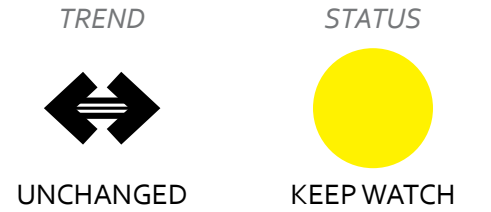


# Health

## Physical Health



### CURRENT STATE

Over the past several years, self-reported health status has slowly declined.

### IDEAL STATE

Central Texans are physically healthy, engage in activities that promote health and are served by adequate health care resources in their communities.

### CONTEXT

Lifestyle choices can have significant impact on personal and family health. Compounded across a population and multiplied by factors such as a shortage of health professionals and public education and awareness, these choices can be a barrier to aspirations of sustainability for an individual, a household and a region.

### ADDITIONAL MEASURES

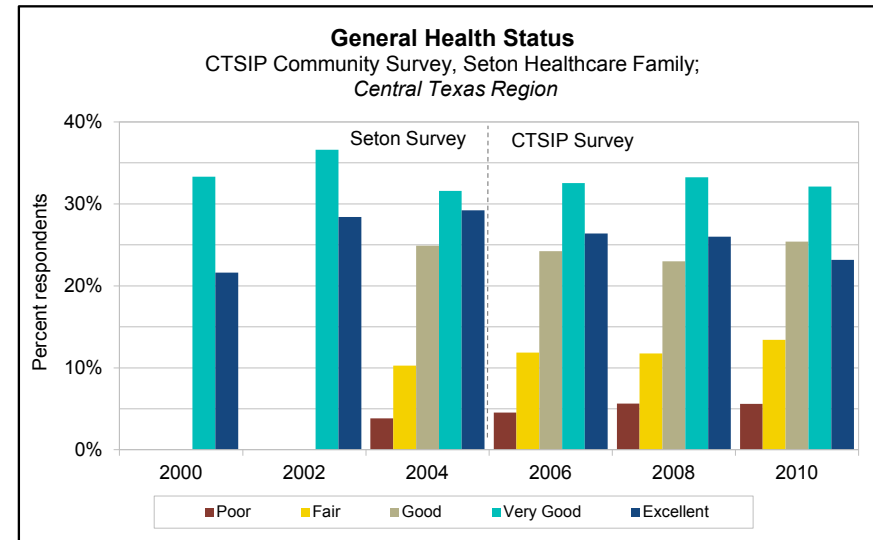
Inadequate Prenatal Care  
Preventable Disease Rates  
Body Mass Index Rates

### SOURCES

Page 114

### Health Status

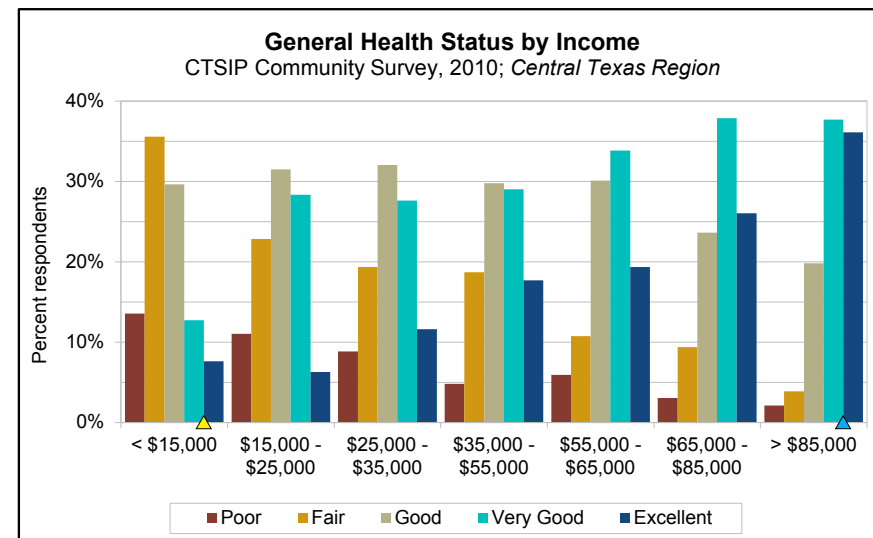
- Central Texas residents generally report feeling "very good" or "excellent" in their general health. However, the percent of those feeling "excellent" has been on the decline since 2004.



Survey Question (both charts): Would you say that in general your health is ...

