

Board of Health
City of Lubbock
2014 State of the Health of Lubbock Report
January 2014
Chairman, Brian D. Carr, Ph.D.

Periodic reviews of the status of health of our community and citizens is essential in order to understand challenges and setting priorities. It is important that factors other than economic and business measures be considered as to the optimal health and wellness of our community. The following narrative provides information about the physical and emotional wellness of our citizens. The most recent data available is presented with sources identified.

What has the City Health Department tracked in 2013?

2013 Health Data for the City of Lubbock (provided by Beckie Brawley, R.N., BSN, Public Health Coordinator)

Births: 5,097
Deaths: 3483
 Stillbirths: 39
 Infant Deaths: 16

| HEALTH: | | |
|---|-----------|-----------|
| Births to Unmarried Mothers by Race/Ethnicity, Lubbock County | | |
| | 2005-2006 | 2007-2008 |
| Hispanic | 49.7% | 57.0% |
| Non-Hispanic American Indian | — | — |
| Non-Hispanic Asian/Pac. Islander | 12.2% | 9.4% |
| Non-Hispanic Black | 71.2% | 75.1% |
| Non-Hispanic White | 22.8% | 24.3% |



Trend and Racial Disparities in Infant Mortality Rate in Texas from 1990 to 2004

Infant mortality rate (IMR) decreased from 1990 to 2000 followed by trend of increase From 2000 to 2004 in Texas. **IMR in blacks was more than 2 times that of other ethnic groups.** The recent increasing trend in IMR coincided with a decreasing trend in primary care physician supply and a decrease or a slower increase in median income index

What Diseases have been tracked by the Health Department in 2013?

Summary of Communicable Diseases

ENTERIC (41% decrease from 2012 to 2013)

| | |
|-------------------|----|
| Shigella: | 14 |
| Salmonella: | 38 |
| Campylobacter: | 67 |
| Hepatitis A: | 3 |
| Cryptosporidiosis | 12 |

Immunization clients served: 7,498; kids=3,350; adults=4,148

| | |
|------------------|---|
| Measles: | 0 |
| Mumps: | 1 |
| Pertussis: | 83 (350% increase in VPDs due to Pertussis cases) |
| Rubella: | 0 |
| Chickenpox: | 26 |
| West Nile Fever: | 3 |
| Tuberculosis: | 7 |
| Streptococcal: | 61 |

What is the status on Sexually Transmitted Diseases in Lubbock in 2013?

Sexually Transmitted Diseases

| | |
|---------------------|-------------------------------------|
| STD Clients served: | 2,409 |
| Syphilis: | 43 |
| Gonorrhea: | 724 |
| Chlamydia: | 1808 (increased from 1,737 in 2011) |
| AIDS: | 4 |
| HIV: | 27 |

The 2010 Texas STD Surveillance Report from DSHS shows Lubbock County made the top 10 among Texas counties with the highest case rates of chlamydia (684.7 per 100,000) and gonorrhea (230.7 per 100,000). Lubbock County ranked ninth and fifth, respectively. Garza County ranked fifth in total syphilis cases, with 57.3 per 100,000. - See more at:

<http://www.texmed.org/Template.aspx?id=23294#sthash.754yBszt.dpuf>

How many staff work at the Health Department?

Health Department Personnel

- 1 RN-Public Health Coordinator
- 1 RN-Lead Disease Surveillance
- 1 RN-Lead Immunization Clinic
- 1 LVN_Immunization/Disease Surveillance
- 1 LVN-Immunization clinic (currently vacant)
- 2 LVNs-STD clinic
- 1 Administrative Assistant
- 1 Customer Service Rep-Immunization Clinic
- 1 Customer Service Rep-STD clinic
- 1 Health Outreach Specialist-Immunization Clinic
- 1 Laboratory Services Coordinator
- 1 Medical Technologist
- 1 Part-time cashier for immunization clinic

What has the Lubbock Board of Health Done in 2013?

