

2013 RHP 17 Regional Health Assessment

A Community Snapshot:

Burleson County



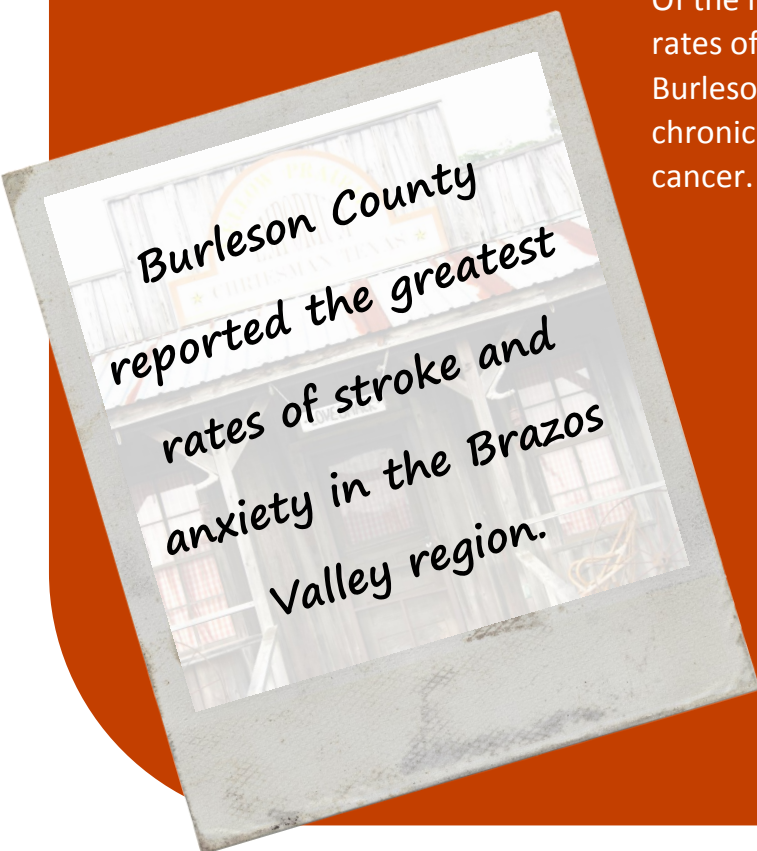
Community Description

Burleson County residents described their community as having a small, close-knit and friendly atmosphere. They also said that the community's proximity to larger towns allows residents to enjoy their amenities and is a prime location in the state. The county is growing into a place for retirees who want to escape the city and retreat to the small town. Despite the growing number of retirees, there are also many families with several generations still living in Burleson County. These families have a deep-rooted history in the community.

Obesity & Chronic Disease

An ongoing concern in Burleson 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 high cholesterol, hypertension, anxiety, arthritis/rheumatism, depression, and Type 2 diabetes.

Of the nine counties, Burleson County reported the highest rates of *stroke* and *anxiety* in the region. In addition, Burleson County was higher than the regional rate for all chronic conditions except asthma, depression, and skin cancer.



Disease/Condition	Burleson County
Overweight/Obesity	61.0%
High Cholesterol	36.9%
Hypertension	35.8%
Anxiety	30.2%
Arthritis/Rheumatism	27.8%
Depression	20.2%
Diabetes (Type 2)	16.0%

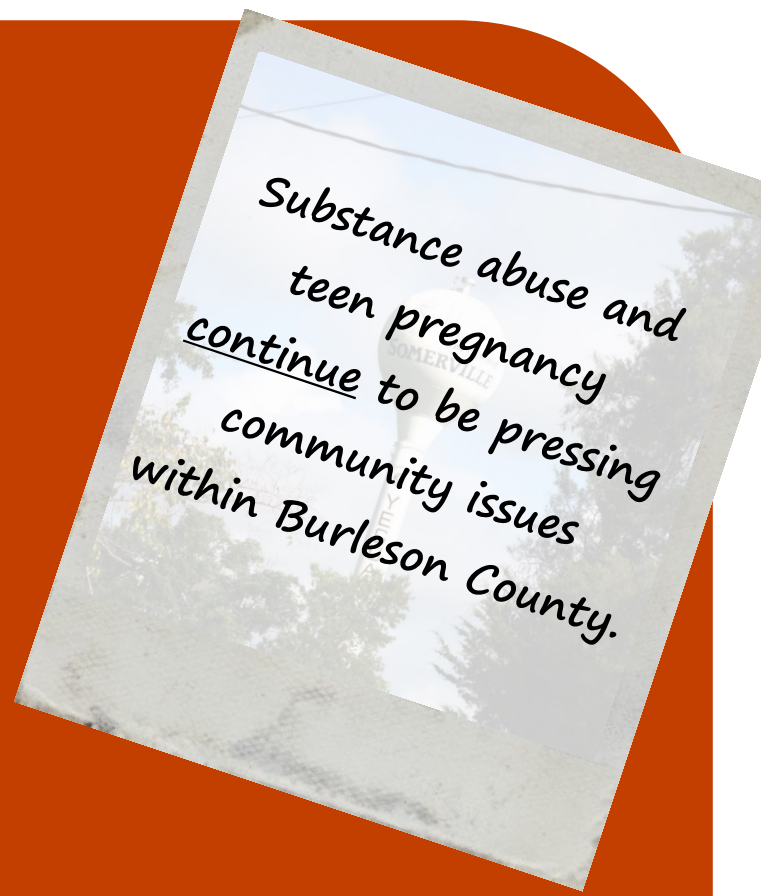
Top Community Issues

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

1. Poor or inconvenient public transportation (44.5%)
2. Risky youth behaviors (such as alcohol use, drug use, truancy, etc.; 40.3%)
3. Lack of jobs for unskilled workers (37.9%)
4. Teen pregnancy (36.5%)
5. Access to affordable healthy food (31.7%)

Community discussion group participants also identified several community issues including:

- ⇒ Lack of or limited access to health care
- ⇒ Lack of local job opportunities
- ⇒ Aging community infrastructure, such as roads
- ⇒ Growing need for affordable mental health services
- ⇒ Lack of affordable and reliable public transportation
- ⇒ Limited local media sources
- ⇒ Rising illegal and prescription medication substance abuse



Burleson County respondents reported the highest number of poor physical & mental health days in the past month.

Top 5 Unmet Needs

1. Childcare assistance services (75.0%)
2. Literacy training, GED, or English as a second language courses (66.7%)
3. Alcohol/drug abuse services (66.7%)
4. Financial assistance for auto, appliance, or home repair; weatherization (61.1%)
5. Services for children with emotional problems or delinquent behavior (60.0%)