

Tomball Hospital Authority

d/b/a Tomball Regional Health Foundation

Community Health Needs Assessment – Summary Findings

January 25, 2012

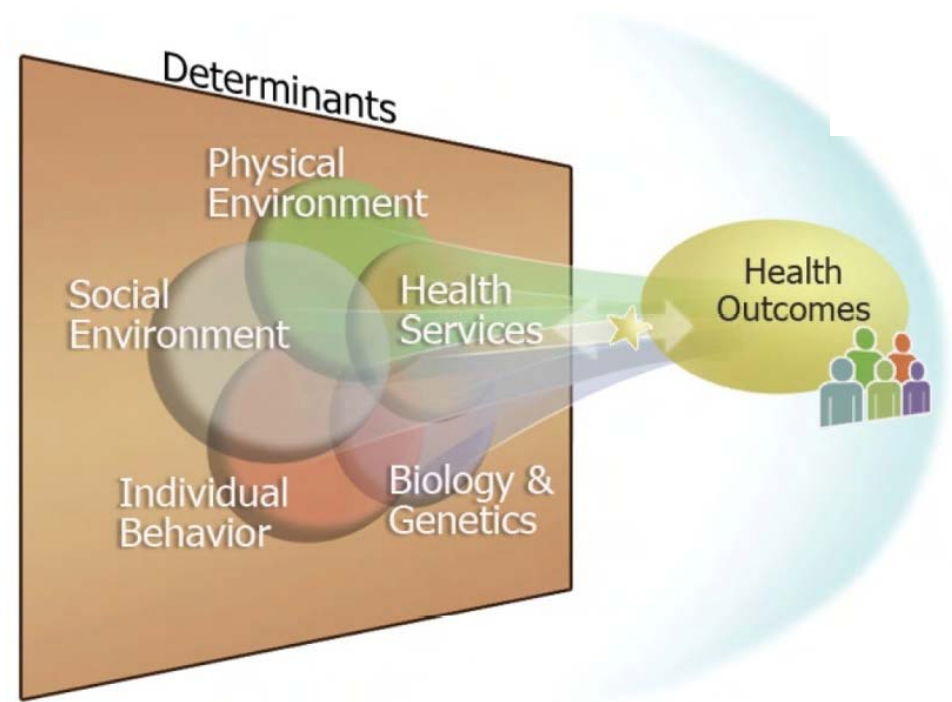
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Community Health Needs Assessment

Objective and Methodology

- In the fall of 2011, the Tomball Hospital Authority engaged an independent consulting firm to assist with the development of a Community Health Needs Assessment for their service area, including the towns of Tomball, Waller, and Magnolia
- The community health needs assessment has two objectives:
 - Determine the current health status of the service area population
 - Understand the unmet health needs of the service area population
- The range of personal, social, economic, and environmental factors that influence health status are known as determinants of health
- The local health status and unmet health needs were evaluated through:
 - Statistics
 - Community interviews



