

TARRANT COUNTY



Behavioral Risk Factor Surveillance System

DATA BOOK 2015

Tarrant County Public Health

Accountability. Quality. Innovation.



A healthier community through leadership in health strategy

Tarrant County BRFSS Data Book 2015



Tarrant County Public Health

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Suggested Citation

Tarrant County BRFSS Data Book 2015.
Tarrant County Public Health, April 2017.

Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a nationally conducted random-digit-dialed telephone interview survey supported by the Centers for Disease Control and Prevention (CDC) along with state and local health departments for the evaluation of health behaviors linked to chronic disease among non-institutionalized adults aged 18 years and older. Because the BRFSS uses a standardized questionnaire to collect data, information gathered via this system is comparable across population groups and time periods. Officials and organizations at the local, state, and national levels utilize these data to target public health policy and program implementation.

First conducted specifically for Tarrant County residents in 1998, the BRFSS in Tarrant County is a unique project in that few local entities across the state or nation have access to county-specific data of this quality and focus. From September through December 2015, Tarrant County Public Health collected data for its fourth BRFSS; the first was completed in 1998, the second in 2004, and the third in 2009/2010.

Methodology

The Tarrant County BRFSS utilized a questionnaire based on the 2015 Texas standard BRFSS survey which was customized by Tarrant County Public Health to include county-specific questions. The questionnaire covered a range of conditions and behaviors related to public health issues as well as a series of demographic items. The survey was conducted in English or TexMex dialect Spanish, depending on the respondent's preference.

The BRFSS sample included both landline and cellular phone surveys to produce a more representative sample and higher quality data. The landline survey was conducted using the disproportionate stratified sample design supported by the CDC for standard BRFSS surveys. The cell phone sampling frame for the standard BRFSS is based on the Telecordia database of telephone exchanges and uses dedicated cellular banks, sorted on the basis of area code and exchange within a state. All persons selected for survey responded anonymously and without compensation.

To improve the accuracy of prevalence estimates, a weighting methodology known as iterative proportional fitting or raking was employed. Weighting survey data provides estimates that take into consideration the characteristics of the population of Tarrant County, therefore results better represent the population as a whole, not just those that participated in the survey. Estimates were weighted to adjust for the probability of being selected for survey and to adjust for the distribution of the Tarrant County adult population by telephone source (landline or cell phone), gender, race, ethnicity, educational attainment, marital status, and home owner/renter status.

Differences in health indicators between demographic groups are only highlighted in this report if the differences are statistically significant at the 95% confidence level. Two prevalence estimates are considered "significantly" different if the 95% confidence intervals associated with each estimate do not overlap. This is a conservative method of highlighting differences in health behaviors across population characteristics and prevents the detection of differences where only small variations in prevalence exist, which is common in large datasets such as the BRFSS. This method identifies the characteristics most strongly associated with risk so prevention efforts are more targeted, efficient, and effective.

Uses and Limitations

BRFSS provides prevalence data with utility across a broad spectrum of program and policy areas in a cost-effective and timely manner. In contrast with other survey methods, telephone interviews allow the collection of a large number of responses from one centralized location. Similarly, interview scripting serves to limit variations in responses due to differences between interviewers. Individuals provide anonymous answers to reduce the influence of social pressure on reporting a certain response to any given question. Additionally, interviewers input respondents' answers directly into a database rather than performing interviews and data entry in two separate steps.

However, as with any survey, BRFSS data are limited by several factors. First of all, respondents are selected from among individuals with telephones (landline and cellular), thus excluding individuals without reliable telephone service. Additionally, since the data are self-reported by the respondents, certain risk behaviors are often underestimated, especially those that may be illegal or deemed socially unacceptable. Another limitation is that respondents may recall information regarding past health behaviors incorrectly or avoid answering the question entirely. Individuals may also interpret certain questions differently than intended. Lastly, the prevalence of certain health behaviors may be too low to be adequately characterized via this survey method.

In general, the *Tarrant County BRFSS Data Book* serves to provide a reliable analysis of health-related behaviors among non-institutionalized adult Tarrant County residents aged at least 18 years. By benchmarking data from Tarrant County against the state of Texas, the United States, and Healthy People 2020 objectives, organizations can better evaluate current local intervention efforts. At the same time, information presented in this report can assist in policy development as well as program planning efforts aimed at the reduction of chronic disease among the citizens of Tarrant County.

Demographics

Methods

A total of 3,591 interviews were conducted among non-institutionalized adults aged 18 years and older residing in Tarrant County during the study period. BRFSS compiled basic demographic information regarding survey respondents through a series of over 20 questions. Results were analyzed for nine core demographic characteristics: Tarrant County area of residence, city, gender, sexual identity, age group, race/ethnicity, education, annual income, and employment status (Table 1.1).

**TABLE 1.1 DEMOGRAPHIC CHARACTERISTICS
AMONG TARRANT COUNTY ADULT BRFSS RESPONDENTS, 2015**

DEMOGRAPHICS			
CHARACTERISTICS	n	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	3,591	-	-
Sub-County Area			
Central	440	7.9	6.7-9.2
Northeast	671	23.3	21.3-25.5
Northwest	798	19.9	18.2-21.8
Southeast	801	28.9	26.6-31.3
Southwest	614	20.0	18.1-22.0
City			
Arlington	590	18.7	16.9-20.7
Fort Worth	1,474	34.8	32.7-37.0
Gender			
Female	2,124	51.8	49.4-54.1
Male	1,467	48.2	45.9-50.6
Sexual Identity			
LGBT	113	5.3	4.2-6.8
Non-LGBT	2,707	94.7	93.2-95.8
Age (in years)			
18-24	206	13.8	12.1-15.8
25-44	715	38.4	36.1-40.9
45-64	1,373	33.7	31.7-35.8
65+	1,297	14.0	13.0-15.1
Race/Ethnicity			
Hispanic	533	25.3	23.1-27.6
Non-Hispanic Asian	81	3.8	3.0-5.0
Non-Hispanic Black	492	15.4	13.7-17.3
Non-Hispanic White	2,323	52.0	49.6-54.4
Other/Multiracial	84	3.5	2.6-4.5
Education			
< High school	353	15.5	13.6-17.7
High school or GED	864	24.8	22.8-26.8
Tech/Some college	1,023	32.8	30.6-35.1
College degree	1,333	26.9	25.1-28.8
Annual Income			
Low (<\$25K)	797	28.3	25.9-30.9
Middle (\$25K-<\$50K)	685	22.4	20.4-24.7
High (\$50K-<\$75K)	471	16.7	14.8-18.7
Highest (\$75K+)	1,013	32.5	30.3-34.9
Employment			
Employed for wages	1,397	51.2	48.9-53.6
Self-employed	277	8.5	7.3-9.9
Out of work	132	5.5	4.3-7.0
Homemaker	289	8.7	7.4-10.2
Student	96	6.2	5.0-7.6
Retired	1,113	13.7	12.6-14.8
Unable to work	249	6.2	5.3-7.3

n = number of respondents aged 18 years and older

*Estimates weighted to population characteristics;

- = weighted estimates not applicable

Summary of Strengths & Challenges

Health-related strengths and challenges were identified by comparing Tarrant County risk factors and outcomes with equivalent indicators from Texas, the United States, and *Healthy People 2020* objectives (Tables 1.2 & 1.3). Only indicators that were statistically significant at the 95% confidence level were categorized as a strength or challenge.

Strengths

- Low percentage of adults who report no *leisure time physical activity*
- High percentage of adults who meet *muscle strengthening* recommendations
- Low percentage of adults who *binge drink*
- High percentage of women aged 50-74 years who obtained a *mammogram* within the past two years
- High percentage of men aged 40 years and older who discussed the advantages and disadvantages of *Prostate-Specific Antigen (PSA)* testing with a health care professional
- High percentage of adults aged 18-64 who have been *tested for HIV*
- Low percentage of adults who report *arthritis*
- High percentage of adults who *always use a seatbelt* when driving or riding in a car

Challenges

- High percentage of adults who *do not have health insurance*
- High percentage of adults who *could not see a doctor* in the past 12 months due to costs
- Low percentage of adults who have a *usual primary care provider*
- High percentage of adults who *smoke*
- Low percentage of adults who have an emergency *evacuation plan* in the event of a disaster
- Low percentage of adults who received the *influenza vaccine* within the past 12 months
- Low percentage of adults aged 65 and older who have ever received a *pneumococcal vaccine*
- Low percentage of women aged 21-65 who had a *Pap test* within the past three years
- Low percentage of adults who had their *cholesterol checked* within the past five years
- High percentage of adults who report their *activities are limited due to arthritis*
- High percentage of adults who have *high blood pressure*
- High percentage of adults aged 20 and older who have *high blood cholesterol*
- Low percentage of adults who meet *aerobic activity* recommendations
- High percentage of adults who are *heavy drinkers*

It is important to note that the proportion of adults who were classified as either overweight or obese was not statistically different from what is seen at the state or national level. Nor were the prevalence of healthy weight or obese adults far from meeting the *Healthy People 2020* objectives. However, an estimated **2 out of 3 Tarrant County adults were overweight or obese**. Healthy weight status is unquestionably a challenge for Tarrant County and should be considered a high ranking priority when pursuing health improvement efforts.

