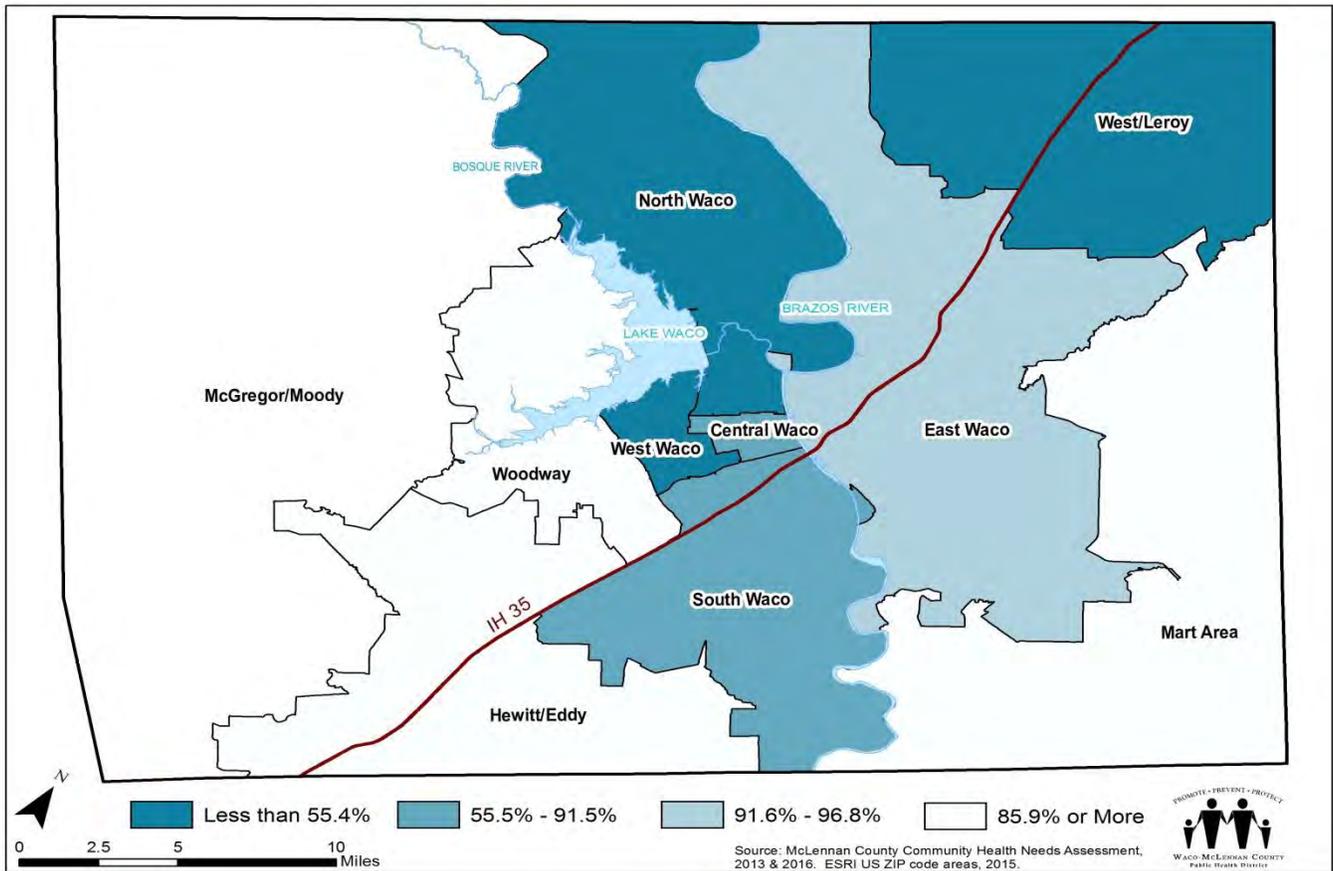
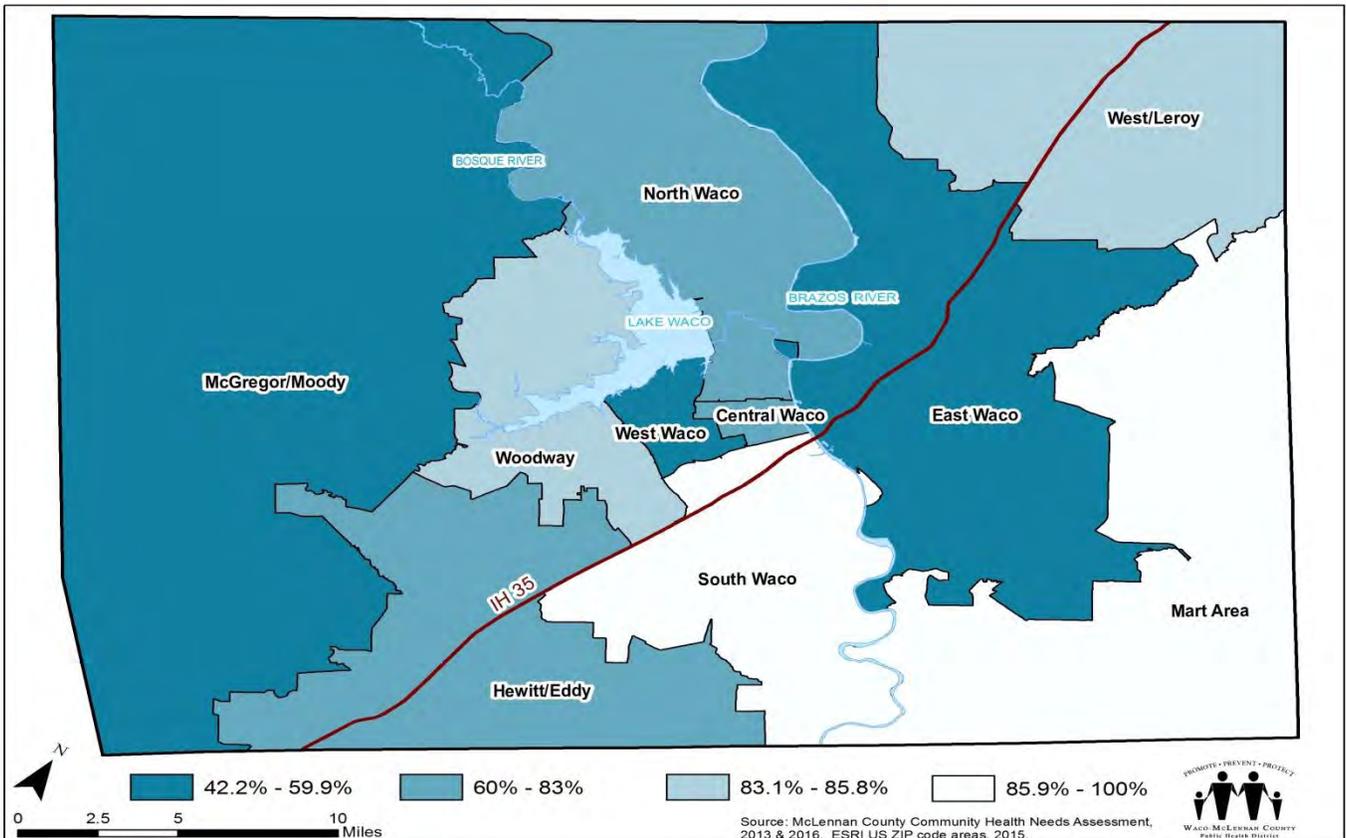


