

2013 RHP 17 Regional Health Assessment

A Community Snapshot: *Grimes County*



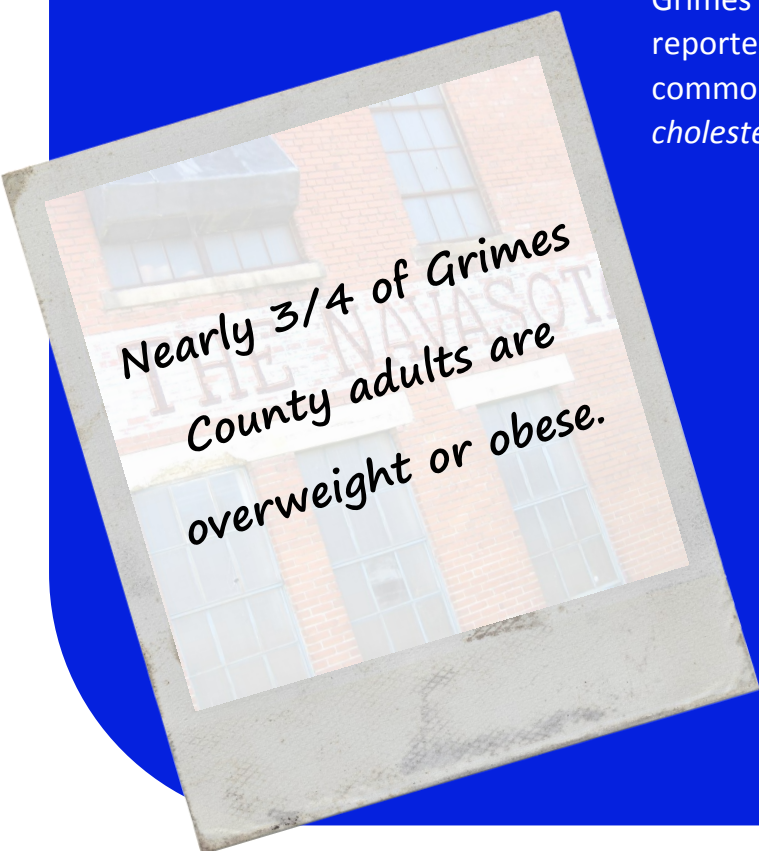
Community Description

Grimes County residents described their community as friendly and a great place to live and raise a family. The small, rural atmosphere makes the county appealing to those who want to live outside the big city while being close enough to work and enjoy the amenities of larger more suburban communities. The population of Grimes County is growing with many older adults retiring in the quiet community. The growth of Grimes County is bringing greater diversity, with many new residents joining those whose families have lived in Grimes County for generations.

Obesity & Chronic Disease

An ongoing concern in Grimes 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, arthritis/rheumatism, anxiety, depression, and asthma.

Grimes County, compared to the Brazos Valley region, reported slightly higher rates of a number of chronic diseases common among older adults, including *hypertension, high cholesterol, congestive heart failure, stroke, and arthritis.*



Disease/Condition	Grimes County
Overweight/Obesity	70.3%
High Cholesterol	39.4%
Hypertension	39.4%
Arthritis/Rheumatism	32.2%
Anxiety	21.6%
Depression	20.4%
Asthma	18.6%

Top Community Issues

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

1. Poor or inconvenient public transportation (49.3%)
2. Abuse of drugs, including prescription drugs (36.6%)
3. Poverty (35.6%)
4. Alcohol abuse (32.8%)
5. Risky youth behaviors (such as alcohol use, drug use, truancy, etc.; 32.4%)

Community discussion group participants also identified several community issues including:

- ⇒ Lack of local health care resources
- ⇒ Lack of adequate county infrastructure to support healthy lifestyles
- ⇒ Lack of recreational activities for youth and adults
- ⇒ Poverty and lack of jobs
- ⇒ Homelessness



Top 5 Unmet Needs

1. Childcare assistance services (92.3%)
2. Food, meal, and nutrition services (77.3%)
3. Information and referral services (75.0%)
4. Financial assistance for auto, appliance, or home repair; or weatherization (73.7%)
5. Utility assistance (71.4%)