Accomplishments of the Board of Health in 2013

1. Prepared Literature Review, Recommendations and Resolution concerning synthetic drugs and their regulation in the city (January 2013)
2. Worked with City Council in off-setting cost of budget costs from the state regarding our Sexually Transmitted Disease Clinic (April 2013)
3. Prepared job description and goal timeline for requested "Health Facilitator" position to the City Council
4. Prepared Literature Review, Recommendations and Resolution concerning Oil and Gas Exploration and "Best Management" practices within the city (May 2013)
5. Prepared Literature Review and Recommendations concerning "Smart" meters and the public health impact of Electromagnetic Fields (October 2013)
6. Explored how civility can be demonstrated in local politics and government (November 2013)

What Kills or Cripples our Citizens?

From Texas Vital Statistics

Heart disease and cancer remain the major causes of death in Texas. Of the 167,997 deaths, heart disease claimed 37,955 lives and cancer claimed 37,121 lives. These two diseases have been the leading causes of death in Texas and the nation since 1950. Cerebrovascular diseases (strokes) ranked third with 9,058. These three diseases accounted for 50.1 percent of all Texas resident deaths in 2011. For the fourth year in a row, the number of babies born (377,274) to Texas mothers declined. In

2010, the state's birth rate was at an all time low of 15.3 per 1,000 population In 1960, that figure was 25.7

From http://www.city-data.com/county/Lubbock_County-TX.html#ixzz2pTfdYHsc

Health of residents in Lubbock County based on CDC Behavioral Risk Factor Surveillance System Survey Questionnaires from 2003 to 2009:

General health status score of residents in this county from 1 (poor) to 5 (excellent) is 3.4. This is worse than average.

69.0% of residents exercised in the past month. This is less than average.

42.9% of residents smoked 100+ cigarettes in their lives. This is about average.

98.4% of adult residents drank alcohol in the past 30 days. This is more than average.

60.3% of residents visited a dentist within the past year. This is less than average.

Average weight of males is 195 pounds. This is more than average.

Average weight of females is 158 pounds. This is about average.

Adult diabetes rate:

Here: 7.9%

Texas: 8.9%

Adult obesity rate:

Here: 26.0%

Texas: 26.6%

From <http://www.menshealth.com/mhlists/Americas-Drunkest-Cities/printer.php>

Lubbock, TX

Overall Ranking: 8th

Deaths from Liver Disease: 36th

Deaths in DUI Crashes: 1st

Binge Drinking: 73th

DUI Arrests: 12th

Harsh DUI Laws: 42nd

Health Indicators

| | Lubbock County | Error Margin | National Benchmark* | Texas | Rank (of 221) |
|---------------------------------|----------------|--------------|---------------------|-------|---------------|
| Health Outcomes | | | | | 140 |
| Mortality | | | | | 92 |
| Premature death | 8,196 | 7,816-8,576 | 5,466 | 7,186 | |
| Morbidity | | | | | 189 |
| Poor or fair health | 17% | 15-19% | 10% | 19% | |
| Poor physical health days | 3.7 | 3.2-4.2 | 2.6 | 3.6 | |
| Poor mental health days | 3.3 | 2.8-3.8 | 2.3 | 3.3 | |
| Low birthweight | 10.5% | 10.1-10.8% | 6.0% | 8.2% | |
| Health Factors | | | | | 79 |
| Health Behaviors | | | | | 102 |
| Adult smoking | 21% | 18-24% | 14% | 19% | |
| Adult obesity | 27% | 25-30% | 25% | 29% | |
| Physical inactivity | 26% | 24-28% | 21% | 25% | |
| Excessive drinking | 18% | 14-21% | 8% | 16% | |
| Motor vehicle crash death rate | 18 | 16-20 | 12 | 17 | |
| Sexually transmitted infections | 640 | | 84 | 435 | |
| Teen birth rate | 67 | 65-69 | 22 | 63 | |
| Clinical Care | | | | | 20 |
| Uninsured | 24% | 22-25% | 11% | 26% | |

Who are the Poor and Uninsured in Lubbock and Texas?