Figure 6.6 Difficulties being addressed at the present time by region (CHNA 2016)



**Prosper Waco Mental Health Goal:
Decrease use of ER for mental health treatment by 25%**

Have you or a member of your family been hospitalized in the last year for behavioral or emotional problems?

Figure 6.7 Hospitalized in the last year by CHNA year

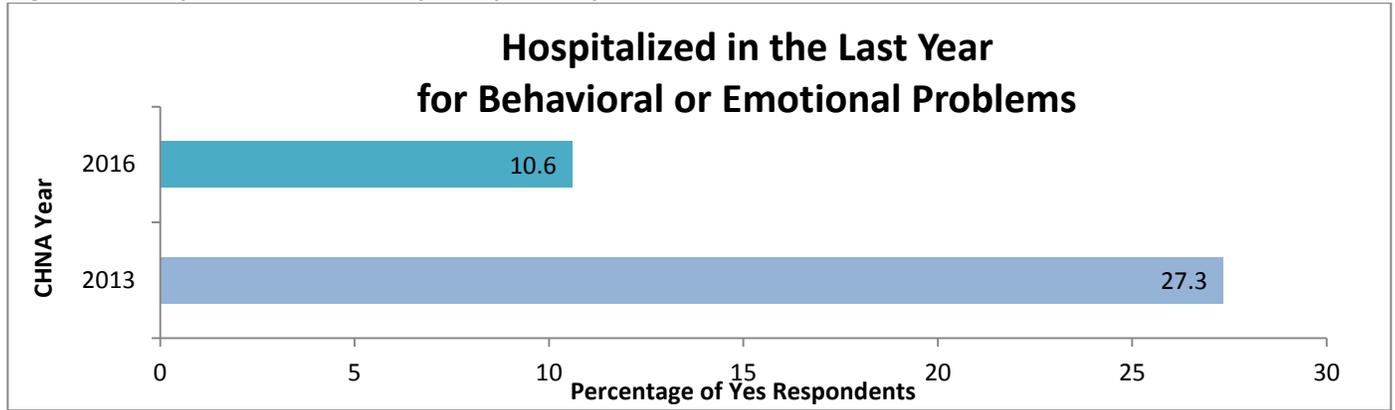


Table 6.5 Hospitalized in the last year for behavioral or emotional problems by CHNA year