Community Health Needs Assessment

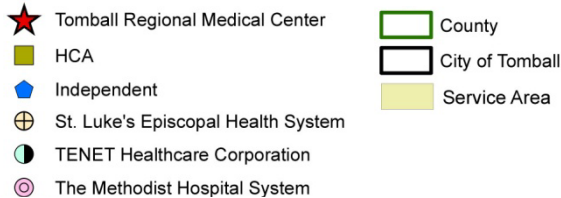
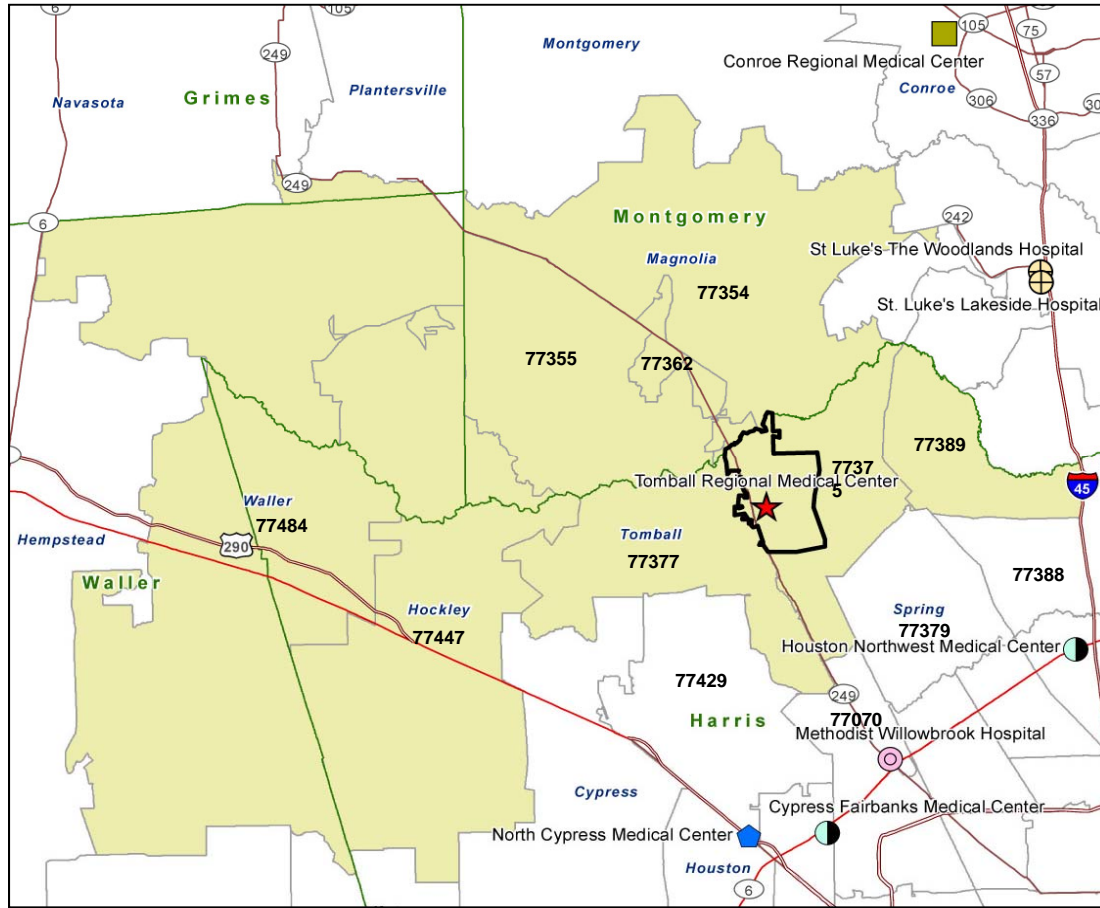
Determinants of Health

- The determinants of health included in this report are based on the US Department of Health and Human Services' Healthy People initiative, as well as the World Health Organization's Health Impact Assessment guidelines
- The determinants of health that will be explored in this report are:
 - **Social environment**
 - Socioeconomic conditions (poverty, employment, education, average household income, etc)
 - Exposure to crime and violence
 - **Physical environment**
 - Air and water quality
 - **Individual behavior**
 - Diet
 - Physical activity
 - Alcohol, cigarette, or other drug use
 - **Biology and Genetics**
 - Age and sex
 - Race/ancestry
 - **Health services**
 - Access to healthcare – supply of inpatient and outpatient services
 - Insurance

Source: Healthy People 2020, WHO Health Impact Assessment Determinants of Health

Community Health Needs Assessment

Service Area and Data Availability



- The defined service area contains portions of three counties: Harris, Waller, and Montgomery
- Limited public health data is available at the zip code or town level, most data required for this report is only documented at the county level
 - Therefore, county level data was utilized for many factors
- Harris County data was considered slightly less representative to the service area than the Waller and Montgomery County data.
 - The Montgomery and Waller county populations outside of the service area are more similar to the service area population than the Harris County (Houston) population