TABLE 1.2 COMPARISON OF TARRANT COUNTY RISK FACTORS TO TEXAS AND THE UNITED STATES, 2015

WEIGHTED PERCENTAGE FOR TARRANT COUNTY VERSUS TEXAS AND THE UNITED STATES*				
RISK FACTORS	TARRANT COUNTY	TEXAS[†]	UNITED STATES[†]	SIGNIFICANTLY DIFFERENT¹
Health Status				
Fair or poor health	19.1	19.4	17.7	No
Frequent mental distress ²	10.4	10.0	11.5	No
Health Care Access				
No Health Insurance	21.9	23.4	12.2	Higher than US
Could not see a doctor due to cost	18.3	18.3	13.3	Higher than US
Weight Status				
Overweight (BMI 25.0-29.9)	36.4	36.3	35.7	No
Obese (BMI ≥ 30.0)	29.6	32.4	28.9	No
Overweight or Obese (BMI ≥ 25.0)	66.0	68.7	64.6	No
Physical Activity³				
Met aerobic recommendations	46.9	44.3	50.7	Lower than US
Met muscle strengthening recommendations	28.9	29.3	30.2	No
Met both recommendations	18.2	18.8	20.3	No
Tobacco & Alcohol				
Current Smoker	17.6	15.2	16.7	No
Heavy Drinking⁴	7.3	5.8	5.8	Higher than US
Binge Drinking ⁵	16.2	15.9	16.3	No
Safety				
Always use seatbelt when in car	92.4	91.6	88.2	Higher than US
Immunizations				
Influenza Vaccine	41.3	43.2	40.3	No
Pneumococcal Vaccine (Age 65+)	79.1	70.9	71.3	Higher than TX & US
Screening & Testing				
Mammogram in past two years (Age 50+)	83.9	75.0	76.5	Higher than TX & US
Pap test within past three years (Age 21-64)	83.5	77.7	82.2	No
Ever had cholesterol checked	80.7	76.4	81.4	Higher than TX
Ever tested for HIV (Age 18-64)	50.3	40.7	38.0	Higher than TX & US
Chronic Health Conditions				
Arthritis	20.8	20.0	24.7	Lower than US
Current Asthma	9.3	7.6	8.8	No
COPD, Emphysema, or Chronic Bronchitis	6.0	5.1	6.3	No
Diabetes	10.6	11.4	10.5	No
Depressive Disorder	17.4	16.1	17.6	No
Kidney Disease	2.8	2.7	2.7	No
High Blood Pressure	30.1	29.5	32.0	No
High Blood Cholesterol⁶	33.3	36.1	36.5	Lower than US
Heart Disease	5.9	6.1	6.4	No
Ever had a heart attack	4.1	4.3	4.3	No
Ever had a stroke	2.5	3.0	3.0	No

Red = Tarrant County is doing worse/ Green = Tarrant County is doing better compared to Texas or the United States

**Estimates weighted to population characteristics; [†]Data source: Centers for Disease Control and Prevention*

¹Tarrant County difference from either Texas or the United States is statistically significant at the 95% confidence level

²Mental health not good for 14+ days during the past 30 days; ³U.S. Health & Human Services recommendations

⁴Women more than one drink/Men more than two drinks per day; ⁵Women 4+ drinks/Men 5+ drinks on an occasion in the past 30 days

⁶Prevalence of high blood cholesterol among those tested

TABLE 1.3 COMPARISON OF TARRANT COUNTY RISK FACTORS TO HEALTHY PEOPLE 2020 OBJECTIVES

WEIGHTED PERCENTAGE FOR TARRANT COUNTY VERSUS HEALTHY PEOPLE 2020 OBJECTIVES*			
RISK FACTORS	TARRANT COUNTY	HEALTHY PEOPLE 2020 OBJECTIVE	OBJECTIVE MET[†]
Health Care Access			
No Health Insurance	21.9	0.0	No
Have a usual primary care provider	71.1	83.9	No
Weight Status			
Healthy Weight (BMI 18.5-24.9) (Age 20+)	32.8	33.9	Borderline
Obese (BMI ≥ 30.0) (Age 20+)	30.7	30.5	Borderline
Physical Activity			
No Leisure Activity	27.2	32.6	Yes
Met aerobic recommendations ¹	46.9	47.9	Borderline
Met muscle strengthening recommendations¹	28.9	24.1	Yes
Met both recommendations ¹	18.2	20.1	Borderline
Tobacco & Alcohol			
Current Smoker	17.6	12.0	No
Binge Drinking²	16.2	24.4	Yes
Safety			
Always use seatbelt when in car	92.4	92.0	Borderline
Have emergency plan in event of disaster	21.4	51.2	No
Immunizations			
Influenza Vaccine	41.3	70.0	No
Pneumococcal Vaccine (Age 65+)	79.1	90.0	No
Screening & Testing			
Mammogram in past two years (Age 50-74)	86.0	81.1	Yes
Pap test within past three years (Age 21-65)	83.5	93.0	No
Had cholesterol checked within past 5 years	77.7	82.1	No
Discussed PSA test pros & cons (Age 40)³	29.5	15.9	Yes
Chronic Health Conditions			
Activities limited due to arthritis	50.5	35.5	No
High Blood Pressure	30.1	26.9	No
High Blood Cholesterol (Age 20+)⁴	27.2	13.5	No

*Estimates weighted to population characteristics and are among adults aged 18 years and older unless otherwise noted

[†]Objective met/not met if Health People Objective is outside the Tarrant County 95% confidence interval; Objective designated Borderline if Healthy People Objective is within the Tarrant County 95% confidence interval

¹U.S. Health & Human Services recommendations; ²Women 4+ drinks/Men 5+ drinks on an occasion in the past 30 days

³Discussed with a health professional the advantages and disadvantages of Prostate-Specific Antigen testing among men aged 40 and older; ⁴Prevalence of high blood cholesterol among total population aged 20 years and older

Health Status Indicators

Physical & Mental Health Status

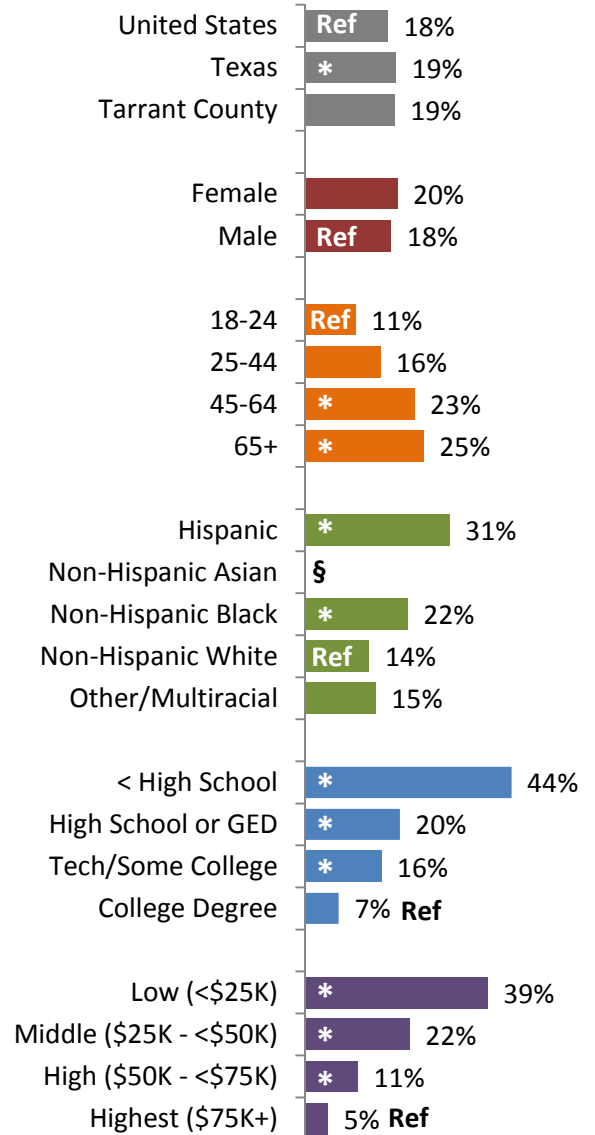
Methods

To assess general health status, respondents used a five-point Likert scale. Those reporting “excellent”, “very good”, or “good” general health were classified as possessing “good health” while persons reporting “fair” and “poor” health were classified as having “fair or poor health.” Other health-related quality of life indicators addressed in the survey include physical health status, mental health status, and physical activity limitation.