	2013 CHNA	2016 CHNA
Percentage of Yes Respondents	27.3%	10.6%

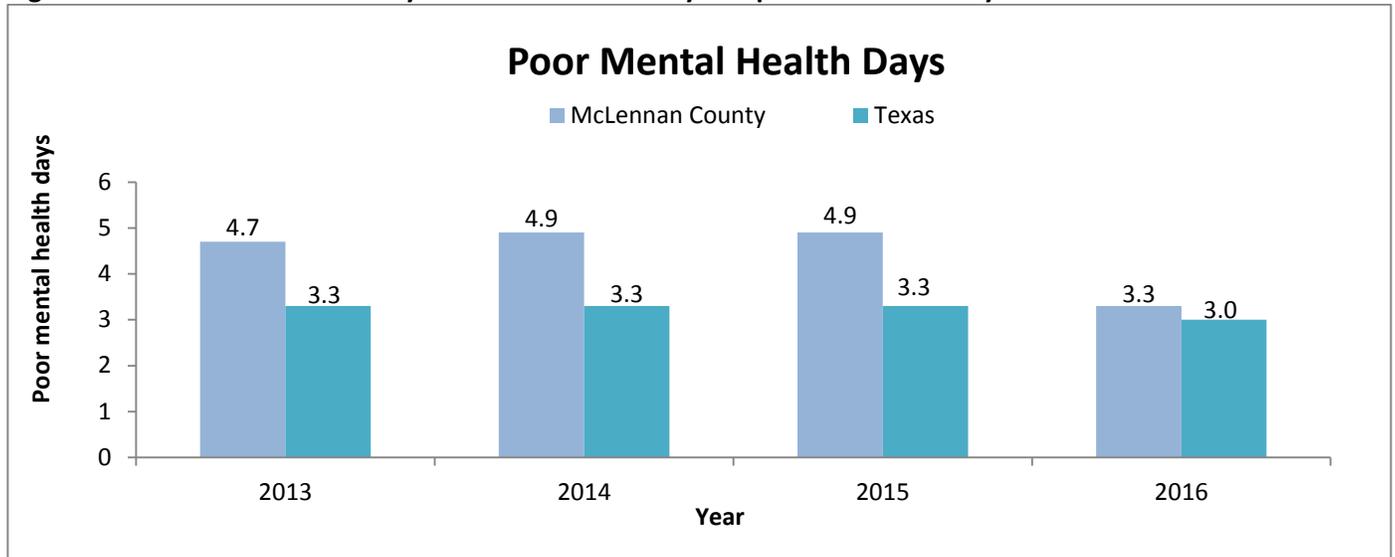
The number of respondents who indicated that they or a member of their family had been hospitalized in the last year for behavioral or emotional problems has decreased from 27% in 2013 to 11% in 2016.

**Prosper Waco Mental Health Goal:
Improve “poor mental health days” component of RWJF rankings to Texas average**

Thinking about your mental and emotional health, which includes stress and depression, for how many days during the past 30 days was it not good?

The this goal of improving the “poor mental health days” component of RWJF rankings to Texas average is not trended from the CHNA data because the question was not asked in the 2013 CHNA. The RWJF rankings can be found in the below table for McLennan County compared to Texas average.

Figure 6.8 Poor mental health days for McLennan County compared to Texas for years 2013 to 2016



Data Source: County Health Rankings 2016 accessed by www.countyhealthrankings.org April 29, 2016.

Table 6.6 Poor mental health days McLennan County compared to Texas 2013 through 2016

	2013	2014	2015	2016
McLennan County	4.7	4.9	4.9	3.3
Texas	3.3	3.3	3.3	3.0

Through Figure 6.8 above we can see that McLennan County has decreased by 1.6 days of reported poor mental health since 2015. This drop has brought McLennan County within 0.3 days of Texas’s reported average poor mental health days. The data reported through the Robert Wood Johnson Foundation (RWJF) may differ from the data collected through the 2016 CHNA due to the fact that the RWJF uses a seven year aggregate method of producing county level measures. Further information on RWJF can be found starting on page 78 of this document or at <http://www.countyhealthrankings.org>.

ADDITIONAL DATA

Texas Healthy Communities Projects

An Academic-Practice Partnership to Address Healthy Living in East Waco (76704) and South Waco (76706)

The Texas Healthy Communities- Waco Project (76704) reported the following:

The American obesity epidemic has become a national prevention priority. Underserved communities are particularly vulnerable to obesity-related risks because of barriers to engaging in healthy living habits. The Waco-McLennan County Public Health District recently detected higher obesity levels in some neighborhoods in Waco with limited income where environmental barriers to physical activity and healthy eating exist. Additional information is needed about related attitudes, knowledge, behaviors, resource access, and community capacity to invoke change.

Focus groups and door to door surveys were conducted with individuals residing in the defined communities of East Waco (76704) and South Waco (76706). The East Waco project was completed during the spring of 2015, and the South Waco project was completed spring 2016. The purpose of the projects was to determine:

- What factors contribute to the obesity rates in the communities?
- What self-reported active living- and eating-related attitudes and behaviors exist among participants in the communities?
- What resources are participants aware of (resource awareness), using (resource use) and needed (resource needs) to develop and maintain healthy personal and/or family active living and healthy eating habits?

The purpose of the report is to summarize the methods used to collect information and the results from focus groups and household surveys in zip codes 76704 (East Waco) and 76706 (South Waco) in a way that is useful for stakeholders and residents to continue battling the obesity epidemic and improve quality of life in these communities. Furthermore, these methods and findings may serve as a model for future work in other communities in central Texas and beyond. The highlighted findings and a link to the community survey results for South Waco (76706) project will be included in this report once available later this summer.

Further findings and information on the 76704 (East Waco) project can be found at

http://www.waco-texas.com/userfiles/cms-healthdepartment/file/Community%20Report%20for%2076704_FINAL2.pdf

