

Why South Texas?

The underserved health needs of South Texans, combined with the proximity to the border and the vibrant cultural and economic fabric of the region, create a prime setting for this innovative approach to addressing critical health challenges. Healthy South Texas serves the region as a whole, while developing tools, technologies and strategies that can be applied to public health challenges across the state, through additional Healthy Texas initiatives. *As a result, we will improve the health of fellow Texans for generations to come.*



CHALLENGES	SOLUTIONS	RESULTS
<p>Diabetes</p> <ul style="list-style-type: none"> 7th leading cause of death in Texas 20% of South Texans have diabetes 30% of South Texans are obese 	<p>Empower participants with evidence-based education and monitoring in areas including prenatal care, weight management and nutrition.</p>	<ul style="list-style-type: none"> Prevent diabetes related death Decrease hospitalizations linked to diabetes Reduce diabetes complications, such as amputation and blindness
<p>Asthma</p> <ul style="list-style-type: none"> 1 in 5 Texas adults with asthma visit the ER each year due to asthma HALF of Texas children with asthma miss school because of it 8% of South Texans have asthma 	<p>Engage individuals and families through education and integration of services to prevent and reduce the consequences of asthma.</p>	<ul style="list-style-type: none"> Decrease asthma-related emergency room visits Decrease hospitalizations linked to asthma Reduce absence from school and work due to asthma
<p>Infectious Disease</p> <ul style="list-style-type: none"> TWICE as MANY Tuberculosis cases in border counties vs. Texas 73% of South Texas kissing bugs carry the Chagas disease causing parasite BELOW NATIONAL AVERAGE vaccine coverage rate for Texas children 19-35 months of age 	<p>Educate communities to reduce the number of infectious disease cases in South Texas and their consequences, with an emphasis on prevention and vaccination.</p>	<ul style="list-style-type: none"> Decrease long-term complications and death related to preventable infectious diseases Prevent the spread of infectious diseases originating in border counties Improve childhood and adult immunization rates

Population of 27 counties = 2,751,582 (10% of Texas population)



Every county in the Healthy South Texas region recruits, trains, and mobilizes a local coalition consisting of community members, program partners, and representatives from organizations who have a similar desire to create a culture of better health in South Texas. This grassroots group helps identify the most critical health needs in their community and assess the best way to address those needs.

find
 more resources &
 information online:
healthytexas.tamu.edu



Fostering health, from birth through retirement:



WELL BABY

empowers parents with education, resources and support in areas including prenatal care, nutrition, breastfeeding and infant care.

YOUTH AMBASSADORS

- are high school students who engage with peers
- across Texas on health and environmental-related topics.

WALK ACROSS TEXAS!

helps people of all ages support each other as they engage in regular physical activity.

DINNER TONIGHT! HEALTHY COOKING SCHOOLS

- offer cooking tips, nutrition education, menu-planning basics and information on healthy living.

DIABETES PREVENTION PROGRAM

provides in-depth health education, motivation, support and resources to help participants achieve and maintain healthy lifestyles.

ASTHMA PREVENTION PROGRAM

- engages the general public and those affected by asthma through education, support, resources and action plans to reduce asthma-related complications.

MASTER WELLNESS VOLUNTEER PROGRAMS

train volunteers to provide health and nutrition education across the state.

SCHOOL OF PUBLIC HEALTH EDUCATION

- delivers training, education and advanced degree programs for AgriLife agents, community health workers and health professionals.

MEDICAL HOME ASSISTANCE PROGRAM

provides access to health screenings, service referrals, health education, medical services and prescription cost assistance.



Healthy Texas combines the expertise of the Texas A&M Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. "Healthy South Texas," the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes. Learn more at healthytexas.tamu.edu.