Results Summary

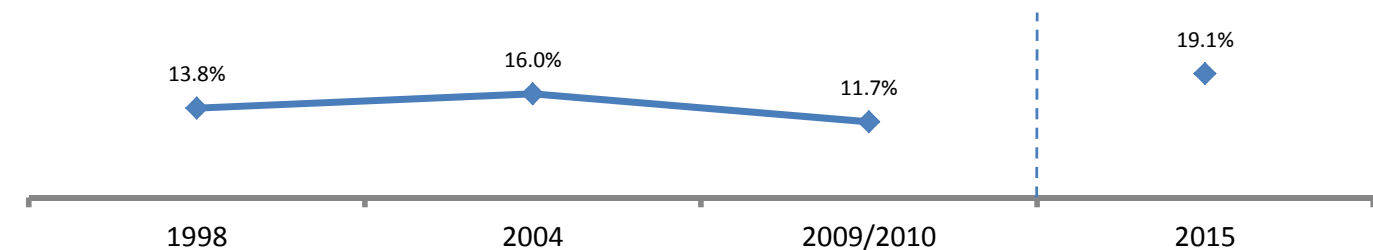
- ◆ An estimated 19% of Tarrant County adults identified themselves as having fair or poor health, 18% reported poor physical health, 21% reported poor mental health, and 12% reported limited activity due to poor physical or mental health
- ◆ Women were significantly more likely to report their physical health as not good compared to men (21% vs. 14%)
- ◆ Residents who sexually identify as LGBT reported fair or poor health at a significantly higher rate than non-LGBT residents (31% vs 17%) and were also more likely to report their mental health was not good (37% vs. 20%)
- ◆ Fair to poor health was reported among significantly more Hispanics (31%) and non-Hispanic Blacks (22%) compared to non-Hispanic Whites (14%)
- ◆ All health-related quality of life indicators improved as education level and income level increased

Figure 2.1 Fair or poor health among adults aged 18 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 2.2 Fair or poor health among adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 2.1 SELF-REPORTED FAIR OR POOR HEALTH
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

FAIR OR POOR HEALTH		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	19.1	17.2-21.1
Sub-County Area		
Central	40.1	31.7-49.0
Northeast	14.3	10.7-18.9
Northwest	19.0	15.6-23.0
Southeast	18.2	14.4-22.7
Southwest	16.3	12.8-20.5
City		
Arlington	21.3	16.5-27.1
Fort Worth	21.5	18.5-24.9
Gender		
Female	19.7	17.3-22.5
Male	18.4	15.6-21.5
Sexual Identity		
LGBT	30.9	21.0-42.9
Non-LGBT	17.4	15.4-19.7
Age (in years)		
18-24	10.8	6.4-17.6
25-44	16.1	12.9-20.0
45-64	23.3	20.3-26.6
65+	25.3	22.1-28.8
Race/Ethnicity		
Hispanic	30.8	25.7-36.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	21.9	17.0-27.7
Non-Hispanic White	13.7	11.9-15.8
Other/Multiracial	15.1	8.4-25.6
Education		
< High school	44.0	36.7-51.6
High school or GED	20.2	17.1-23.7
Tech/Some college	16.3	13.3-19.8
College degree	7.2	5.6-9.1
Annual Income		
Low (<\$25K)	38.9	33.8-44.2
Middle (\$25K-<\$50K)	22.3	17.7-27.6
High (\$50K-<\$75K)	11.3	7.9-15.8
Highest (\$75K+)	4.9	3.4-7.0
Employment		
Employed for wages	14.3	11.7-17.3
Self-employed	12.8	8.0-19.7
Out of work	22.1	14.3-32.5
Homemaker	19.8	13.7-27.6
Student	---	---
Retired	25.7	22.0-29.8
Unable to work	62.4	53.9-70.3

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

**TABLE 2.2 SELF-REPORTED PHYSICAL HEALTH STATUS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

PHYSICAL HEALTH NOT GOOD[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	17.5	15.9-19.3
Sub-County Area		
Central	25.0	18.9-32.2
Northeast	14.0	10.8-17.9
Northwest	18.9	15.5-22.8
Southeast	18.2	14.9-22.1
Southwest	14.6	11.5-18.3
City		
Arlington	20.5	16.4-25.3
Fort Worth	18.4	15.8-21.2
Gender		
Female	20.5	18.2-23.0
Male	14.4	12.2-16.9
Sexual Identity		
LGBT	20.3	12.6-31.1
Non-LGBT	18.0	16.1-20.1
Age (in years)		
18-24	12.8	8.7-18.4
25-44	14.0	11.3-17.1
45-64	20.6	17.9-23.6
65+	24.8	21.9-28.1
Race/Ethnicity		
Hispanic	18.4	14.6-22.9
Non-Hispanic Asian	---	---
Non-Hispanic Black	19.2	15.2-24.0
Non-Hispanic White	16.9	14.9-19.0
Other/Multiracial	22.9	13.7-35.9
Education		
< High school	24.6	19.0-31.1
High school or GED	19.1	16.1-22.5
Tech/Some college	17.8	14.9-21.1
College degree	11.7	9.7-14.2
Annual Income		
Low (<\$25K)	27.9	23.7-32.5
Middle (\$25K-<\$50K)	18.0	14.5-22.2
High (\$50K-<\$75K)	14.6	10.7-19.5
Highest (\$75K+)	10.5	8.3-13.2
Employment		
Employed for wages	11.9	9.9-14.2
Self-employed	13.0	8.5-19.4
Out of work	17.9	11.3-27.3
Homemaker	18.1	12.4-25.6
Student	11.9	6.5-20.9
Retired	24.2	20.9-27.8
Unable to work	62.9	53.9-71.1

[†]Physical health not good for five or more days during the past 30 days; *Estimates weighted to population characteristics
--- = number of responses too small to calculate reliable estimate

**TABLE 2.3 SELF-REPORTED MENTAL HEALTH STATUS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

MENTAL HEALTH NOT GOOD[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	20.7	18.7-22.8
Sub-County Area		
Central	23.9	17.7-31.5
Northeast	19.0	15.0-23.8
Northwest	20.4	16.7-24.7
Southeast	21.5	17.2-26.5
Southwest	18.4	14.6-23.0
City		
Arlington	20.6	16.2-25.8
Fort Worth	20.9	18.0-24.3
Gender		
Female	23.0	20.4-25.8
Male	18.2	15.3-21.5
Sexual Identity		
LGBT	37.3	26.1-50.0
Non-LGBT	20.2	17.9-22.7
Age (in years)		
18-24	29.4	22.9-36.7
25-44	21.9	18.3-25.9
45-64	18.6	16.0-21.5
65+	13.6	11.3-16.4
Race/Ethnicity		
Hispanic	21.8	17.2-27.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	23.2	18.3-28.9
Non-Hispanic White	19.9	17.5-22.5
Other/Multiracial	24.8	14.8-38.6
Education		
< High school	27.5	20.9-35.2
High school or GED	23.9	20.2-28.1
Tech/Some college	22.1	18.7-26.0
College degree	12.0	9.8-14.7
Annual Income		
Low (<\$25K)	31.1	26.2-36.4
Middle (\$25K-<\$50K)	22.4	18.1-27.5
High (\$50K-<\$75K)	19.0	14.5-24.5
Highest (\$75K+)	13.2	10.3-16.8
Employment		
Employed for wages	17.6	15.1-20.5
Self-employed	16.4	10.9-23.9
Out of work	34.4	22.1-49.2
Homemaker	20.6	14.8-27.9
Student	30.4	20.8-42.0
Retired	13.8	11.2-17.1
Unable to work	44.3	35.8-53.1

[†]Mental health not good for five or more days during the past 30 days; *Estimates weighted to population characteristics
 --- = number of responses too small to calculate reliable estimate

**TABLE 2.4 FREQUENT MENTAL DISTRESS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

FREQUENT MENTAL DISTRESS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	10.4	9.1-11.9
Sub-County Area		
Central	15.4	10.8-21.4
Northeast	8.4	5.9-11.9
Northwest	10.5	7.9-13.8
Southeast	10.8	8.1-14.2
Southwest	7.5	5.2-10.6
City		
Arlington	11.9	8.6-16.2
Fort Worth	10.8	8.7-13.3
Gender		
Female	11.3	9.5-13.4
Male	9.5	7.6-11.8
Sexual Identity		
LGBT	21.8	13.5-33.2
Non-LGBT	9.4	8.0-11.1
Age (in years)		
18-24	12.7	8.6-18.4
25-44	10.2	8.0-13.0
45-64	11.3	9.2-13.8
65+	6.6	5.1-8.6
Race/Ethnicity		
Hispanic	8.8	6.2-12.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	14.2	10.5-18.9
Non-Hispanic White	10.1	8.5-12.1
Other/Multiracial	11.9	5.6-23.6
Education		
< High school	13.3	9.3-18.6
High school or GED	12.2	9.7-15.3
Tech/Some college	12.2	9.6-15.4
College degree	5.0	3.8-6.7
Annual Income		
Low (<\$25K)	16.0	12.9-19.7
Middle (\$25K-<\$50K)	12.7	9.4-16.9
High (\$50K-<\$75K)	8.4	5.5-12.7
Highest (\$75K+)	5.3	3.6-7.7
Employment		
Employed for wages	8.0	6.3-10.1
Self-employed	6.6	3.6-11.7
Out of work	16.8	10.1-26.7
Homemaker	9.1	5.6-14.4
Student	15.2	8.8-25.1
Retired	6.7	5.1-8.8
Unable to work	34.4	26.5-43.2