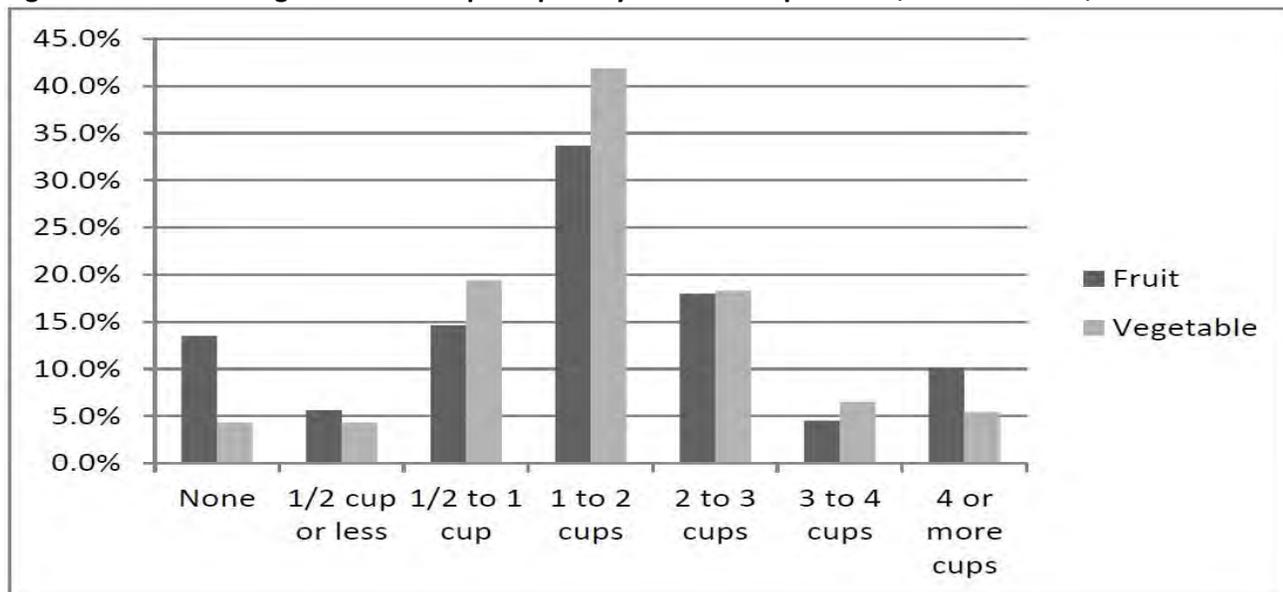
Further findings on the 767606 (South Waco) project can be found at

http://www.waco-texas.com/userfiles/cms-healthdepartment/file/Community%20Report%20for%2076706_FINAL.pdf

Highlighted Findings from Texas Healthy Communities – Waco Project 76704 Household Surveys

Participants from zip code 76704 were asked to report about how many cups of fruit and vegetables they ate or drank (i.e., 100% pure fruit juice or 100% pure vegetable juice) each day. Participants were asked to report the fruit and vegetable consumption for themselves. The usual daily fruit and vegetable consumption for the adult participant is shown in Figure 7.1.

Figure 7.1 Fruit and vegetable consumption per day for adult respondents, 76704 CASPER, 2015.



Participants were asked about their vigorous and moderate physical activity during the last 7 days. Vigorous activities refer to activities that take hard physical effort and “make you breathe much harder than normal,” like heavy lifting, digging, aerobics, or fast bicycling. Moderate activities refer to activities that take moderate physical effort and “make you breathe somewhat harder than normal,” like carrying light loads, bicycling at a regular pace, or doubles tennis. Participants were asked to report physical activities that they did for at least 10 minutes at a time. [Statistical note: The average, or arithmetic mean, is the sum of all the numbers in the set divided by the amount of numbers in the set. The median is the middle point of a number set, in which half the numbers are above the median and half are below. The median is sometimes reported instead of the average if there are extremely high or extremely low numbers that are skewing the average.]

For vigorous activities, the average number of minutes over the last 7 days was 316.1 minutes and the median over the last 7 days was 60.0 minutes; 42% of participants reported no vigorous activities for the last 7 days. For moderate activities, the average number of minutes over the last 7 days was 390.9 minutes and the median was 60.0 minutes; 34.3% of participants reported no moderate activities for the last 7 days. Participants were also asked about walking. Overall, 17.5% of participants reported no walking for at least 10 minutes over the last 7 days and the median number of minutes of walking over the last 7 days was 90.0 minutes.

Participants were also asked about sedentary behavior, or time spent sitting while at work, at home, while doing course work, or during leisure time. This included time spent sitting at a desk, visiting friends, reading, traveling on a bus, or sitting or lying down to watch television. During the last 7 days, participants reported sitting an average of 354.4 minutes (median=240.0 minutes) on a week day. During the last 7 days, participants reported sitting an average of 335.1 minutes (median=240.0 minutes) on a weekend day.

