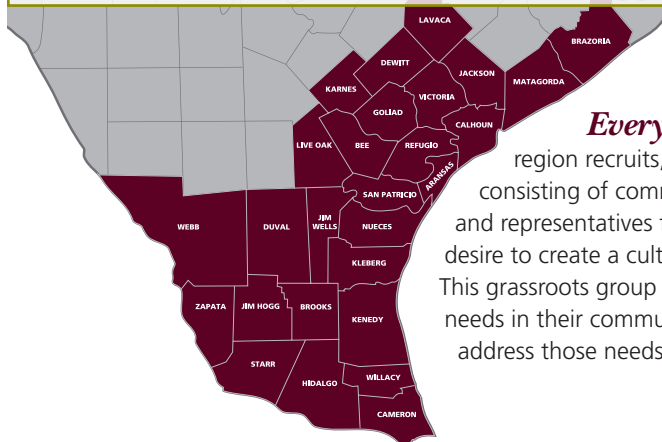


Why South Texas?

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



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



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.