Community Health Needs Assessment

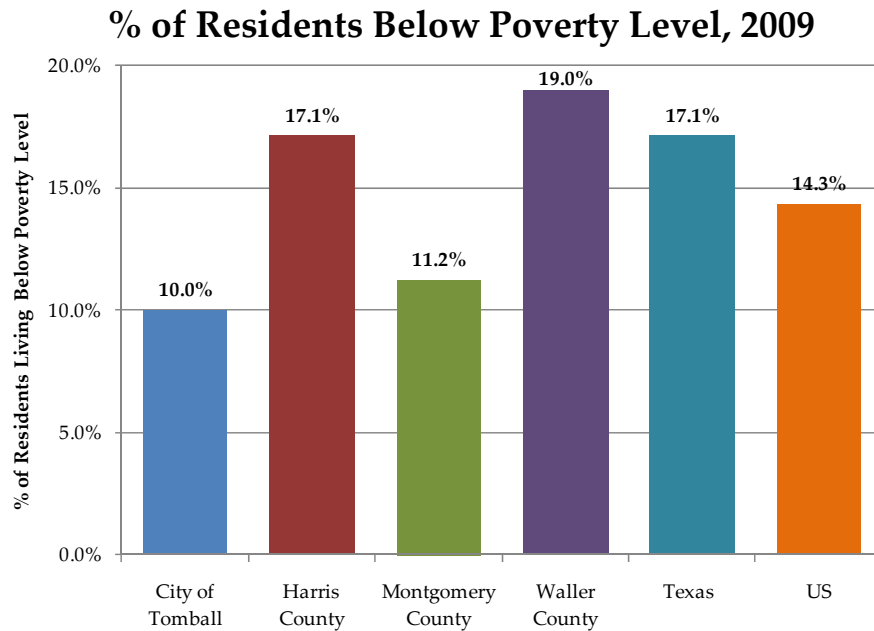
Community Health Data Analysis Summary

- Overall, the service area is approximately on par with the Texas state averages in both health determinants and health outcomes
 - However, that does not necessarily mean that the population is healthy compared to national standards – Texas was ranked 40th among the states in overall health in 2010
- From a community health data perspective, the three counties included in the service area have significant strengths, but the area's weaknesses, which are made up mostly of health determinants, will have a negative effect on the health of area residents in the future if not improved
- **Area strengths:**
 - Low crime rates
 - Good air and water quality
 - Improvements in smoking cessation
 - Low cancer mortality rates
 - Low infant mortality
- **Area weaknesses:**
 - High levels of obesity, low levels of physical activity, and limited access to recreational facilities
 - Mental health
 - Inadequate distribution of medical care throughout service area
 - High teen birth rate and low levels of prenatal care
 - Areas of high uninsurance

Community Health Needs Assessment

Health Determinants: Social and Physical Environment

Social Environment



- Tomball and Montgomery County fare relatively well in socioeconomic factors, while Waller lags behind both in most measures
- The city of Tomball and Montgomery County have low levels of poverty, but Waller County's poverty level (19%) is higher than both the Texas and US averages
- The state of Texas has fared better than the US overall in employment rates, and Harris and Montgomery counties mirror the Texas state experience; Waller's unemployment rate is higher
- In all three counties, at least 75% of residents have a high school diploma, but in Waller the rate of college degrees (22%) is much lower than both Montgomery (36%) and Harris (33%) counties

Physical Environment

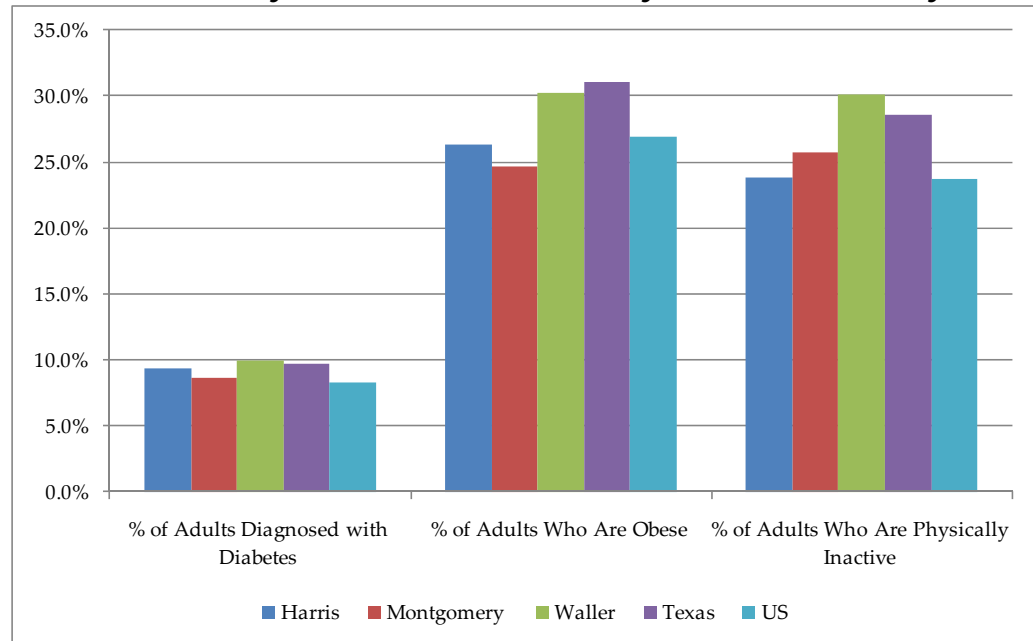
- Air and water quality is good within all three counties in the service area, although Harris has a higher number of poor air quality days due to ozone than the other areas
- Waller County residents have very limited access to recreational areas; Harris and Montgomery counties have greater access, but still need further improvement to be on par with the rest of the country