Table 7.1 Focus Groups: Primary Findings from the 76704 Focus Groups

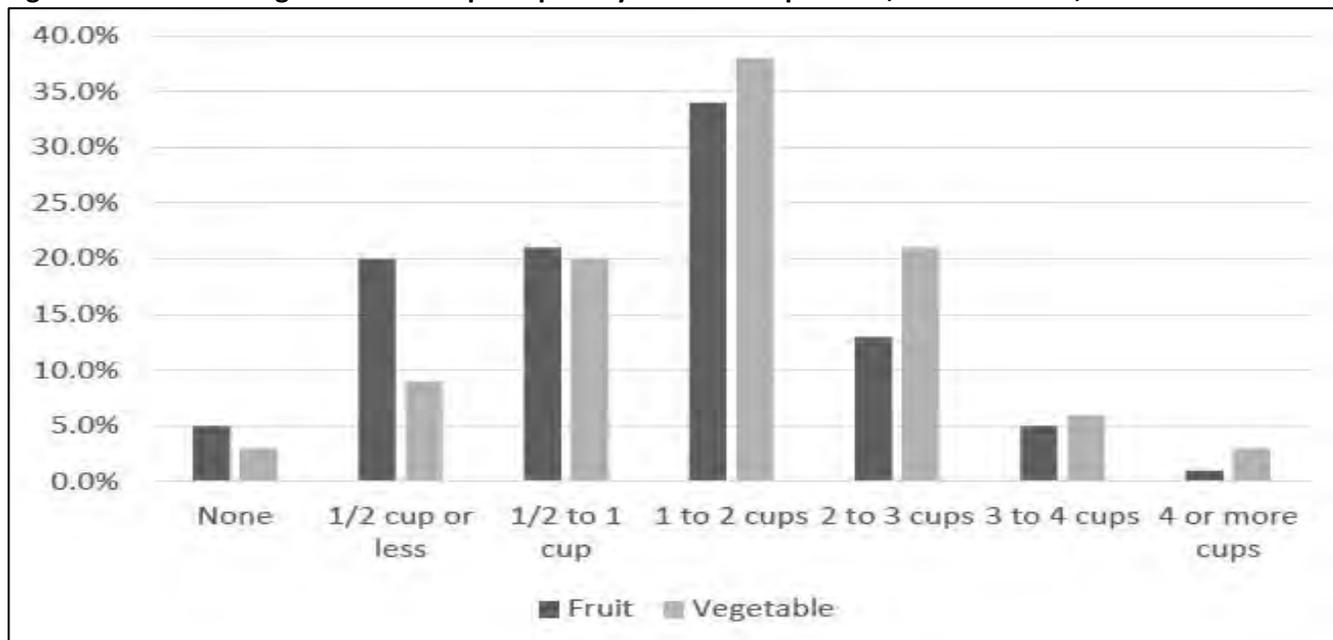
Figure 1. Emerging Themes for Physical Activity and Healthy Eating Habits		
THEME	PHYSICAL ACTIVITY	HEALTHY EATING HABITS
Common Behaviors	<p>Mostly low activity. For adults engaged:</p> <ul style="list-style-type: none"> • Zumba • Basketball • Walking • Household tasks <p>For kids engaged:</p> <ul style="list-style-type: none"> • Sports • Bicycles and play (yards/playground) 	<p>Mostly unhealthy choices:</p> <ul style="list-style-type: none"> • Processed/fast food • High-fat/fried meats • Alcohol • Junk food/snacks • Excessive sugar/salt <p>For those making healthy choices:</p> <ul style="list-style-type: none"> • Vegetables & fruit • Low-fat meats
Common Motivators	<p>Adults</p> <ul style="list-style-type: none"> • Weight control • Health • Social well-being <p>Kids</p> <ul style="list-style-type: none"> • Fun and well-being • Life opportunities (sports) 	<p>Health reasons Weight loss/appearance</p>
Common Barriers	<p>Real/perceived financial cost (program fees)</p> <p>Low time (working/busy parents/women)</p> <p>Low access</p> <ul style="list-style-type: none"> • Low non-sport options • Closed/gated playgrounds, tracks, pools • No local center for older adults • Community is not “walkable” <p>Low knowledge/training</p> <ul style="list-style-type: none"> • Activity types (including life-time activities) • How to engage safely/effectively • How to motivate/engage kids <p>Lack of community-based mentors/trainers</p> <p>Emotional barriers</p> <ul style="list-style-type: none"> • Fear of limitations (pain/injury risk) • Embarrassment/intimidation related to weight • Embarrassment about financial need 	<p>Low access to healthy food</p> <ul style="list-style-type: none"> • Low choice options in local convenience store/restaurants • No supermarkets in neighborhood/inconsistent availability in supermarkets <p>Real/perceived financial cost</p> <ul style="list-style-type: none"> • Fresh produce may be more expensive • Perception that healthy means “organic” <p>Taste perceptions</p> <ul style="list-style-type: none"> • Belief that healthy foods do not taste good • Appearance of food impacts taste perceptions <p>Time perceptions</p> <ul style="list-style-type: none"> • Healthy eating is more time consuming • Fast food is more convenient and time-saving <p>Low knowledge/training</p> <ul style="list-style-type: none"> • Preparation tips for taste and for time/expense savings • Health benefits <p>Low awareness of local sources/services.</p> <p>Emotional barriers</p> <ul style="list-style-type: none"> • Comfort and familiarity • Fear of hunger • Embarrassment about financial need

Data Source: Texas Healthy Community- Waco Project accessed http://www.waco-texas.com/userfiles/cms/healthdepartment/file/Community%20Report%20for%2076704_FINAL2.pdf May 2016.

Waco Project 76706 Household Surveys

Participants from zip code 76706 were asked to report about how many cups of fruit and vegetables they ate or drank (i.e., 100% fruit juice or 100 pure vegetable juice) each day. The usual daily fruit and vegetable consumption for the adult participant is shown in Figure 7.2 below.

Figure 7.2 Fruit and vegetable consumption per day for adult respondent, 76706 CASPER, 2016



Participants were asked about their vigorous and moderate physical activity during the last 7 days. Vigorous activities refer to activities that take hard physical effort and make you breathe much harder than normal, like heavy lifting, digging, aerobics, or fast bicycling. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal, like carrying light loads, bicycling at a regular pace, or doubles tennis. Participants were asked to report physical activities that they did for at least 10 minutes at a time. [Statistical note: The average, or arithmetic mean, is the sum of all the numbers in the set divided by the amount of numbers in the set. The median is the middle point of a number set, in which half the numbers are above the median and half are below. The median is sometimes reported instead of the average if there are extremely high or extremely low numbers that are skewing the average.]

For vigorous activities, the average number of minutes over the last 7 days was 103.9 minutes and the median over the last 7 days was 60.0 minutes; 34% of participants reported no vigorous activities for the last 7 days. For moderate activities, the average number of minutes over the last 7 days was 106.2 minutes and the median was 60.0 minutes; 24.5% of participants reported no moderate activities for the last 7 days. Participants were also asked about walking. Overall, 10.9% of participants reported no walking for at least 10 minutes over the last 7 days and the average number of minutes of walking over the last 7 days was 94.1 minutes.

Participants were also asked about sedentary behavior, or time spent sitting while at work, at home, while doing course work, or during leisure time. This included time spent sitting at a desk, visiting friends, reading, traveling on a bus, or sitting or lying down to watch television. During the last 7 days, participants reported sitting an average of 334.7 minutes (median=300.0 minutes) on a week day. During the last 7 days, participants reported sitting an average of 256.8 minutes (median=240.0 minutes) on a weekend day.

