CLOSING MAJOR GAPS IN HEALTH CARE

Texas A&M Healthy South Texas is working in under-resourced areas of the state, empowering individuals, families and health care professionals with the knowledge, skills and resources to take control of their health.

Imperative
Rising obesity, emerging infectious diseases, high uninsured rates and limited access to health care all contribute to a less-than-desirable quality of life for an overwhelming proportion of South Texans. This is a region where the general population outnumber physicians 1,000 to one. Five of the 27 counties we support have no physician at all. Moreover, much of these rural areas are considered to be “food deserts,” where residents have limited access to affordable, nutritious foods such as fresh fruits and vegetables.

Proactive
With “prevention is the solution” as its driving philosophy, Healthy South Texas instills the importance of promoting health by taking proactive measures, such as eating better, exercising regularly, and having improved access to health care and healthy environments, to prevent chronic conditions.

Interdisciplinary
The unique partnership between the Texas A&M University Health Science Center and Texas A&M AgriLife Extension Service brings together the researcher, clinician, health educator, community health worker and extension agent, all working jointly with members of the community to address specific health needs.

Community-driven
Local coalitions identify priority health needs in their communities. Then we work together to address them with best evidence-based practices and programs.

Focused
Programs and planned activities focus on reducing the highest impact diseases and their consequences in the region:
- Diabetes
- Asthma
- Infectious diseases

Healthy South Texas is our extended family. My parents, brother and I know that we can just pick up the phone and they will answer so we can ask that question that we have about managing our diabetes. They welcome you in and they want to see you do great.”
Daniel Garcia, Diabetes Control Program Participant

1.26 M
Direct contacts made through outreach and education

$58.8 M
Savings in medical costs due to disease self-management, medication assistance and direct care services

$119 M
Potential lifetime savings for increased physical activity

$13 M
Annual in-kind resources leveraged

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HEALTHY SOUTH TEXAS
FOSTERING HEALTH THROUGH ALL STAGES OF LIFE

PROGRAMS

We engage people of all ages in programs and activities geared toward preventive health so they can stay healthy and live longer. As a result, we’re helping to create a healthy, productive and vibrant community now and for generations to come.

64,125 participants
Diabetes control provides education and support for those who are diagnosed with, or at risk for, type 2 diabetes. Our multidisciplinary, bilingual diabetes care team teaches participants how to manage their health so they can live well and prevent costly complications.

45,542 participants
Asthma control supports families and caregivers of children with asthma in preventing flare-ups. Our in-person education, home visits and asthma management supplies help keep kids healthy to prevent hospitalization and improve school attendance.

694,280 contacts
Nutrition education supports healthy eating habits to prevent diseases related to obesity and poor diet. Educators guide participants through meal planning, grocery shopping, wise spending, best cooking practices, kitchen and food safety, and healthy dining out.

38,247 educational contacts
Infectious diseases education focuses on educating health care professionals and the general public about identifying, preventing and treating current and emerging infectious diseases.

78,141 contacts
Physical activity helps combat the numerous health risks associated with a lack of physical activity by supporting people of all ages in establishing the habit of regular exercise.

272,686 received resources
Medication assistance and outreach connect people with free and low-cost prescription medications to manage their chronic diseases and improve their quality of life. We assist in removing barriers to healthy living by helping those in need find food, shelter, water, clothing and other basic necessities.

58,368 youth and students
Youth outreach encourages school-aged youth to adopt healthy habits though physical education rallies, Youth Ambassadors, kids’ marathons, school gardens, and recruitment into health professions.

5,960 participants
Well baby events and gestational diabetes education enhance the well-being of families by improving infant and maternal health. Region-wide events connect young families and expectant mothers with resources for raising healthy families, and gestational diabetes self-management classes teach pregnant women how to protect their babies and themselves.

6,921 professionals trained
Public health education and training deliver continuing education for health professionals, community health workers and extension agents to strengthen public health competencies. Health care students take part in experiential learning by rotating through outreach programs.

1,813 engaged
Volunteers expand the reach of Healthy South Texas by facilitating educational programming in their communities.

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 diseases, 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.