

2016 COMMUNITY HEALTH ASSESSMENT

WILLIAMSON COUNTY, TEXAS



#5 HEALTH PRIORITY OUT OF 10



CHRONIC DISEASE

Prevention, treatment, and management of chronic diseases

WHAT IS CHRONIC DISEASE?

Chronic disease is of the most “common, costly, and preventable of all health problems” -CDC

Chronic diseases are complex and can involve many individual and environmental factors; however, persons can reduce their risk by reducing behavioral risk factors and by adopting a healthy lifestyle.

Deaths due to chronic diseases tend to be lower in the county than in the state. Still, strides can be made to focus resources and attention on certain demographic groups.

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



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.



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

Risk for cancer can be reduced by:

1. Screening for cancer routinely,
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)