From http://www.texmed.org/uninsured_in_texas/

Percentage of residents living in poverty in 2009: 20.6%

Lubbock County: 20.6%

Texas: 17.2%

(15.0% for White Non-Hispanic residents, 27.1% for Hispanic or Latino residents, 31.1% for other race residents)

Health Insurance Coverage of the Total Population, Texas (2009-2010)

- Employer - 45%
- Individual - 4%
- Medicaid - 16%
- Medicare - 9%
- Other public - 1%
- Uninsured - 25%

Health Insurance Coverage of Nonelderly (0-64) Population, Texas (2009-2010)

- Employer - 49%
- Individual - 4%
- Medicaid - 16%
- Other public - 3%
- Uninsured - 27%

Facts

- 34% of children live in poverty in Texas
- 21% of adults (19-64) live in poverty in Texas
- 17% of elderly live in poverty in Texas

Comparison of Texas Uninsured Population to U.S. Uninsured Population

| | Texas Uninsured | U.S. Uninsured |
|----------------------------|-----------------|----------------|
| Uninsured total population | 25% | 16% |

| | | |
|--|-----|-----|
| Uninsured children | 17% | 10% |
| All adults uninsured, 19-64 years of age | 33% | 22% |
| Uninsured women 19-64 | 30% | 20% |
| Uninsured men 19-64 | 35% | 24% |

Health Insurance Coverage of Adults 19-64, 2009-2010, U.S. and four largest states

| | Population | Uninsured | % Uninsured | Rank |
|---------------|--------------------|------------------|-------------|----------|
| United States | 186,727,700 | 41,160,200 | 22% | |
| California | 22,656,500 | 5,918,700 | 26% | 3 |
| Texas | 15,001,7000 | 4,886,100 | 33% | 1 |
| Florida | 11,015,600 | 3,171,600 | 29% | 2 |

From <http://www.dshs.state.tx.us/chs>

Average Monthly TANF Recipients
Lubbock County 800 Statewide 104,693

(Temporary Assistance to Needy Families)
Average Monthly SNAP Recipients
Lubbock County 32,447 Statewide 2,819,469

(Supplemental Nutrition Assistance Program)
Unduplicated Medicaid Clients
Lubbock County 53,260 Statewide 4,762,787

Average Monthly CHIP Enrollment
Lubbock County 3,908 Statewide 466,242

| | #County | %County | #State | %State W/o Health Ins |
|------------------|---------|---------|-----------|-----------------------|
| <18 years of age | 11,158 | 15.9% | 1,375,714 | 19.5% |
| <65 years of age | 60,032 | 26.4% | 5,765,126 | 26.8% |

What are the Drugs our Children are Using?

From Texas Drug Facts among Youth 2012, TX Dept of State Health Services

Use of Alcohol, Tobacco, and Inhalants:

Alcohol continues to be the most commonly used substance among Texas secondary school students with 58 percent in 2012 reporting they had used alcohol at some point in their lives, significantly down from 62 percent in 2010 and 81 percent in 1990. Past-month alcohol use also decreased from 29 percent in 2010 to 25 percent in 2012.

Tobacco use among secondary school students continues a long-term downward trend. Lifetime use of tobacco decreased from 56 percent in 1990 to 31 percent in 2010 and to 28 percent in 2012. Past-month use of tobacco was 11.0 percent in 2012, down from 12/5 percent in 2010 and the peak point of 26.3 percent in 1998.

Lifetime inhalant use was 15.7 percent in 2012 and past-month use was 4.8 percent. Both rates were less prevalent than two years ago. The most popular inhalants used in get high among secondary school students were whiteout/correction fluid/magic markers, followed by helium/butane/propane/whippets/Freon.

Use of Illicit Drugs

Marijuana remained the most widely used illegal drug among Texas youth. About 26.2 percent of secondary school students in 2012 reported lifetime use of marijuana, same as the rate in 2010. Past-month use of marijuana was 11.1 percent in 2012, compared to 11.4 percent in 2010.