Community Health Needs Assessment

Health Determinants: Individual Behavior

- Obesity and physical inactivity are significant problems within the service area; the state of Texas is ranked 35th in the country in obesity and 42nd in physical activity
- Montgomery County is the only geography within the service area that has lower levels of obesity than the state overall (25% in Montgomery County vs. 27% in Texas)
- Harris County matches the state average (27%) and Waller County is even higher, with 30% of its residents considered obese
- Mental health is another key area for improvement within the service area; Texas ranks in the bottom third of states in terms of mental health, and both Waller and Montgomery counties fare worse than the state average in poor mental health days within the past month
- Smoking levels, however, have decreased considerably within the state in the last twenty years, and Texas is now ranked 26th in the country in smokers
- Both Montgomery and Harris counties have lower levels of smoking than the Texas state average (data was not available for Waller County)
- Although there is room for improvement, alcohol and substance abuse do not appear to be significant issues within the service area

Obesity, Diabetes, and Physical Inactivity

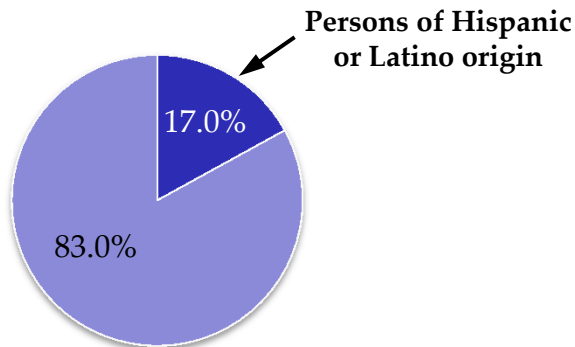


Community Health Needs Assessment

Health Determinants: Biology and Genetics

Service Area Population Race and Ethnicity Distribution

Distrib. by Race	2010 Census
White	81.0%
Black or African American	5.2%
Asian	2.7%
American Indian and Alaska Native	0.7%
Native Hawaiian and Other Pacific Islander	0.1%
Two or More Races	2.3%
Some Other Race	8.1%



Sources: Claritas, 2000 US Census, 2010 US Census, 2010 US Census QuickFacts – Tomball City, TX

Service Area Population Age Distribution and Projected Growth

Age Group	2011 Population	2016 Population	% Change	2011 % Distrib.	US 2011 % Distrib.
Under 18	45,547	50,668	11.2%	28.5%	24.3%
18 to 44	58,987	63,008	6.8%	36.9%	36.3%
45 to 64	41,017	46,108	12.4%	25.6%	26.0%
65 to 84	12,928	18,012	39.3%	8.1%	11.4%
85+	1,446	1,767	22.2%	0.9%	1.9%
Total:	159,925	179,563	12.3%	100.0%	100.0%

- The area has considerable Hispanic population, which is typically at higher risk for obesity and diabetes than other ethnic groups
- Although residents age 65 and older make up the smallest percentage of the population, that group is projected to have the highest rate of growth over the next five years, growing over 6% per year
- The second-oldest group, those aged 45-64, is projected to have the second-highest rate of growth during the next five years, growing almost 2.5% per year
- The service area has larger pediatric and “young elderly” (age 65 to 84), as a percentage of total population, than the US overall

Community Health Needs Assessment

Health Determinants: Health Services

Uninsured Residents by Zip Code, 2011

Zip Code	Town	Uninsured
77354	Magnolia	11%
77355	Magnolia	14%
77362	Pinehurst	14%
77375	Tomball	14%
77377	Tomball	9%
77389	Spring	10%
77447	Hockley	17%
77484	Waller	25%
Total		13%