[†]Mental health not good for 14 or more days during the past 30 days; *Estimates weighted to population characteristics
--- = number of responses too small to calculate reliable estimate

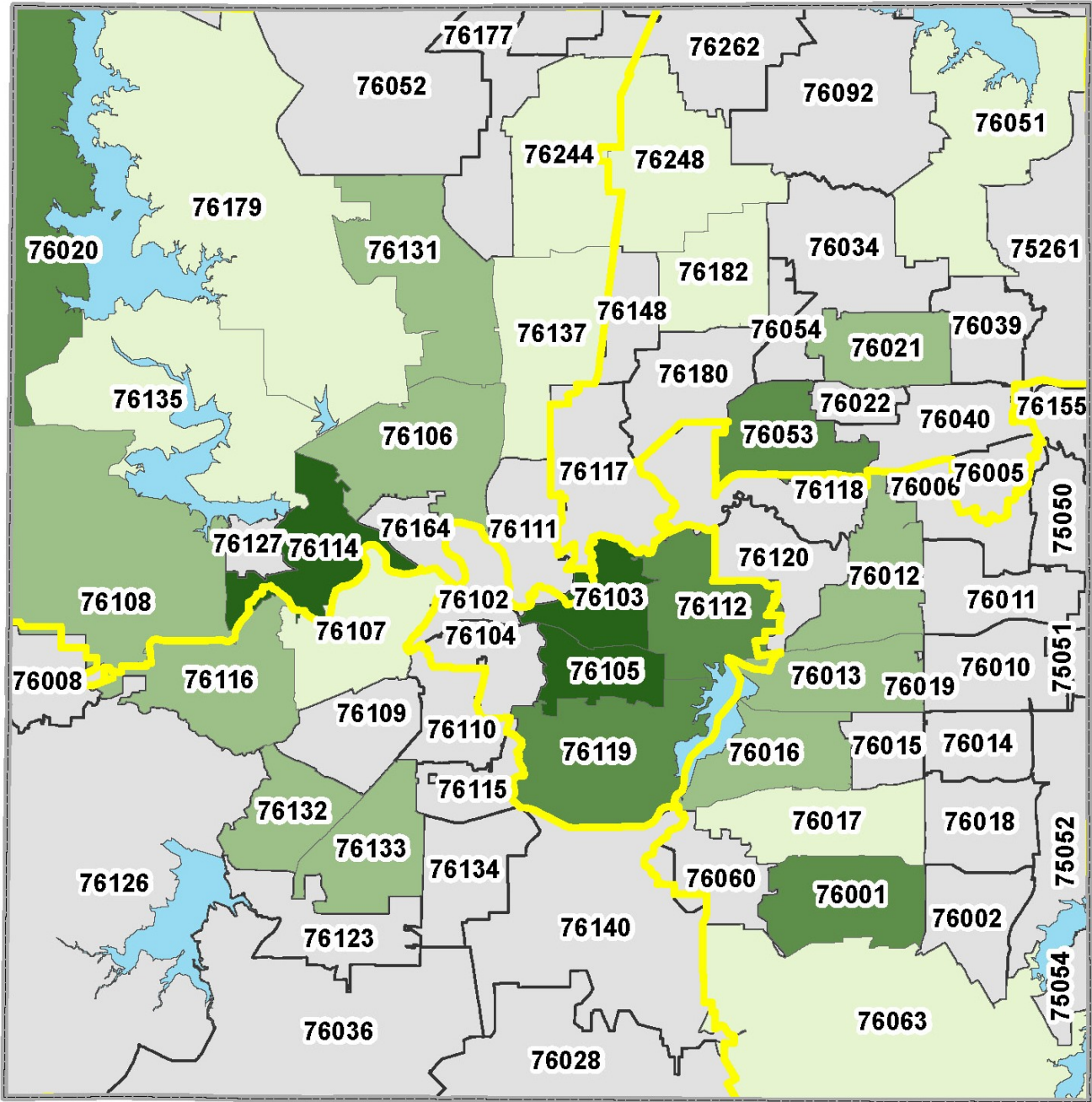
**TABLE 2.5 SELF-REPORTED PHYSICAL ACTIVITY LIMITATION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

KEPT FROM USUAL ACTIVITIES DUE TO POOR PHYSICAL OR MENTAL HEALTH[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	12.2	10.7-13.9
Sub-County Area		
Central	18.1	13.4-23.9
Northeast	10.3	7.4-14.2
Northwest	11.5	8.9-14.6
Southeast	14.6	10.9-19.2
Southwest	9.3	6.9-12.6
City		
Arlington	14.3	10.8-18.7
Fort Worth	12.4	10.3-14.8
Gender		
Female	13.2	11.3-15.4
Male	11.2	8.9-13.9
Sexual Identity		
LGBT	22.8	14.1-34.6
Non-LGBT	12.6	10.8-14.7
Age (in years)		
18-24	9.5	5.9-15.0
25-44	11.0	8.2-14.5
45-64	14.0	11.8-16.6
65+	13.9	11.7-16.4
Race/Ethnicity		
Hispanic	12.4	8.7-17.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	16.3	12.5-20.9
Non-Hispanic White	11.2	9.5-13.2
Other/Multiracial	21.6	12.1-35.5
Education		
< High school	17.7	12.2-24.9
High school or GED	12.4	10.0-15.2
Tech/Some college	13.5	10.9-16.8
College degree	7.5	5.8-9.6
Annual Income		
Low (<\$25K)	21.8	17.6-26.7
Middle (\$25K-<\$50K)	12.7	9.5-16.9
High (\$50K-<\$75K)	9.2	6.2-13.3
Highest (\$75K+)	5.8	4.1-8.1
Employment		
Employed for wages	6.2	4.8-8.1
Self-employed	7.6	4.3-13.2
Out of work	23.7	12.6-40.1
Homemaker	12.1	7.5-19.0
Student	12.0	6.5-21.4
Retired	14.2	11.7-17.2
Unable to work	57.3	48.5-65.7

[†]Poor physical or mental health limiting usual activities such as self-care, work, or recreation for five or more days during the past 30 days;

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

FIGURE 2.3 SELF-REPORTED FAIR OR POOR HEALTH AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015



Percentage

- 4.7% - 13.4%
- 13.5% - 26.8%
- 26.9% - 40.1%
- 40.2% - 53.5%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Health Care Access

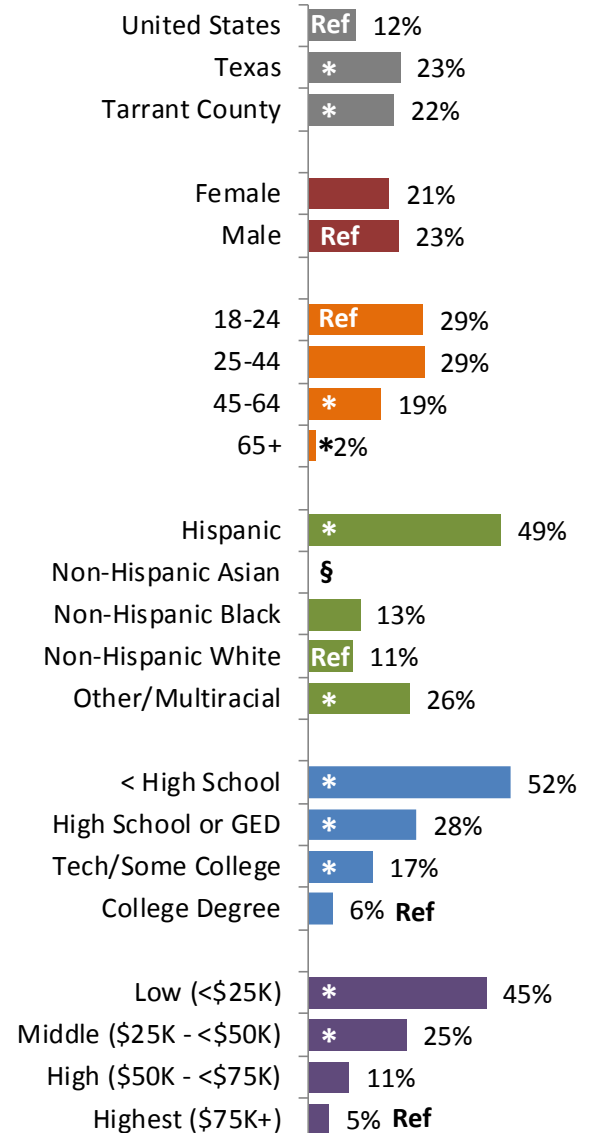
Methods

The BRFSS assesses health care access among respondents with questions regarding health care coverage (including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service). Health care access was also evaluated by ability to pay for health care, possessing a personal doctor or health care provider, and receiving a routine health checkup.