About 4.6 percent of secondary school students in 2012 reported they had ever tried cocaine or crack, and 1.4 percent reported using these substances in the month before the survey. Both prevalence of use showed a continuous decrease from the peak point in 1998.

Ecstasy use revealed a considerable decrease from 2010 to 2012 both in lifetime use (from 6.8 percent to 5.7 percent) and in past-month use (from 2.5 percent to 1.7 percent). The extensive decrease of this club drug was more radical among younger students.

Lifetime use of hallucinogens among this age group also decreased from 4.6 percent in 2010 to 4.1 percent in 2012. Similar patterns held in the past-month use.

About 2.5 percent of secondary school students in 2012 reported lifetime use of methamphetamine (speed, ice, or crank), down from 3.0 percent in 2010 and 3.5 percent in 2008.

Use of Prescription-Type Drugs

Two commonly abused narcotic prescription drugs: Oxycodone (Percodan, Percocet) and hydrocodone products (Vicodin, Lortab) were first asked about in the 2008 secondary school survey. About 3.6 percent of the students in 2012 reported using oxycodone products nonmedically in their lifetime and 7.5 percent reported using hydrocodone products nonmedically in their lifetime. Both prevalence rates were higher than those in 2008 and 2010.

What is the state of health care delivery and expense in Lubbock?

From <http://www.dshs.state.tx.us>

Health Facilities

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The number of acute and psychiatric care hospitals in Lubbock County as of October 2007 was 9, with an average total beds capacity of approximately 224.4 compared to a statewide ratio of 123.1 beds per hospital according to statistical reports from the Texas Department of State Health Services. Link to <http://www.dshs.state.tx.us>

for more data reporting on health care facilities. The Texas State Board of Pharmacy data for October 2007 shows there are 88 licensed pharmacies in the study area. The total number of licensed pharmacies statewide is 5,919. For additional information on Texas Pharmacies, link to the Texas State Board of Pharmacy at <http://www.tsbp.state.tx.us/index.htm>

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Health Practitioners

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According to the Texas Department of State Health Services October 2007 report, there were 876 direct patient care and primary care physicians who practiced in the region. The ratio of total persons to each physician in the area was 292.6 residents per each physician. This compares to a statewide ratio of 460.5 persons for each physician in Texas. Another way of reporting these figures is by showing the number of physicians as a ratio per 100,000 residents. In this study area, the ratio in direct patient care was 402.4 as compared to the statewide ratio of 638.3 in direct patient care physicians per 100,000 population as of 2007. The ratio of physicians in primary care was 1,086.2 compared to a statewide ratio of 1,472.0 physicians in primary care per 100,000 persons in the population statewide.

Hospital Information

| Hospital | Ownership | Staffed Beds | Admissions | Average Length of Stay | Emergency Room visits |
|---------------------------------------|------------|--------------|------------|------------------------|-----------------------|
| Covenant Children's Hospital | Non Profit | 73 | 2,461 | 7 | 25,071 |
| Covenant Medical Center | Non Profit | 633 | 24,900 | 4.6 | 0 |
| Covenant Specialty Hospital | For Profit | 56 | 525 | 33.3 | 0 |
| Grace Medical Center | For Profit | 77 | 1,314 | 2.9 | 10,647 |
| Lubbock Heart Hospital, L.P. | For Profit | 62 | 2,958 | 4.2 | 4,761 |
| Southwest Regional Specialty Hospital | For Profit | 20 | 255 | 25.1 | 0 |
| Texas Specialty Hospital at Lubbock | For Profit | 25 | 80 | 18.1 | 0 |
| Trustpoint Hospital | For Profit | 71 | 1,562 | 9.9 | 1 |
| University Medical Center | Public | 400 | 25,388 | 4.5 | 71,812 |