Waco Project 76706 Focus Groups

Table 7.2 Focus Groups: Primary Findings from the 76706 Focus Groups

Figure 1. Preliminary Findings for Physical Activity and Healthy Eating Habits and Barriers, 2016.		
THEME	PHYSICAL ACTIVITY	HEALTHY EATING HABITS
Common Behaviors	<p>Mostly low activity. For those active:</p> <p>Kids</p> <ul style="list-style-type: none"> • Sports (basketball, soccer, baseball) • Riding bikes <p>Adults</p> <ul style="list-style-type: none"> • Yard work • Destination (purpose) walking (e.g., dog walking, around mall or flea market) • Family recreation (taking kids to parks) • Zumba 	<p>Mostly unhealthy habits.</p> <ul style="list-style-type: none"> • Salty, high-fat foods • Junk food, processed food, fast food • Unhealthy culture-specific foods • Big portions
Common Barriers	<p>Access Issues</p> <ul style="list-style-type: none"> • Distance to parks (too far to walk – some have no car) • Cost (membership fees) <p>Environmental factors</p> <ul style="list-style-type: none"> • Safety concerns (animals, crime) • Lack of sidewalks • Weather patterns <p>Motivation/attitude factors</p> <ul style="list-style-type: none"> • Low motivation • Difficult to begin and be consistent. • Intimidation/embarrassment <p>Knowledge barriers</p> <p><i>People don't know about:</i></p> <ul style="list-style-type: none"> • Benefits (need proof) • Techniques (how to start, be safe) • Existing sources (accessible/affordable) <p>Other factors</p> <ul style="list-style-type: none"> • Low accountability/support • Other responsibilities/busy schedules • Physical fatigue from long work hours • Health issues make exercise difficult 	<p>Access Issues</p> <ul style="list-style-type: none"> • Cost of “healthy” and “organic” foods • No local/consistent healthy food sources • No consistent nutrition education in schools • Unhealthy foods more convenient <p>Culture/traditions</p> <ul style="list-style-type: none"> • Traditional, unhealthy, foods very important to culture • Kids unfamiliar with “healthy” food choices in school cafeteria (not culturally relevant) <p>Motivation/attitude factors</p> <ul style="list-style-type: none"> • Difficult to form new habits • Low motivation/priority (work/family) • Low self-esteem/self-efficacy • Faulty expectations (weight) • Healthy foods don't taste good <p>Knowledge barriers</p> <p><i>People don't know about:</i></p> <ul style="list-style-type: none"> • Benefits • Techniques (how to select/prepare) • How to interpret confusing media messages <p>Other factors</p> <ul style="list-style-type: none"> • Time (long work hours/busy families)

Data Source: Texas Healthy Community- Waco Project accessed http://www.waco-texas.com/userfiles/cms-healthdepartment/file/Community%20Report%20for%2076706_FINAL.pdf August 2016.

Robert Wood Johnson Foundation County Health Rankings

Background

The Robert Wood Johnson Foundation (RWJF) in collaboration with the University of Wisconsin Population Health Institute created the *County Health Rankings & Roadmaps*. These partners defined four main objectives which include building awareness of the multiple factors that influence health, providing a reliable sustainable source of local data to communities to help them identify opportunities to improve their health, engaging and activating local leaders from many sectors in creating sustainable community change, and connecting and empowering community leaders working to improve health. The mission of the rankings is to create a sustainable community that is a healthier place to live, learn, work, and play.

These rankings utilize county-level data from various national data sources to provide a snapshot of the health of communities, manufacture rankings, and create a starting point for change. There are two overall ranking categories which include health outcomes and health factors. Health outcomes represent the health of the community. RWJF measures and ranks this category by how long people live (length of life) and how healthy people feel while alive (quality of life). They define health factors as how healthy the community will be in the future. The health factors are measured and ranked in four categories: health behaviors, clinical care, social and economic, and physical environment factors. The ranks represent the communities standing in comparison to other comparable counties in the community's state. Counties with unreliable data were not included in the rankings; therefore, the number of overall Texas counties changes each year. If a community has high ranks, e.g. 1 or 2, they are considered to be one of the healthiest communities.

Operating through the scope of the County Health Rankings data, the health of McLennan County is represented in the tables on the following pages. The health status of McLennan County compared to Texas for the year 2016 is expressed in Table 7.3 and Table 7.4. Additionally, the health measures, trends, and rankings reported for McLennan County across years 2013-2016 are located in Table 7.5, Table 7. 6, and Table 7.7. As shown in the tables on the following pages, the directionality of trend varies by health outcome or factor.

Further information on methods, materials, definitions, additional years, or communities can be found at www.countyhealthrankings.org

Definitions:

- **Health outcomes** represent the health of the community. RWJF measures and ranks this category by how long people live (length of life) and how healthy people feel while alive (quality of life).
- **Health factors** are how healthy the community will be in the future. The health factors are measured and ranked in four categories: health behaviors, clinical care, social and economic, and physical environment factors.
- **Ranks** represent the communities standing in comparison to other comparable counties in the community's state.

