2016 COMMUNITY HEALTH ASSESSMENT WILLIAMSON COUNTY, TEXAS



#5 HEALTH PRIORITY OUT OF 10

CHRONIC DISEASE?

and by adopting a healthy lifestyle.

preventable of all health problems" -CDC

WHAT IS



CHRONIC DISEASE

Prevention, treatment, and management of chronic diseases

TOP 10 CAUSES OF DEATH

8 OF THE TOP 10 CAUSES OF DEATH ARE CHRONIC DISEASES*

CANCER: 129.8

HEART DISEASE: 104.1

STROKE: 34.3

LUNG DISEASE: 31.8

ACCIDENTS: 29.2

ALZHEIMER'S DISEASE: 24.3

KIDNEY DISEASE 13.7

SUICIDE: 11.9

PARKINSON'S DISEASE: 10.5

DIABETES: 10.0

*Rates defined as # of deaths per 100,000 individuals. Texas Department of State Health Services, 2013

CANCER

Chronic disease is of the most "common, costly, and

Chronic diseases are complex and can involve many

individual and environmental factors; however, persons can reduce their risk by reducing behavioral risk factors

Deaths due to chronic diseases tend to be lower in the

focus resources and attention on certain demographic

county than in the state. Still, strides can be made to



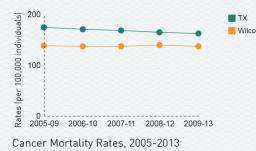
groups.

FOR THE PAST 10 YEARS, CANCER HAS BEEN THE #1 CAUSE OF DEATH IN THE COUNTY.

Males, Non-Hispanic White, and African Americans are at a higher risk for cancer.

Still rates are lower compared to Texas and meets HP2020.





Risk for cancer can be reduced by:

1. Screening for cancer routinely,

Texas Department of State Health Services, 2005-2013

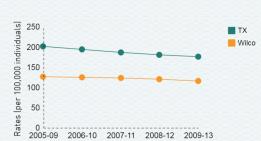
- 2. Vaccinating for HPV,
- 3. Avoiding tobacco use and excess alcohol consumption,
- 4. Increasing physical activity and healthy eating, and
- 5. Reducing sun exposure.

HEART DISEASE



HEART DISEASE HAS BEEN DECLINING IN THE COUNTY AND THE STATE.

Males, Non-Hispanic White, and African Americans are at a higher risk for heart disease.



Heart Disease Mortality Rates, 2005-2013 Texas Department of State Health Services, 2005-2013

Risk for heart disease can be reduced by:

- 1. Avoiding tobacco use
- 2. Avoiding excess alcohol consumption,
- 2. Increasing physical activity
- 3. Eating a healthier diet (lower salt and fat)