Results Summary

- ◆ Approximately 1 out of 5 Tarrant County adults has no health insurance
- ◆ 18-24 year-olds were significantly more likely to have no health care coverage compared to residents aged 45 years and older
- ◆ LGBT residents were significantly more likely to have no health care coverage compared to non-LGBT residents
- ◆ Populations most likely to not have health insurance include: out of work (55%), less than a high school education (52%), Hispanics (49%), and low income (45%)
- ◆ 18% of Tarrant County residents could not see a doctor in the past year due to costs and 29% have no personal doctor or health care provider
- ◆ An estimated two-thirds of Tarrant County residents had a routine checkup or general physical exam in the past year

Figure 3.1 No health insurance among adults aged 18 years and older, Tarrant County, 2015

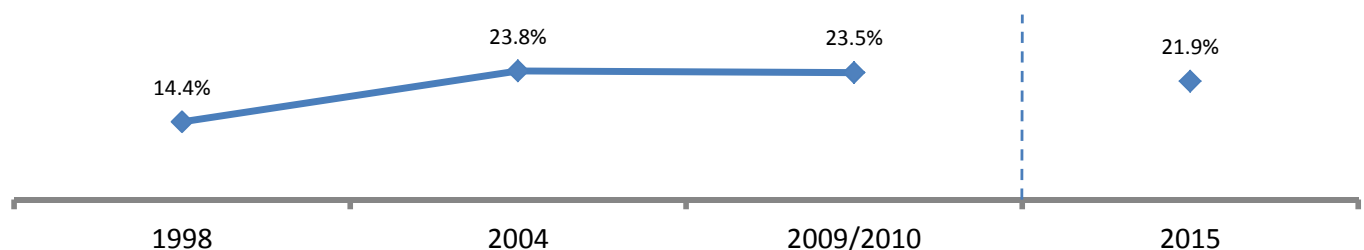


Healthy People 2020 Objective (0%)

Ref = Reference Group; § = result unreliable

* = difference from reference group is statistically significant at the 95% confidence level

Figure 3.2 No health insurance among adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 3.1 HEALTH INSURANCE STATUS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

No Health Insurance		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	21.9	19.8-24.2
Sub-County Area		
Central	34.3	25.9-43.8
Northeast	13.6	9.9-18.3
Northwest	22.5	18.4-27.1
Southeast	22.4	18.0-27.6
Southwest	24.9	20.2-30.1
City		
Arlington	22.0	17.3-27.5
Fort Worth	27.7	24.2-31.5
Gender		
Female	20.8	18.3-23.6
Male	23.1	19.8-26.8
Sexual Identity		
LGBT	34.8	23.7-47.7
Non-LGBT	18.4	16.2-21.0
Age (in years)		
18-24	29.3	23.0-36.5
25-44	29.4	25.3-33.8
45-64	18.7	15.9-21.8
65+	2.0	1.2-3.3
Race/Ethnicity		
Hispanic	49.2	43.7-54.8
Non-Hispanic Asian	---	---
Non-Hispanic Black	13.1	9.5-17.7
Non-Hispanic White	11.4	9.5-13.6
Other/Multiracial	25.9	15.7-39.6
Education		
< High school	51.7	44.3-59.1
High school or GED	27.7	23.7-32.1
Tech/Some college	16.5	13.4-20.1
College degree	6.2	4.6-8.2
Annual Income		
Low (<\$25K)	45.4	40.0-50.9
Middle (\$25K-<\$50K)	25.1	20.7-30.1
High (\$50K-<\$75K)	10.6	7.1-15.6
Highest (\$75K+)	5.3	3.5-7.9
Employment		
Employed for wages	20.9	18.1-24.1
Self-employed	27.6	21.0-35.3
Out of work	55.0	42.8-66.6
Homemaker	36.4	28.6-44.9
Student	20.7	12.8-31.7
Retired	3.0	1.7-5.1
Unable to work	14.9	9.2-23.3

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

**TABLE 3.2 COULD NOT SEE A DOCTOR DUE TO COST
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

COULD NOT SEE A DOCTOR DUE TO COST[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	18.3	16.4-20.4
Sub-County Area		
Central	25.3	18.9-33.2
Northeast	13.1	9.5-17.8
Northwest	22.6	18.7-27.1
Southeast	20.1	15.9-25.1
Southwest	15.6	12.0-20.0
City		
Arlington	19.3	15.0-24.4
Fort Worth	20.0	17.1-23.3
Gender		
Female	20.2	17.7-23.0
Male	16.4	13.6-19.6
Sexual Identity		
LGBT	23.2	14.6-34.8
Non-LGBT	17.8	15.6-20.3
Age (in years)		
18-24	19.7	14.6-26.1
25-44	24.7	21.0-28.8
45-64	16.3	13.7-19.4
65+	4.3	3.1-5.8
Race/Ethnicity		
Hispanic	28.5	23.5-34.1
Non-Hispanic Asian	---	---
Non-Hispanic Black	20.1	15.6-25.6
Non-Hispanic White	13.0	11.0-15.2
Other/Multiracial	26.3	16.1-39.8
Education		
< High school	32.9	25.9-40.8
High school or GED	19.7	16.3-23.5
Tech/Some college	18.3	15.2-21.8
College degree	8.7	6.7-11.2
Annual Income		
Low (<\$25K)	36.4	31.3-41.9
Middle (\$25K-<\$50K)	21.6	17.4-26.5
High (\$50K-<\$75K)	11.9	8.4-16.7
Highest (\$75K+)	6.6	4.7-9.2
Employment		
Employed for wages	18.6	16.0-21.4
Self-employed	16.5	11.3-23.5
Out of work	39.1	26.8-53.1
Homemaker	22.0	15.6-30.1
Student	16.5	10.0-26.0
Retired	4.5	3.0-6.8
Unable to work	27.7	20.4-36.5

[†]Could not see a doctor due to cost in the past 12 months; *Estimates weighted to population characteristics
 --- = number of responses too small to calculate reliable estimate

**TABLE 3.3 NO PERSONAL DOCTOR OR HEALTH CARE PROVIDER
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

NO PERSONAL DOCTOR OR HEALTH CARE PROVIDER		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	28.9	26.7-31.2
Sub-County Area		
Central	42.1	34.7-49.9
Northeast	22.3	17.9-27.5
Northwest	30.5	26.1-35.4
Southeast	29.3	24.5-34.6
Southwest	28.4	23.8-33.5
City		
Arlington	28.2	23.1-34.0
Fort Worth	32.4	29.0-36.1
Gender		
Female	23.3	20.7-26.2
Male	34.8	31.4-38.4
Sexual Identity		
LGBT	33.8	23.4-46.1
Non-LGBT	26.9	24.4-29.7
Age (in years)		
18-24	51.5	44.0-59.0
25-44	37.6	33.5-42.0
45-64	19.2	16.4-22.4
65+	5.8	4.2-8.1
Race/Ethnicity		
Hispanic	51.3	45.8-56.7
Non-Hispanic Asian	38.6	26.2-52.7
Non-Hispanic Black	20.8	16.2-26.3
Non-Hispanic White	19.3	17.0-21.9
Other/Multiracial	37.8	25.4-52.0
Education		
< High school	50.6	43.3-57.9
High school or GED	33.9	29.6-38.4
Tech/Some college	25.8	22.2-29.9
College degree	15.8	13.0-19.0
Annual Income		
Low (<\$25K)	48.0	42.8-53.2
Middle (\$25K-<\$50K)	34.1	29.1-39.4
High (\$50K-<\$75K)	23.5	18.3-29.6
Highest (\$75K+)	10.5	8.2-13.4
Employment		
Employed for wages	32.1	28.9-35.4
Self-employed	26.9	20.7-34.2
Out of work	53.0	40.7-64.9
Homemaker	31.5	24.2-39.8
Student	39.0	28.9-50.1
Retired	7.2	4.6-11.0
Unable to work	16.6	10.7-24.9