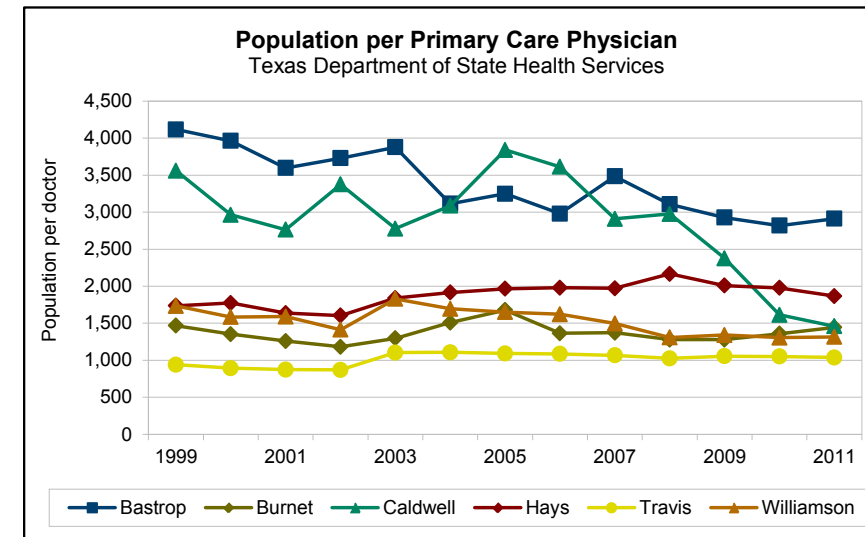
### Health Status By Income

- Income appears to factor directly on general health. Those with the highest incomes reported feeling "Very Good" or "Excellent" in significantly higher numbers, while lower income groups reported poorer health.
- This highly correlated response may be attributed to access to affordable health coverage.



#### How to read this chart:

- ▲ In 2010, only 20% of regional respondents with annual incomes less than \$15,000 reported "very good" health or better.
- ▲ More than 70% of respondents with incomes over \$85,000 reported the same level of health in 2010.

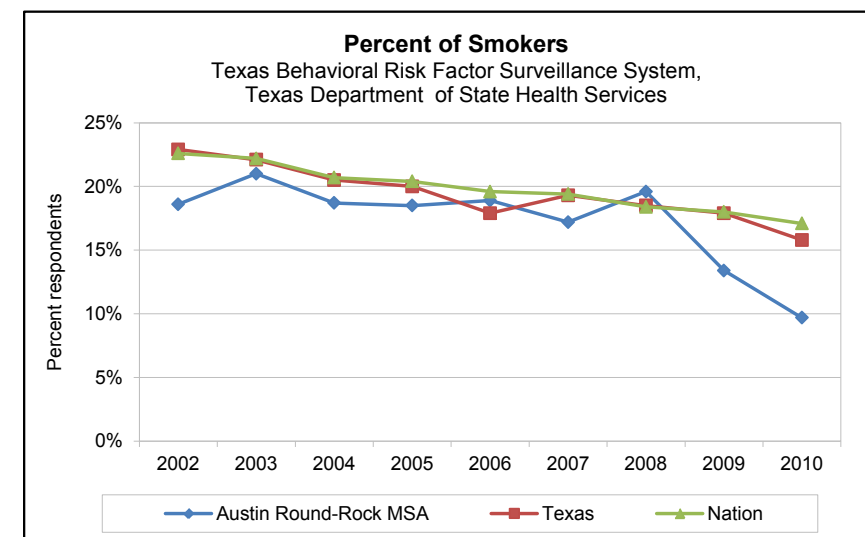
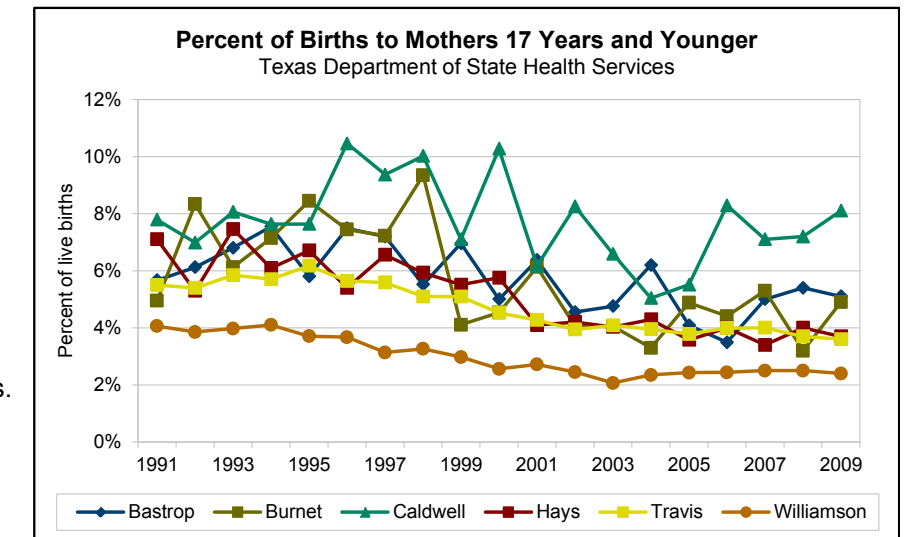


### Availability of Physicians

- Bastrop County has significantly fewer primary care physicians available in comparison to other Central Texas counties. Caldwell County has seen a significant improvement in physician coverage since 2008.
- Medically Underserved (MUA) status is designated by the U.S. Department of Health and Human Services to areas or populations having a shortage of personal health services. As of January 2012, all Central Texas counties were classified as Medically Underserved Areas.

### Teenage Mothers

- Teenage birth rates can highlight youth development issues in a community.
- Williamson and Travis County teenage birth rates declined between 1990 and 2000, and have leveled out since 2000.
- The percentages of teenage births in Travis and Williamson counties tend to remain steady year to year; the appearance of variance in other Central Texas counties reflects fewer total births.



### Smokers

- After peaking in 2008, the percentage of Central Texans who smoke has substantially declined, falling well below the overall state and national rates.
- This data comes from a telephone survey conducted by the Texas Behavioral Risk Factor Surveillance System.