**Prosper Waco Mental Health Goal:
Improve “poor mental health days” component of RWJF rankings to Texas average[‡]**

Table 7.3 County Health Rankings McLennan County Compared to Texas for Year 2016 Ranked Measures

Ranked Measures Year 2016	Texas	McLennan County
Health Outcomes: Rank 109		
Length of Life: Rank 107		
Premature death ^{***}	6,600	7,900
Quality of Life: Rank 128		
Poor or fair health	20%	19%
Poor physical health days	3.5	3.8
Poor mental health days[‡]	3.0	3.3
Low birth weight	8%	8%
Health Factors: Rank 134		
Health Behaviors: Rank 199		
Adult smoking	15%	17%
Adult obesity	28%	30%
Food environment index	6.4	5.3
Physical inactivity	24%	28%
Access to exercise opportunities	84%	73%
Excessive drinking	17%	18%
Alcohol-impaired driving deaths	32%	32%
Sexually transmitted infections	498.3	685.8
Teen births	52.0	47.0
Clinical Care: Rank 20		
Uninsured	25.0%	23.0%
Primary care physicians	1,680:1	1,470:1
Dentists	1,880:1	2,190:1
Mental health providers	990:01	710:01
Preventable hospital stays	58.0	39.0
Diabetic monitoring	84%	82%
Mammography screening	58%	57%
Social & Economic Factors: Rank 157		
High school graduation	88%	90%
Some college	59%	59%
Unemployment	5.1%	5.1%
Children in poverty	25%	28%
Income inequality	4.9	5.2
Children in single-parent households	33%	37%
Social associations	7.8	12
Violent crime	422	478
Injury deaths	54.0	55.0
Physical Environment: Rank 178		
Air pollution - particulate matter	9.6	9.2
Drinking water violations		Yes
Severe housing problems	18%	19%
Driving alone to work	80%	82%
Long commute - driving alone	36%	15%

Data Source: County Health Rankings 2016 accessed by www.countyhealthrankings.org April 29, 2016.

[‡]Prosper Waco Mental Health Goal: Improve “poor mental health days” component of RWJF rankings to Texas average

^{***} Premature death is those who pass away prior to 75 years of age

Table 7.4 County Health Rankings McLennan County Compared to Texas for Year 2016 Additional Measures

Additional Measures Year 2016	Texas	McLennan County
Length of Life		
Premature age-adjusted mortality	340	400
Child mortality	50	60
Infant mortality	6	7
Quality of Life		
Frequent physical distress	11%	12%
Frequent mental distress	9%	11%
Diabetes prevalence	11%	11%
HIV prevalence	343	191
Health Behaviors		
Food insecurity	18%	21%
Limited access to healthy foods	9%	13%
Drug overdose deaths	9	8
Drug overdose deaths - modeled	9.7	8.1-10.0
Motor vehicle crash deaths	14	17
Insufficient sleep	33%	32%
Clinical Care		
Uninsured adults	30%	28%
Uninsured children	13%	12%
Health care costs	\$10,837	\$9,016
Other primary care providers	1,709:1	1,979:1
Social & Economic Factors		
Median household income	\$53,100	\$43,500
Children eligible for free lunch	53%	55%
Residential segregation - black/white	55	47
Residential segregation - non-white/white	40	41
Homicides	6	5

Data Source: County Health Rankings 2016 accessed by www.countyhealthrankings.org April 29, 2016.

Table 7.5 County Health Rankings Overall Rankings for McLennan County across Years 2013-2016

	2013	2014	2015	2016
Health Outcomes Overall Rank	147	137	131	109
Health Factors Overall Rank	149	84	82	134

Data Source: County Health Rankings 2013-2016 accessed by www.countyhealthrankings.org April 29, 2016.

Prosper Waco Mental Health Goal:

Improve “poor mental health days” component of RWJF rankings to Texas average[¶]

Table 7.6 County Health Rankings Ranked Measures for McLennan County across Years 2013-2016

Ranked Measures	2013	2014	2015	2016
Health Outcomes Rank	147	137	131	109
Length of Life Rank	102	102	102	107
Premature death ^{***}	7,883	7,883	7,686	7,900
Quality of Life	187	185	187	128
Poor or fair health	21%	21%	21%	19%
Poor physical health days	4.7	5.3	5.3	3.8
Poor mental health days[¶]	4.7	4.9	4.9	3.3
Low birthweight	8.3%	8.4%	8.2%	8.0%
Health Factors Rank	149	84	82	134
Health Behaviors Rank	172	130	116	199
Adult smoking	21%	21%	21%	17%
Adult obesity	30%	30%	29%	30%
Food environment index	*	5.9	5.5	5.3
Physical inactivity	25%	25%	26%	28%
Access to exercise opportunities	*	52%	73%	73%
Excessive drinking	13%	13%	13%	18%
Alcohol-impaired driving deaths	*	32%	33%	32%
Sexually transmitted infections	653	662	777	685.8
Teen births	53	51	49	47
Clinical Care Rank	29	23	23	20
Uninsured	24%	25%	24%	23%
Primary care physicians	1,552:1	1,559:1	1,501:1	1,470:1
Dentists	2,458:1	2,210:1	2,137:1	2,190:1
Mental health providers	*	1,212:1	732:01	710:01
Preventable hospital stays	53	45	41	39
Diabetic monitoring	79%	83%	83%	82%
Mammography screening	61.3%	58.4%	57.0%	57%
Social & Economic Factors Rank	185	133	133	157
High school graduation	87%	87%	91%	90%
Some college	55.6%	57.2%	57.6%	59%
Unemployment	7.4%	6.5%	6.1%	5.1%
Children in poverty	34%	27%	28%	28%
Income inequality	*	*	5.1	5.2
Children in single-parent households	38%	38%	38%	37%
Social associations	*	*	11.9	12
Violent crime	567	518	478	478
Injury deaths	*	59	57	55
Physical Environment Rank	149	124	147	178
Air pollution - particulate matter	9.8	9.2	9.2	9.2
Drinking water violations	5%	8%	12%	Yes
Severe housing problems	*	19%	19%	19%
Driving alone to work	*	81%	82%	82%
Long commute - driving alone	*	17%	17%	15%

Data Source: County Health Rankings 2013-2016 accessed by www.countyhealthrankings.org April 29, 2016.