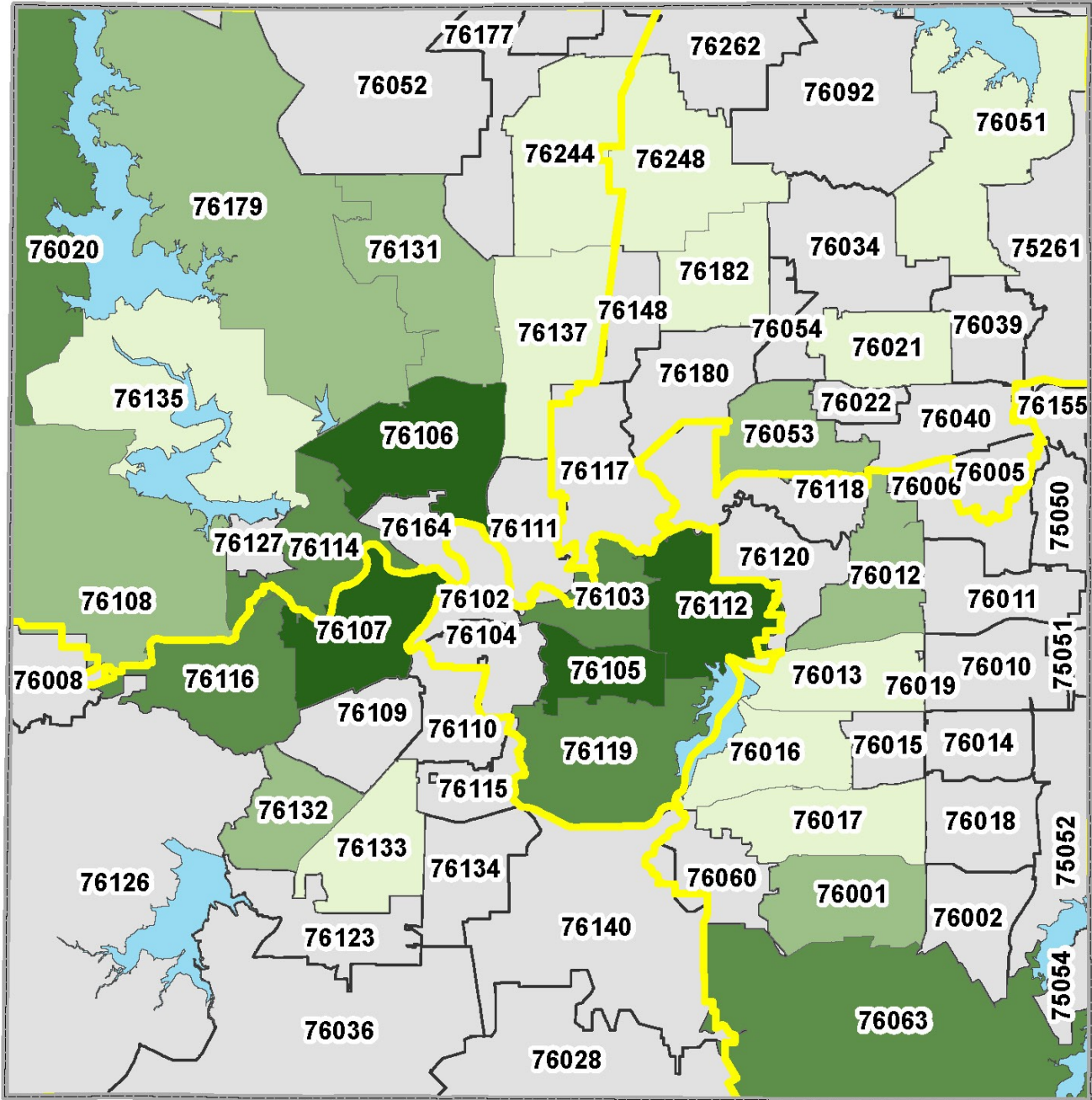
*Estimates weighted to population characteristics

**TABLE 3.4 GENERAL HEALTH CHECKUPS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

HAD A ROUTINE CHECKUP IN THE PAST YEAR		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	68.3	65.9-70.6
Sub-County Area		
Central	58.5	49.5-67.0
Northeast	72.6	67.5-77.2
Northwest	67.1	62.1-71.8
Southeast	66.7	61.4-71.5
Southwest	70.8	65.6-75.5
City		
Arlington	67.5	61.6-72.8
Fort Worth	66.9	63.0-70.5
Gender		
Female	73.1	70.1-75.9
Male	63.1	59.4-66.7
Sexual Identity		
LGBT	62.2	49.7-73.2
Non-LGBT	68.1	65.3-70.7
Age (in years)		
18-24	53.9	46.2-61.4
25-44	58.0	53.5-62.3
45-64	76.9	73.7-79.8
65+	89.9	87.5-91.9
Race/Ethnicity		
Hispanic	55.9	50.2-61.5
Non-Hispanic Asian	75.4	62.1-85.1
Non-Hispanic Black	75.8	70.0-80.8
Non-Hispanic White	72.4	69.6-75.0
Other/Multiracial	59.1	44.8-72.1
Education		
< High school	55.2	47.4-62.8
High school or GED	65.4	60.9-69.7
Tech/Some college	70.2	66.1-74.1
College degree	75.8	72.3-78.9
Annual Income		
Low (<\$25K)	56.9	51.4-62.3
Middle (\$25K-<\$50K)	62.4	57.0-67.5
High (\$50K-<\$75K)	70.6	64.1-76.5
Highest (\$75K+)	78.7	75.0-81.9
Employment		
Employed for wages	66.2	62.8-69.5
Self-employed	63.5	55.6-70.7
Out of work	41.0	29.9-53.2
Homemaker	63.5	54.7-71.6
Student	65.3	54.0-75.1
Retired	89.1	86.4-91.4
Unable to work	80.5	72.0-86.9

*Estimates weighted to population characteristics

**FIGURE 3.3 NO HEALTH INSURANCE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 3.8% - 15.0%
- 15.1% - 22.5%
- 22.6% - 33.5%
- 33.6% - 46.5%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Chronic Conditions

Arthritis

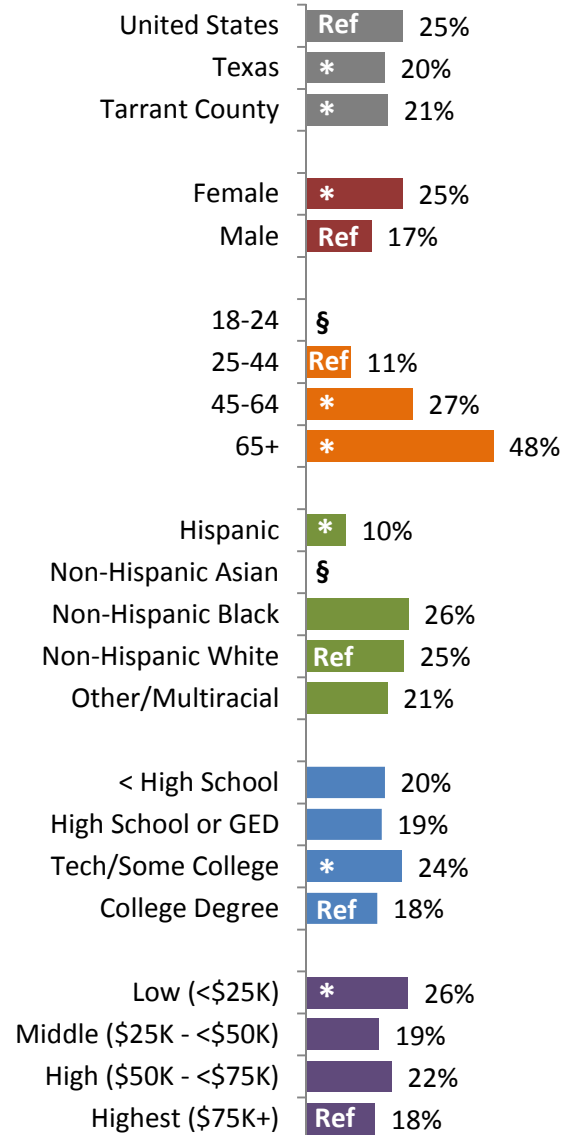
Methods

In order to evaluate the burden of arthritis among Tarrant County residents, BRFSS questioned respondents regarding health care provider-diagnosed arthritic conditions as well as activity limitations due to arthritis or joint pain. Arthritic conditions include, but are not limited to, rheumatoid arthritis, osteoarthritis, carpal tunnel syndrome, gout, lupus, and fibromyalgia.

Results Summary

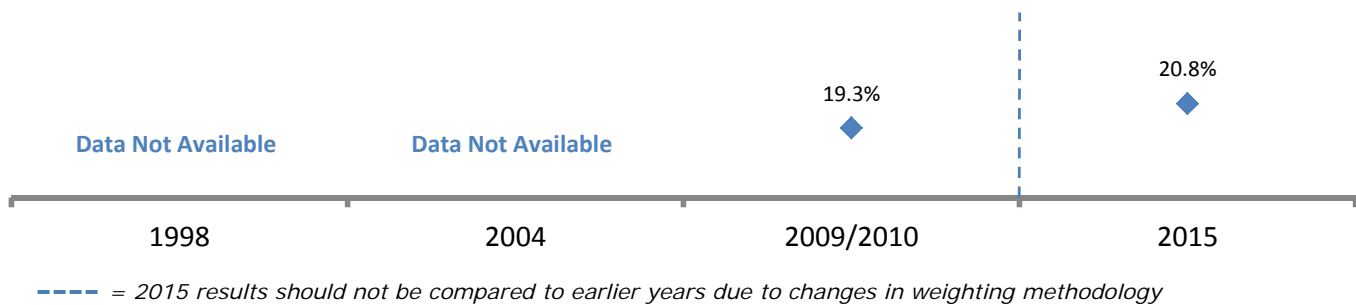
- ◆ An estimated 1 out of 5 Tarrant County adults have been diagnosed with some form of arthritis and half of those diagnosed reported activity limitations due to arthritis or joint symptoms
- ◆ Significantly more females were diagnosed with arthritis compared to males (25% vs. 17%)
- ◆ The prevalence of arthritis increased significantly with each increase in age group
- ◆ Hispanics had a lower prevalence rate of arthritis compared to non-Hispanic Whites
- ◆ Adults who were retired or unable to work were significantly more likely to have arthritis compared to adults who were employed for wages