- Although Tomball is well-served in terms of inpatient beds and physicians, portions of Montgomery County, and all of Waller County, have been designated as medically underserved areas
- There are no Federally Qualified Health Centers (FQHCs) or rural health clinics within the service area (the closest FQHCs are in Conroe and Houston)
- TRMC is the only acute care hospital within the service area, and Waller County does not have any inpatient beds
- Residents of Waller must travel for health services, and the county has no specialists practicing within its borders
- Montgomery County is better served by physicians than Waller, but the majority of those are in the Conroe area, and not within the service area
- Texas has the highest rate of uninsured residents within the nation (26%)
- Lack of insurance is less of a problem within the service area, however Hockley and Waller have higher rates of uninsured residents than the rest of the service area

Community Health Needs Assessment

Health Outcomes

- The leading cause of death within the three-county area is heart disease, followed by cancer (all types), and Cerebrovascular Disease (stroke) is a distant third
- The three-county area has a low cancer mortality rate, similar to Texas overall, although Waller County is slightly higher than Harris and Montgomery counties
- Although the prevalence of diabetes within the three-county area population is high, diabetes mortality is lower than the Texas state average
- The teen birth rate is high both within the state and the three-county area: Texas ranked 48th in teen birth rate in 2010, and Harris and Waller counties had similar or higher teen birth rates than the state average
- Prenatal care is also lacking; Texas ranked last in the nation in prenatal care, and the three-county area is on par with the state average, however, infant mortality is relatively low within the service area

Leading Causes of Mortality, 2008

Mortality Rate per 100,000 population	Harris	Montgomery	Waller	State of TX
Deaths from All Causes	815.0	827.3	880.5	808.8
Heart Disease	196.2	210.4	282.5	194.3
All Cancer	177.3	171.2	193.9	172.4
Cerebrovascular Disease (Stroke)	49.6	49.1	-	49.4
Chronic Lower Respiratory Disease	36.2	59.8	-	45.8
Accidents	41.1	55.6	-	41.4
Diabetes	12.7	17.2	-	25.4

Source: Texas Department of State Health Services – Selected Health Facts, 2008

Community Health Needs Assessment

Community Interview Summary

To gain qualitative input for the community health needs assessment, 27 one-on one interviews were conducted with community leaders representing local governments, business, education, healthcare, religious institutions and nonprofit and civic organizations. Key themes follow.

- While unmet healthcare needs still exist, Tomball's health care needs appear to be relatively well served overall due to the depth and breadth of healthcare provider resources in and near the community, the array of non-profit community service providers, and support from area church ministries, business, and individuals. However, the continuing availability of these services is based on annual donations and is tenuous.
- Magnolia also seems to be relatively well served due to the financial support for indigent care provided by the Montgomery Hospital District, although the community could benefit from a shorter commute for urgent care. TRMC plans to build an outpatient center in Magnolia.
- Waller is reported to have greater difficulty, with few resources and a more geographically dispersed, rural population
- TOMAGWA is almost universally supported and respected as one of the most important community resources for providing healthcare to the uninsured population.
- The Harris County Health Department is difficult to access (nearest clinic is Acres Home Health Center) and does not serve the outpatient needs of the local population. Montgomery County does provide funding for local clinics to serve uninsured patients. Waller County has very limited resources.

Community Health Needs Assessment

Community Interview Summary – Unmet Community Needs

- Common interview themes for most significant unmet community needs include:
 - Support of existing community resources, TOMAGWA in particular, to continue and expand services to uninsured
 - Dental services
 - Obesity and related diseases such as diabetes. This is an issue for both children and adults. Education, support of nutrition options, etc.
 - Transportation for the uninsured and elderly – includes ADA/Wheelchair van to take patients to physician appointments and related healthcare visits
 - Nursing education, particularly funding for nurse educators
 - Expanded indigent primary care services in Waller
 - Mental health (including geriatric psych) and substance abuse
 - Workers compensation (mentioned once but seemed like a real need)
 - Increased participation among physicians to treat uninsured patients. This includes specialists to do follow-up office visits from ER cases. Directory of physicians/organizations willing to serve the uninsured, for local organizations to utilize.
 - Housing, particularly group homes for the elderly, long-term VA housing (to complement the future VA clinic in Tomball), and emergency housing for victims of domestic abuse
 - Support networks for at risk children