Hospital Finances

| Hospital | Bad Debt Charges | Charity Charges | Total Uncompensated Care | Gross Patient Revenue | Uncomp Care as % of Gross Patient Revenue |
|---------------------------------------|------------------|-----------------|--------------------------|-----------------------|---|
| Covenant Children's Hospital | \$6,861,486.00 | \$6,861,486.00 | \$19,114,527.00 | \$295,090,206.00 | 6.5 |
| Covenant Medical Center | \$56,015,514.00 | \$56,015,514.00 | \$156,046,383.00 | \$2,409,045,147.00 | 6.5 |
| Covenant Specialty Hospital | \$164,579.00 | \$164,579.00 | \$1,037,059.00 | \$141,226,635.00 | 0.7 |
| Grace Medical Center | \$5,972,175.00 | \$5,972,175.00 | \$6,017,946.00 | \$136,135,042.00 | 4.4 |
| Lubbock Heart Hospital, L.P. | \$3,782,683.00 | \$3,782,683.00 | \$4,082,372.00 | \$196,471,312.00 | 2.1 |
| Southwest Regional Specialty Hospital | \$174,701.00 | \$174,701.00 | \$174,701.00 | \$11,903,430.00 | 1.5 |

| | | | | | |
|-------------------------------------|------------------|------------------|------------------|--------------------|-----|
| Texas Specialty Hospital at Lubbock | \$29,994.00 | \$29,994.00 | \$29,994.00 | \$2,475,826.00 | 1.2 |
| Trustpoint Hospital | \$364,862.00 | \$364,862.00 | \$491,537.00 | \$35,131,784.00 | 1.4 |
| University Medical Center | \$203,812,937.00 | \$203,812,937.00 | \$238,021,879.00 | \$1,255,335,343.00 | 19 |

In Summary...If you live in Lubbock

You are equally likely to be male or female

You are around 30 years of age

You make around \$38,000 a year

You likely completed high school but didn't go to college

There is a 50/50 chance that you are married

If Hispanic you are almost twice as likely to live in poverty compared to whites

3 out of 5 of you are affiliated with a church

25% of you have no health insurance, if Hispanic the rate jumps to 64%

2 out of 5 of you have a BMI over 30 and are classified as morbidly obese

3 out of 4 of you eat less than the recommended daily intake of fruits and vegetables

2 out of 5 of you have hypertension

If white 1 in four of you use tobacco

If Hispanic almost 2 out of 5 of you use tobacco

If you are an adolescent female you are 33% more likely to give birth compared to peers elsewhere in the state

If you are an adolescent female you are 31% more likely to become pregnant compared to peers elsewhere in the state

If you give birth you are 24% more likely to have an infant who is of low birth weight compared to peers elsewhere in the state

If African-American your baby has twice the chance of dying in the first year of life compared to other ethnic groups

Closing Statement

The community of Lubbock faces significant health challenges at the present time. While our citizens enjoy the best in medical care there are issues of lifestyle involving obesity, tobacco and alcohol use, and problems in access to health care because of lack of insurance. Problems in physical health are compounded if one belongs to a minority group in Lubbock where rates of chronic diseases such as diabetes are higher as well as problems in low birth weight babies and infant mortality. Mental health services are limited in Lubbock similar to other parts of the state so that Texas is last in providing for the emotional health of its citizens.

The Health Department, utilizing a minimal number of staff, provides important public health services in tracking disease, providing immunizations, and fighting the spread of sexually transmitted diseases. With the hopeful addition of a Health Facilitator in the next budget cycle the department will incorporate social media outreach into their programming and reach out to affected citizen groups such as young people who are most at risk for health problems.

The Board of Health for the City of Lubbock has become a strong research arm for the City Council. With due diligence the Board has collected empirically based information on a variety of subjects including substance abuse, oil and gas exploration, “smart” meters and public health issues, as well as striving to hold transparency in our meetings and fact-finding.

2014 will serve as another busy year for the Board of Health and Health Department in keeping up with “best practices” in public and personal health. We look forward to continuing to serve as a research forum for questions of public concern.

Brian D. Carr, Ph.D.
Chair, Board of Health
City of Lubbock

