TEXAS
STATE HEALTH PROFILE

AAPA
American Academy of
Physician Associates

PAF
Physician Associate
Foundation

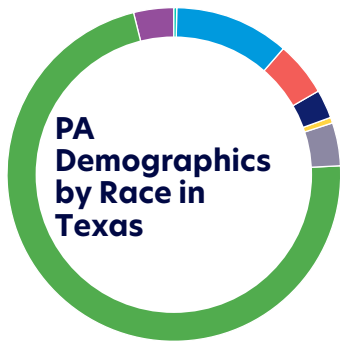## Overall America's Health Ranking: 40

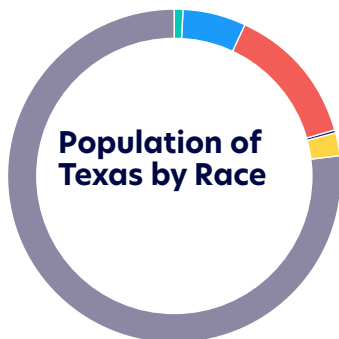*United Health Foundation. (2024 Annual Report). America's Health Rankings. www.americashealthrankings.org*

PA Demographics by Race in Texas

Total Population of PAs in TX: 11,687
PAs Practicing in a Rural Area: 2.5%

- 0.5% – American Indian/Alaskan Native
- 11.0% – Asian
- 5.3% – Black/African American
- 2.9% – Multi-race
- 0.3% – Native Hawaiian/Pacific Islander
- 4.4% – Other
- 71.8% – White
- 3.8% – Prefer Not to Answer

Source: National Commission on Certification of PAs. (2023). Statistical Profile of Board Certified PAs by State

18.7% – Percentage of PAs by Hispanic, Latino(a), or Spanish origin

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Population of Texas by Race

Total Population: ~31.3 Million

- 1.1% – American Indian/Alaskan Native
- 6.0% – Asian
- 13.6% – Black/African American
- 0.2% – Native Hawaiian/Pacific Islander
- 2.3% – Two or More Races
- 76.8% – White

39.8% – Hispanic/Latino
39.6% – White Alone, Not Hispanic or Latino

Source: United States Census Bureau accessible at Census.gov/quickfacts

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Populations At Risk for Health Disparities

Source: United States Census Bureau accessible at Census.gov/quickfacts

Veterans
1,408,009

Language Other than English Spoken at Home
34.9%

People Living with a Disability Under Age 65
8.4%

People without Health Insurance Under 65
18.7%

Medicaid/CHIP Enrollment
16.8%
Kaiser Family Foundation, Medicaid State Fact Sheets 2022

Medicare Beneficiaries
15%
Source: Kaiser Family Foundation, State Health Facts 2021

Poverty
13.7%

2020 Rural Population
16.3%

Persons with Less Than High School Education
13.1%

Top Ten Drivers of Poor Health Rankings

1 **Food Insecurity**
Percentage of households unable to provide adequate food for one or more household members due to lack of resources

2 **High School Completion**
Percentage of adults ages 25 and older with at least a high school diploma or equivalent

3 **Uninsured**
Percentage of population not covered by private or public health insurance

4 **Avoided Care Due to Cost**
Percentage of adults who reported a time in the past 12 months when they needed to see a doctor but could not because of cost

5 **Economic Hardship Index**
Index of state economic conditions based on crowded housing, dependency, education, income, poverty, and unemployment

6 **Teen Births**
Births per 1,000 females ages 15-19

7 **Dedicated Healthcare Provider**
Percentage of adults who reported having a personal doctor or healthcare provider

8 **Colorectal Cancer Screening**
Percentage of adults ages 45-75 who reported receiving one or more of the recommended colorectal cancer screening tests within the recommended time interval (blood stool test within the past year; sigmoidoscopy within the past five years; colonoscopy within the past 10 years; stool DNA test within the past three years; virtual colonoscopy within the past five years; or sigmoidoscopy within the past 10 years and blood stool test in the past year)

9 **Dental Visit**
Percentage of adults who reported visiting a dentist or dental clinic within the past year

10 **Physical Inactivity**
Percentage of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days

Evidence Based Interventions to Consider

1 Food Insecurity

- Screen, assess, and refer patients to programs that have been effective at reducing food insecurity including Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), the National School Lunch Program (NSLP) and School Breakfast Program (SBP)
- Partner with local food banks to help patients get access to free food

2 High School Completion

- Screen, assess, and refer patients who have not completed high school or GED to SDOH resources and/or GED preparation programs

3 Uninsured

- Advocate to expand health insurance coverage, deliver better preventive and chronic care, and focus on community prevention

4 Avoided Care Due to Cost

- Implement patient-centered care and shared decision making to reduce expenditures by increasing health education and empowering patients to choose cost-effective diagnostic tools and treatment options
- Link patients to care management which lowers cost by increasing continuity of care and reducing expensive emergency room and specialty care visits

5 Economic Hardship Index

- Screen, assess, and refer to resources that address education, housing, and poverty

6 Teen Births

- Advocate for federal and state policies to increase access to family planning services and comprehensive risk-reduction sex education
- Encourage abstinence
- Educate patients on contraceptive use using ACOG and AAP resources

7 Dedicated Healthcare Provider

- Advocate for scope of practice laws that expand access to PA care
- Collaborate to reduce barriers to care i.e. lack of health insurance, high cost of care, medically underserved areas, and culturally responsive care

8 **Colorectal Cancer Screening**

- Review evidence-based resources from the Community Preventive Services Task Force, the CDC, and the National Colorectal Cancer Roundtable
- Collaborate to increase screenings through media campaigns, client reminders, addressing language and transportation barriers, and connecting patients with navigators

9 **Dental Visit**

- Screen for signs of early oral disease, implement preventive measures, identify patients in need of dental care, and coordinate referrals to dentistry

10 **Physical Inactivity**

- Advocate for built environments that make it safer for people to get physical activity and/or link patients to telephonic or digital health interventions to increase physical activity

Source: United Health Foundation. Americas Health Rankings. www.americashealthrankings.org/explore/measures

Prevalence of Top 10 Chronic Conditions

CHRONIC CONDITION	RATES (age-adjusted prevalence)
Hypertension among adults	51.5%
Obesity among adults	35.7%
High cholesterol among adults who have been screened	32.8%
Depression among adults	19.4%
Diabetes among adults	13.4%
Asthma among adults	7.9%
COPD among adults	5.6%
Cancer: Invasive cancer (all sites combined)	412.2 age-adjusted rate (cases per 100,000)
Chronic kidney disease: Incidence of treated end-stage kidney disease	13029 (cases per 1 million population)
Coronary heart disease: Mortality among all people, underlying cause	96.8 age-adjusted rate (cases per 100,000)

Source: CDC Chronic Disease Indicators accessible at https://www.cdc.gov/cdi/

Top 10 Causes of Death

LEADING CAUSES OF DEATH	DEATHS (per 100,000 population)
1. Heart disease	172.3
2. Cancer	140.8
3. Accidents	51.1
4. COVID	49
5. Stroke	42.3
6. Alzheimer's disease	38.8
7. Chronic lower respiratory illness	34
8. Diabetes	25.6
9. Drug overdose	18.2
10. Kidney disease	16

Source: CDC National Center for Health Statistics Stats of the States accessible at www.cdc.gov/nchs/pressroom/stats_of_the_states.htm