Figure 4.1 Arthritic conditions among adults aged 18 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 4.2 Arthritic conditions among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 4.1 ARTHRITIS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH SOME FORM OF ARTHRITIS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	20.8	19.1-22.5
Sub-County Area		
Central	24.5	19.3-30.5
Northeast	22.2	18.3-26.7
Northwest	18.5	15.5-21.8
Southeast	20.4	16.9-24.3
Southwest	22.9	19.2-27.1
City		
Arlington	20.3	16.3-25.0
Fort Worth	21.4	18.8-24.1
Gender		
Female	24.6	22.3-27.2
Male	16.6	14.4-19.1
Sexual Identity		
LGBT	14.0	8.0-23.3
Non-LGBT	22.7	20.7-24.9
Age (in years)		
18-24	---	---
25-44	11.4	8.9-14.5
45-64	27.2	24.3-30.5
65+	47.8	44.2-51.5
Race/Ethnicity		
Hispanic	10.1	7.5-13.5
Non-Hispanic Asian	---	---
Non-Hispanic Black	26.1	21.3-31.6
Non-Hispanic White	24.9	22.7-27.3
Other/Multiracial	20.7	11.9-33.6
Education		
< High school	20.0	15.3-25.6
High school or GED	19.2	16.3-22.4
Tech/Some college	24.4	21.1-28.0
College degree	18.1	15.7-20.7
Annual Income		
Low (<\$25K)	26.0	22.1-30.3
Middle (\$25K-<\$50K)	18.6	15.2-22.5
High (\$50K-<\$75K)	21.8	17.2-27.2
Highest (\$75K+)	17.6	14.9-20.8
Employment		
Employed for wages	13.8	11.8-16.2
Self-employed	19.0	13.6-25.9
Out of work	16.4	10.2-25.4
Homemaker	19.5	14.0-26.5
Student	---	---
Retired	44.5	40.5-48.6
Unable to work	50.2	41.7-58.7

[†]Diagnosed by a health professional with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia

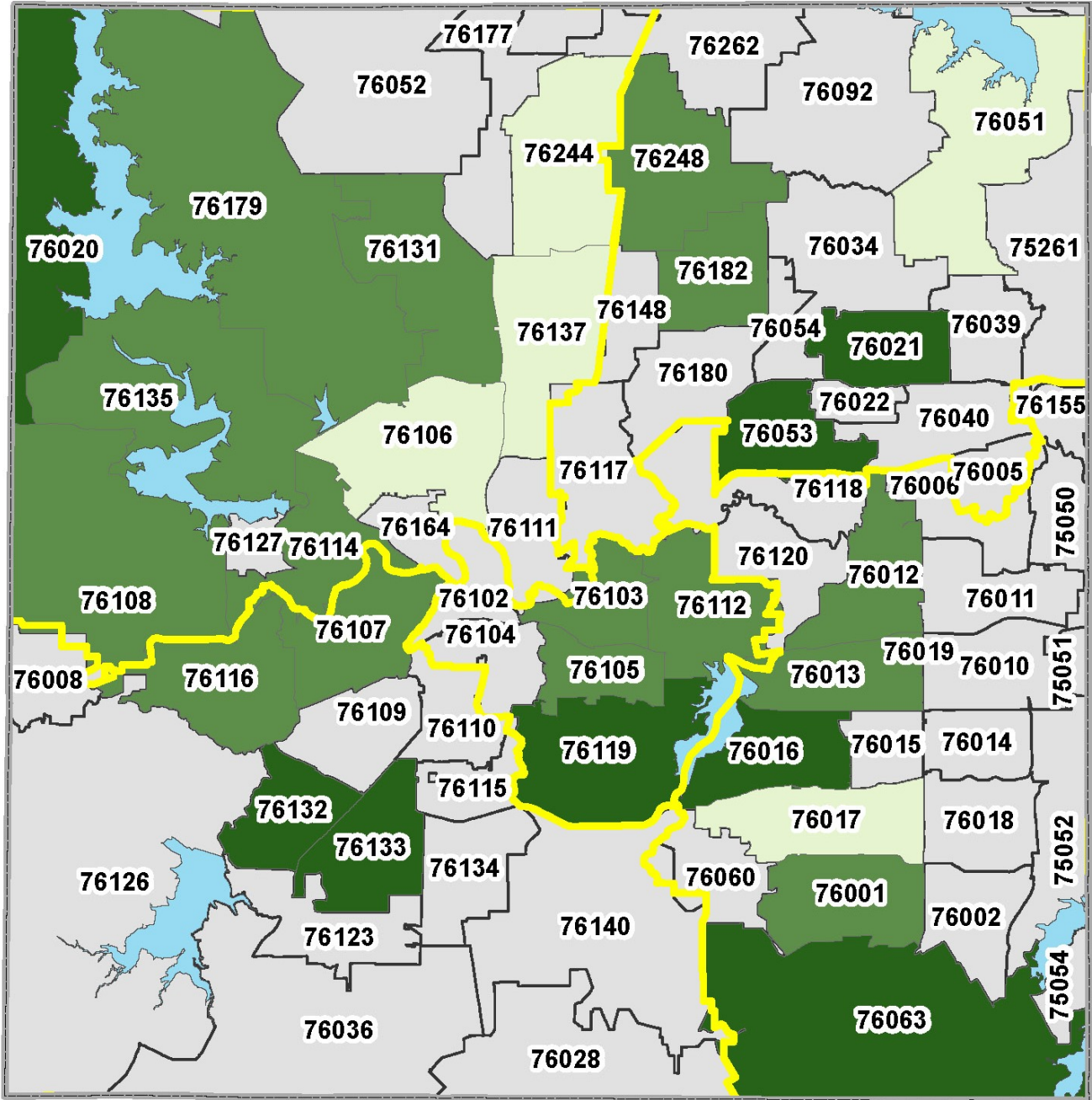
*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 4.2 ACTIVITIES LIMITED DUE TO ARTHRITIS OR JOINT SYMPTOMS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

ACTIVITIES LIMITED DUE TO ARTHRITIS OR JOINT SYMPTOMS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	50.5	43.5-57.4
Sub-County Area		
Central	62.8	44.3-78.2
Northeast	45.0	29.7-61.3
Northwest	47.0	34.5-59.9
Southeast	49.6	34.7-64.6
Southwest	54.1	40.5-67.0
City		
Arlington	48.0	31.2-65.2
Fort Worth	56.9	46.8-66.5
Gender		
Female	58.2	49.1-66.8
Male	39.7	29.5-50.9
Sexual Identity		
LGBT	---	---
Non-LGBT	48.4	41.2-55.7
Age (in years)		
18-24	---	---
25-44	49.3	31.0-67.7
45-64	53.4	43.3-63.2
65+	46.9	39.0-54.9
Race/Ethnicity		
Hispanic	62.4	41.1-79.8
Non-Hispanic Asian	---	---
Non-Hispanic Black	65.5	47.2-80.1
Non-Hispanic White	46.1	38.2-54.1
Other/Multiracial	---	---
Education		
< High school	69.0	47.4-84.6
High school or GED	48.9	35.4-62.5
Tech/Some college	50.9	39.0-62.6
College degree	39.6	29.2-51.0
Annual Income		
Low (<\$25K)	70.5	56.4-81.5
Middle (\$25K-<\$50K)	56.2	38.4-72.5
High (\$50K-<\$75K)	24.7	14.9-38.1
Highest (\$75K+)	38.3	26.9-51.3
Employment		
Employed for wages	36.3	24.4-50.1
Self-employed	60.3	35.3-80.8
Out of work	---	---
Homemaker	58.0	35.0-78.0
Student	---	---
Retired	45.0	36.6-53.7
Unable to work	79.0	57.2-91.3

[†]Among those who had been told by a health professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia
*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**FIGURE 4.3 ARTHRITIS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 7.4% - 12.4%
- 12.5% - 24.8%
- 24.9% - 37.6%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Cardiovascular Health

Methods

BRFSS assessed the cardiovascular health of Tarrant County adults via a series of questions regarding hypertension, blood cholesterol levels, heart disease, heart attacks, and strokes.