[¶]Prosper Waco Mental Health Goal: Improve “poor mental health days” component of RWJF rankings to Texas average

*Factor not collected; ** 2013 additional factors not collected sequential years not reported

***Premature death is those who pass away prior to 75 years of age

Table 7.7 County Health Rankings Additional Measures for McLennan County across Years 2013-2016

Additional Measures	2013	2014	2015	2016
Length of Life				
Premature age-adjusted mortality	399.7	399.7	396.9	400
Child mortality	73.8	73.8	57.5	60
Infant mortality	816.5 [¶]	8.7	8.2	7
Quality of Life				
Diabetes prevalence	10%	10%	10%	11%
HIV prevalence	173	173	173	191
Frequent physical distress	*	*	*	12%
Frequent mental distress	*	*	*	11%
Health Behaviors				
Food insecurity	*	20%	20%	21%
Limited access to healthy foods	13%	13%	13%	13%
Drug poisoning deaths	*	7	7	*
Motor vehicle crash deaths	18	17	17	17
Drug overdose deaths	*	*	*	8
Drug overdose deaths - modeled	*	*	*	8.1-10.0
Insufficient sleep	*	*	*	32%
Clinical Care				
Uninsured adults	29%	29%	29%	28%
Uninsured children	12%	14%	12%	12%
Health care costs	\$8,745	\$8,979	\$9,227	\$9,016
Other primary care providers	*	2,487:1	2,322:1	1,979:1
Could not see doctor due to cost	23%	22%	22%	*
Social & Economic Factors				
Median household income	\$40,563	\$40,855	\$41,066	\$43,500
High housing costs	34%	*	*	*
Children eligible for free lunch	54%	54%	52%	55%
Homicides	6	6	6	5
Residential segregation - black/white	*	*	*	47
Residential segregation - non-white/white	*	*	*	41
Demographics				
Population	238,564	238,707	241,481	243,441
% below 18 years of age	25.1%	25.1%	24.8%	24.8%
% 65 and older	12.5%	12.9%	13.1%	13.4%
% Non-Hispanic African American	14.3%	14.4%	14.2%	14.2%
% American Indian and Alaskan Native	1.1%	1.1%	1.1%	1.1%
% Asian	1.6%	1.5%	1.6%	1.6%
% Native Hawaiian/Other Pacific Islander	0.1%	0.1%	0.1%	0.1%
% Hispanic	24.2%	24.1%	24.8%	25.2%
% Non-Hispanic white	58.3%	58.5%	57.8%	57.3%
% not proficient in English	4.4%	4.1%	3.9%	4.0%
% Females	51.3%	51.4%	51.2%	51.2%
% Rural	23.4%	23.4%	23.4%	23.4%

Data Source: County Health Rankings 2013-2016 accessed by www.countyhealthrankings.org April 29, 2016.

* Factor not collected; ** 2013 additional factors not collected sequential years not reported

[¶] Infant mortality this year reported as crude rate (1 per 100,000)

*** Premature death is those who pass away prior to 75 years of age

Additional Resources

2013 Community Health Needs Assessment

<http://www.waco-texas.com/userfiles/cms-healthdepartment/file/pdf/2013-McLennan-Health-Needs-Assessment%20.pdf>

2016 Community Health Needs Assessment

http://www.waco-texas.com/userfiles/cms-healthdepartment/file/CHNA_Final_Report_4_1.pdf

Texas Healthy Communities- Waco Project - 76704

http://www.waco-texas.com/userfiles/cms-healthdepartment/file/Community%20Report%20for%2076704_FINAL2.pdf

Texas Healthy Communities- Waco Project – 76706

http://www.waco-texas.com/userfiles/cms-healthdepartment/file/Community%20Report%20for%2076706_FINAL.pdf

Robert Wood Johnson Foundation County Health Rankings

<http://www.countyhealthrankings.org/>

Data Request Form

<http://www.waco-texas.com/userfiles/cms-healthdepartment/file/WMCPHD%20Data%20Request%20Tool-updated.pdf>

Data and Analysis Request Tool
 WMCPHD– Epidemiology Program
 Created for use after: June 2016

Please Complete All Sections		Epidemiology Program Completes
Name:	Organization:	Date Received:
Date:	Program/Division/Department:	Estimated Completion Date:
		Required for a grant: <input type="checkbox"/> Yes <input type="checkbox"/> No

The following questions are intended to be a starting point for constructing the analysis project or data report. You will receive feedback and a timeline by a date specified above. When you have completed the tool, or if you need assistance with tool, please contact the Epidemiology Program, WacoEpi@wacotx.gov

1. What is the question or questions you would like answered? Who is your target audience? (Please note specific question number or reference in Community Health Needs Assessment)

2. Is this data request specifically for a grant-funded program? Is there a deadline?

3. What is the data source(s), if known? Over what time period of data collection analysis should be conducted (e.g. 2013-2016, 2016)?

4. What are the data elements needed, if known? (e.g.: gender, age, race/ethnicity, city or zip codes, etc.) Please list elements needed with the selected question.

5. What is your preferred date of completion of this request? Is there a date this data or analysis will be used in a presentation, grant proposal, or publication?

6. In what format would you like to receive the data or analysis?

Excel spreadsheet Report/ Document

Power Point Presentation Other, please specify _____

Other comments:

Analyst: _____ Date completed: _____