

# 2013 RHP 17 Regional Health Assessment

## A Community Snapshot:

# Brazos County



## Community Description

Brazos County residents see their community as a great place to raise a family with a friendly and supportive environment. Residents said the area is diverse, with growing population of both younger and older adults, which provides a strong volunteer base for civic activities and enhances the community's philanthropic efforts. The county's stable economy has buffered some of the economic downturn felt in other areas of the country. Local residents also said the university offers a unique aspect to the community through its strong sense of tradition related to school activities.

## Obesity & Chronic Disease

An ongoing concern in Brazos County is the growing number of people struggling with overweight and obesity and the chronic diseases often linked to these conditions. In addition to overweight/obesity, local residents most frequently reported being diagnosed with hypertension, depression, high cholesterol, anxiety, asthma, and arthritis/rheumatism.

Of the seven Brazos Valley counties, Brazos County reported the lowest rates of *congestive heart failure, high cholesterol, stroke, diabetes, and arthritis*. However, Brazos County had the highest rate of asthma in the Brazos Valley region.

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Disease/Condition	Brazos County
Overweight/Obesity	61.0%
Hypertension	29.5%
Depression	27.3%
High Cholesterol	26.3%
Anxiety	24.7%
Asthma	19.6%
Arthritis/Rheumatism	14.6%

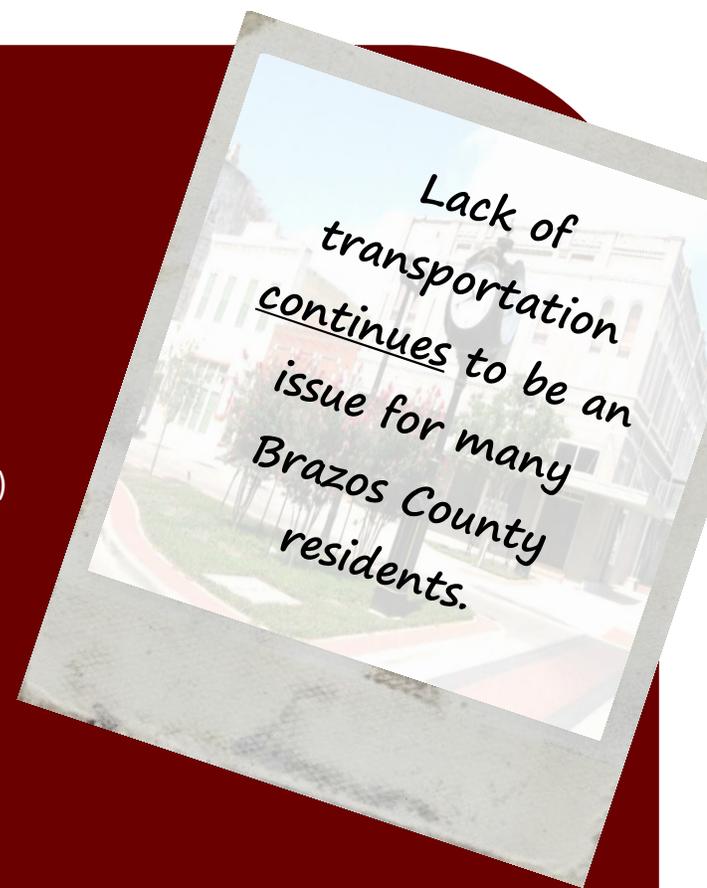
## Top Community Issues

The community survey asked residents about what they perceived to be serious community issues. In Brazos County, the top 5 issues that emerged were:

1. Illegal drug use (30.7%)
2. Alcohol abuse (29.3%)
3. Poor or inconvenient public transportation (27.4%)
4. Risky youth behaviors (such as alcohol use, drug use, truancy, etc.; 26.9%)
5. Teen pregnancy (24.4%)

Community discussion group participants also identified several community issues including:

- ⇒ Poverty, economic disparities, and racial tension
- ⇒ Underemployment
- ⇒ Lack of vocational training, particularly in fields like technology
- ⇒ Lack of access to affordable primary and specialty care
- ⇒ Need for behavioral health facilities and specialists
- ⇒ Inadequate resources and services for the growing population of older adults and their caregivers
- ⇒ Lack of affordable, healthy food and healthy school lunch options



The needs of respondents in Brazos County continue to exceed the resources available.

## Top 5 Unmet Needs

1. Childcare assistance services (72.6%)
2. Utility assistance (69.4%)
3. Food, meal, and nutrition services (68.8%)
4. Literacy training, GED, or English as a second language courses (59.6%)
5. Financial assistance for auto, appliance, or home repair or weatherization (53.5%)