




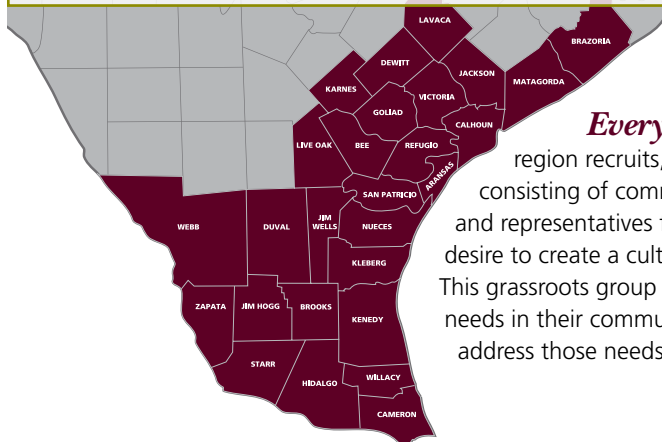


### Why South Texas?

The underserved health needs of South Texans, combined with the vibrant cultural and economic fabric of the border region, create a prime setting for an innovative approach to addressing critical health challenges. Healthy South Texas extends solutions that serve the region as a whole, while developing tools, technologies and strategies that can be applied across the state, through additional Healthy Texas initiatives. *As a result, we will improve the health of fellow Texans for generations to come.*



CHALLENGES	SOLUTIONS	RESULTS
 <b>Diabetes</b> <ul style="list-style-type: none"> <li>7th leading cause of death in Texas</li> <li>20% of South Texans have diabetes</li> <li>Higher rate of <b>diabetes-related DEATH</b> in border counties than all non-border counties combined</li> </ul>	<b>Empower</b> participants with evidence-based education and monitoring in areas including prenatal care, weight management and nutrition.	<ul style="list-style-type: none"> <li>Prevent diabetes-related death</li> <li>Decrease hospitalizations linked to diabetes</li> <li>Reduce diabetes complications, such as amputation and blindness</li> </ul>
 <b>Asthma</b> <ul style="list-style-type: none"> <li>1 in 5 Texas adults with asthma visit the ER each year due to asthma</li> <li>HALF of Texas children with asthma miss school because of it</li> <li>3rd leading cause of hospitalization for children</li> </ul>	<b>Engage</b> individuals and families through education and integration of services to prevent and reduce the consequences of asthma.	<ul style="list-style-type: none"> <li>Decrease asthma-related emergency room visits</li> <li>Decrease hospitalizations linked to asthma</li> <li>Reduce absence from school and work due to asthma</li> </ul>
 <b>Infectious Disease</b> <ul style="list-style-type: none"> <li>TWICE the incidence rate of Tuberculosis in border counties vs. Texas</li> <li>50% of kissing bugs carry the potentially deadly Chagas disease causing parasite</li> <li>BELOW national average vaccine coverage rate for Texas children 19-35 months of age</li> </ul>	<b>Educate</b> communities to reduce the number of infectious disease cases in South Texas and their consequences, with an emphasis on prevention and vaccination.	<ul style="list-style-type: none"> <li>Decrease long-term complications and death related to preventable infectious diseases</li> <li>Prevent the spread of infectious diseases in border counties</li> <li>Improve childhood and adult immunization rates</li> </ul>



Population of 27 counties = 2,751,582 (10% of Texas population)

*Every* county in the Healthy South Texas region recruits, trains and mobilizes a local coalition consisting of community members, program partners and representatives from organizations who have a similar desire to create a culture of better health in South Texas. This grassroots group helps identify the most critical health needs in their community and assess the best way to address those needs.

  
*find*  
 more resources &  
 information online:  
[healthytexas.tamu.edu](http://healthytexas.tamu.edu)  




*Fostering health, at all stages of life:*



**WELL BABY**

empowers parents with education, resources and support in areas including prenatal care, nutrition, breastfeeding and infant care.

**YOUTH AMBASSADORS**

- are high school students who engage with peers
- across Texas on health and environmental-related topics.

**WALK ACROSS TEXAS!**

helps people of all ages support each other as they engage in regular physical activity.

**DINNER TONIGHT! HEALTHY COOKING SCHOOLS**

- offer cooking tips, nutrition education, menu-planning basics and information on healthy living.

**DIABETES CONTROL PROGRAM**

provides in-depth health education, motivation, support and resources to help participants achieve and maintain healthy lifestyles.

**ASTHMA CONTROL PROGRAM**

- engages the general public and those affected by asthma through education, support, resources and action plans to reduce asthma-related complications.

**INFECTIOUS DISEASE EDUCATION**

teaches the general public how to protect themselves from preventable infectious diseases.

**MASTER WELLNESS VOLUNTEER PROGRAMS**

- train volunteers to provide health and nutrition education across the state.

**PUBLIC HEALTH EDUCATION AND TRAINING**

delivers training, education and advanced degree programs for AgriLife agents, community health workers and health professionals.

**WELLNESS RESOURCE & OUTREACH**

- provides access to health services through screenings, referrals, health education and medication assistance.



Healthy Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. "Healthy South Texas," the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes. Learn more at [healthytexas.tamu.edu](http://healthytexas.tamu.edu).