Community Health Needs Assessment

Conclusions: Community Health Scorecard (1 of 3)

	Measure	Overall	Tomball	Magnolia	Waller	Notes
Social Environment	Poverty	●	●	●	●	Tomball and Montgomery County are below Texas and national poverty levels; Waller is above the Texas and national levels.
	Unemployment	●	●	●	●	Harris and Montgomery counties are lower than both Waller County and the national unemployment rate.
	Education	●	●	●	●	Over 50% of residents in Harris and Montgomery counties have college degrees, compared to 42% of Waller County residents.
	Marital Status	●	●	●	●	Marriage and divorce rates are on par with the state figures.
	Crime	●	●	●	●	Crime rates in all three counties are quite low.
Physical Environment	Air Quality	●	●	●	●	Harris County has a significant number of unhealthy air days, but those are likely concentrated in the southern part of the county.
	Access to recreational areas	●	●	●	●	Harris and Montgomery counties are on par with state levels; Waller County is less than half the state level.
Individual Behavior	Obesity/Physical Activity	●	●	●	●	In all three counties, at least a quarter of the population is obese, and less than a third of residents are physically active.
	Alcohol Use	●	●	●	●	Montgomery and Harris counties are on par with state levels of alcohol abuse; Waller County is half of that level.
	Tobacco Use	●	●	●	●	Although there is still room for improvement, tobacco use has improved dramatically within the state over the last twenty years.
	Mental Health	●	●	●	●	The state fares poorly in mental health, and Waller and Montgomery counties score worse than the state average.
Biology and Genetics	Age	●	●	●	●	The service area is younger than the country overall.
	Ethnicity	●	●	●	●	The three-county area has significant Hispanic population, which is at higher risk for obesity, and heart disease.

Key: ● Favorable ● Mixed ● Unfavorable/Unmet Need

Community Health Needs Assessment

Conclusions: Community Health Scorecard (2 of 3)

	Measure	Overall	Tomball	Magnolia	Waller	Notes
Health Services	Inpatient Beds	●	●	●	●	Tomball is well-served, Montgomery and Waller counties are not.
	Physicians (Primary Care)	●	●	●	●	Montgomery and Waller counties have fewer resources than required.
	Physicians (Specialists)	●	●	●	●	Waller only has a couple of specialists, and Montgomery County's specialists are primarily located in Conroe.
	Uninsured	●	●	●	●	Only one zip code within the service area has less than 10% uninsured.
	Emergency Care	●	●	●	●	Tomball is well-served, but Magnolia and Waller do not have 24-hour emergency care.
	Dentistry	●	●	●	●	Dentistry is difficult to access if un- or under-insured.
	Behavioral Health	●	●	●	●	Behavioral health services show some need within the service area.
	Vision care	●	●	●	●	There are several programs to help children and the uninsured access eyecare within the service area.
	Transportation	●	●	●	●	No public transportation, and no medical-specific transportation is available within the service area (other than EMS).
	Adult Day Care	●	●	●	●	Adult day care is in very short supply within the service area.
	Ancillary Staff	●	●	●	●	Additional nurse educators are needed to ensure the long-term supply of ancillary staff.
	Worker's Comp.	●	●	●	●	Discussed as a significant need in community interviews.

Key: ● Favorable ● Mixed ● Unfavorable/Unmet Need

Community Health Needs Assessment

Conclusions: Community Health Scorecard (3 of 3)

	Measure	Overall	Tomball	Magnolia	Waller	Notes
Health Outcomes	Mortality	●	●	●	●	On par with state mortality rates.
	Heart Disease	●	●	●	●	Texas is in the bottom half of all states in heart disease mortality, and all three counties have higher rates than the state.
	Cancer	●	●	●	●	Texas is ranked 11 th in cancer mortality, Harris and Montgomery are on par with state rates, Waller is slightly higher.
	Cerebrovascular Disease	●	●	●	●	Harris and Montgomery counties are on par with state levels.
	Infectious Disease	●	●	●	●	On par with state averages for most infectious diseases.
	Infant Mortality	●	●	●	●	Low infant mortality, despite low levels of prenatal care.

Key: ● Favorable ● Mixed ● Unfavorable/Unmet Need