

2013 RHP 17 Regional Health Assessment

A Community Snapshot:

Montgomery County



Community Description

Montgomery County residents describe their community as a growing, conservative community that is large in both population and geography. The community is characterized as diverse, vibrant, unique, and a great place to live and raise a family. Residents said that even as the community grows, it still has that small town feel and is close-knit and supportive. The population is increasing as the county's location is ideal, offering quick commutes to cities such as Houston and Bryan/College Station. There are many recreational opportunities available, and there has been a growth in economic development bringing new jobs to the area.

Obesity & Chronic Disease

An ongoing concern in Montgomery 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, and arthritis/rheumatism.

Of the nine counties, Montgomery County reported higher rates of diabetes, high cholesterol, and overweight/obesity in comparison to the rural counties. However, Montgomery County reported lower rates for a number of other chronic diseases.

Compared to rural RHP 17 counties, Montgomery County reported higher rates of Type 2 diabetes.

Disease/Condition	Montgomery County
Overweight/Obesity	65.2%
High Cholesterol	36.2%
Hypertension	32.6%
Arthritis/Rheumatism	20.3%
Depression	19.6%
Anxiety	18.9%
Asthma	10.4%

Top Community Issues

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

1. Poor or inconvenient public transportation (43.0%)
2. Abuse of drugs, including prescription drugs (24.7%)
3. Risky youth behaviors (such as alcohol and drug abuse, truancy, etc.; 21.9%)
4. Alcohol abuse (18.7%)
5. Lack of jobs for unskilled workers (16.8%)

Community discussion group participants identified several additional community issues including:

- ⇒ Affordability of health care services, including dental care
- ⇒ Increased demand for affordable housing, particularly with rapid population growth
- ⇒ Inadequate infrastructure for growing population
- ⇒ Lack of resources and services for youth
- ⇒ Need for more vocational training options
- ⇒ Poor access to mental health services
- ⇒ Poverty and homelessness

Montgomery County is struggling to maintain services and resources to keep up with its growing population.

Despite being a metropolitan community, Montgomery County lacks affordable, reliable public transportation.

Top 5 Unmet Needs

1. Food, meal, and nutrition services (64.8%)
2. Financial assistance for auto, appliance, or home repair; or weatherization (61.5%)
3. Literacy training, GED, or English as a second language course (53.5%)
4. Work-related or employment services (49.5%)
5. Information and referral services (49.1%)