Results Summary

- ◆ Almost one-third (30%) of Tarrant County adults reported high blood pressure diagnosed by a health care professional
- ◆ Approximately 6% of adult residents have been diagnosed with heart disease, 4% reported having had a heart attack, and 3% reported having ever had a stroke
- ◆ Men were significantly more likely to have high blood pressure, heart disease, and heart attacks compared to women
- ◆ Compared to non-Hispanic Whites, non-Hispanic Asians were significantly less likely to report high blood pressure while non-Hispanic Blacks were significantly more likely
- ◆ All cardiovascular-related health indicators were significantly more likely to occur in adults aged 65 years and older than in all other age groups

Figure 5.1 High blood pressure among adults aged 18 years and older, Tarrant County, 2015

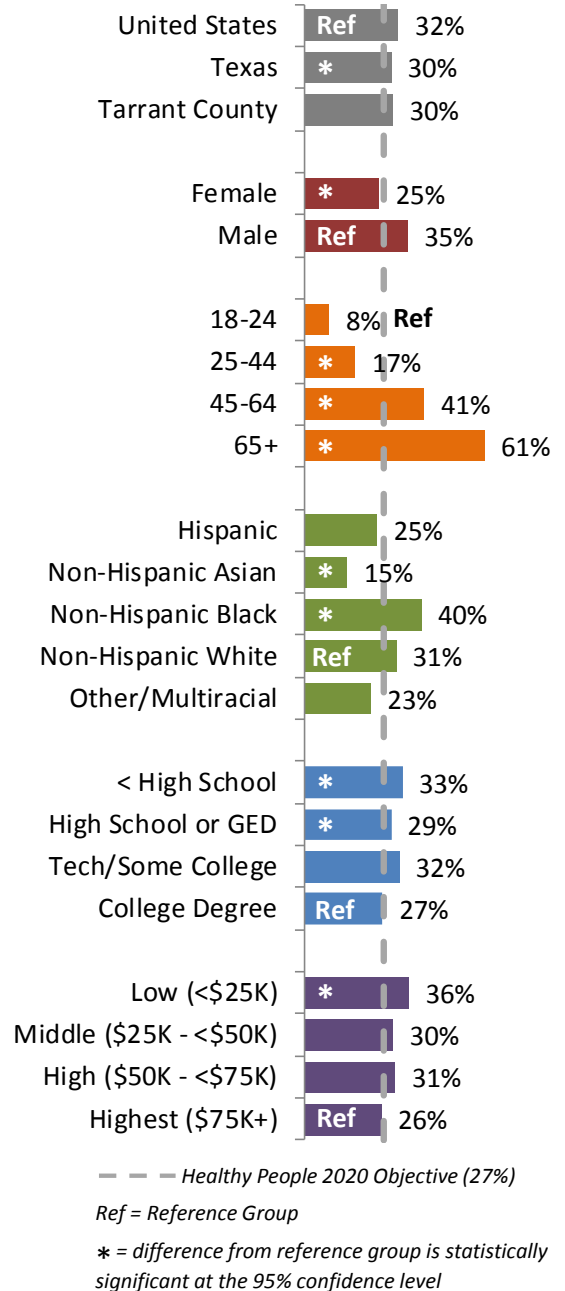
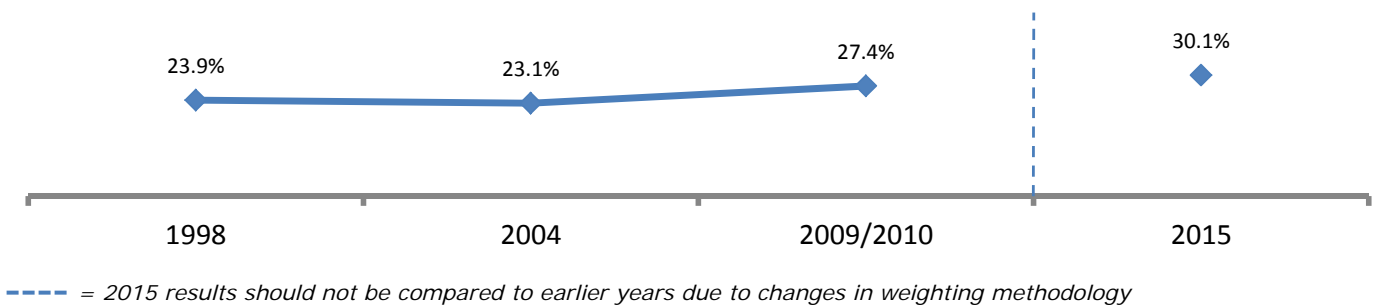


Figure 5.2 High blood pressure among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 5.1 HIGH BLOOD PRESSURE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH HIGH BLOOD PRESSURE		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	30.1	28.1-32.2
Sub-County Area		
Central	40.3	33.1-47.9
Northeast	26.4	22.4-30.8
Northwest	28.3	24.4-32.5
Southeast	29.2	24.9-34.0
Southwest	32.3	27.8-37.0
City		
Arlington	28.3	23.7-33.4
Fort Worth	32.7	29.5-36.0
Gender		
Female	25.4	23.1-27.9
Male	35.1	31.8-38.4
Sexual Identity		
LGBT	28.3	18.8-40.3
Non-LGBT	31.1	28.7-33.5
Age (in years)		
18-24	8.3	5.0-13.6
25-44	17.3	14.0-21.1
45-64	40.8	37.5-44.2
65+	61.2	57.6-64.7
Race/Ethnicity		
Hispanic	24.7	20.1-29.9
Non-Hispanic Asian	14.6	8.4-24.0
Non-Hispanic Black	39.8	34.0-45.9
Non-Hispanic White	31.2	28.7-33.7
Other/Multiracial	22.6	14.4-33.6
Education		
< High school	33.3	26.8-40.6
High school or GED	29.4	25.7-33.3
Tech/Some college	32.2	28.5-36.0
College degree	26.6	23.6-29.7
Annual Income		
Low (<\$25K)	35.6	30.9-40.7
Middle (\$25K-<\$50K)	30.2	25.6-35.1
High (\$50K-<\$75K)	30.9	25.7-36.6
Highest (\$75K+)	26.2	22.9-29.7
Employment		
Employed for wages	25.2	22.5-28.1
Self-employed	27.5	21.1-34.9
Out of work	31.3	19.6-45.9
Homemaker	13.0	9.6-17.3
Student	---	---
Retired	57.1	52.8-61.3
Unable to work	59.6	50.8-67.9

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

**TABLE 5.2 HIGH BLOOD CHOLESTEROL
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH HIGH BLOOD CHOLESTEROL[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	33.3	31.1-35.6
Sub-County Area		
Central	39.3	31.4-47.9
Northeast	35.6	30.8-40.8
Northwest	30.9	26.6-35.7
Southeast	30.0	25.8-34.7
Southwest	37.5	32.3-43.1
City		
Arlington	30.6	25.6-36.2
Fort Worth	36.4	32.7-40.3
Gender		
Female	30.8	28.0-33.7
Male	36.1	32.7-39.7
Sexual Identity		
LGBT	33.8	20.9-49.6
Non-LGBT	34.6	32.0-37.2
Age (in years)		
18-24	---	---
25-44	20.7	17.1-24.9
45-64	41.1	37.6-44.6
65+	55.9	52.2-59.6
Race/Ethnicity		
Hispanic	25.7	20.8-31.4
Non-Hispanic Asian	21.4	12.7-33.8
Non-Hispanic Black	30.0	24.6-36.0
Non-Hispanic White	37.7	34.9-40.6
Other/Multiracial	38.9	25.9-53.8
Education		
< High school	31.7	24.7-39.5
High school or GED	36.2	31.7-41.0
Tech/Some college	33.0	29.1-37.2
College degree	32.1	28.7-35.7
Annual Income		
Low (<\$25K)	34.6	29.7-39.9
Middle (\$25K-<\$50K)	31.4	26.5-36.7
High (\$50K-<\$75K)	31.6	25.9-37.9
Highest (\$75K+)	34.5	30.6-38.7
Employment		
Employed for wages	28.0	24.9-31.3
Self-employed	27.8	20.9-35.9
Out of work	35.2	24.2-48.1
Homemaker	33.0	25.4-41.6
Student	---	---
Retired	52.5	48.2-56.8
Unable to work	50.9	41.9-59.9

[†]Among those who had their blood cholesterol tested

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 5.3 HEART DISEASE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH HEART DISEASE[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	5.9	5.1-6.9
Sub-County Area		
Central	8.7	6.3-12.1
Northeast	6.0	4.3-8.5
Northwest	5.1	3.8-6.8
Southeast	5.2	3.6-7.3
Southwest	6.6	4.6-9.4
City		
Arlington	5.7	3.8-8.7
Fort Worth	6.2	5.0-7.7
Gender		
Female	3.8	3.1-4.7
Male	8.2	6.7-10.0
Sexual Identity		
LGBT	---	---
Non-LGBT	5.7	4.8-6.9
Age (in years)		
18-24	---	---
25-44	2.0	1.1-3.7
45-64	6.8	5.4-8.5
65+	20.8	17.6-24.4
Race/Ethnicity		
Hispanic	2.9	1.6-5.2
Non-Hispanic Asian	---	---
Non-Hispanic Black	7.2	4.9-10.5
Non-Hispanic White	7.0	5.9-8.2
Other/Multiracial	8.6	3.9-18.1
Education		
< High school	7.1	4.5-11.0
High school or GED	6.0	4.6-7.9
Tech/Some college	6.5	5.1-8.2
College degree	4.2	3.2-5.6
Annual Income		
Low (<\$25K)	9.4	7.3-12.1
Middle (\$25K-<\$50K)	5.6	3.8-8.1
High (\$50K-<\$75K)	5.0	3.2-7.7
Highest (\$75K+)	3.4	2.3-5.0
Employment		
Employed for wages	3.2	2.3-4.6
Self-employed	---	---
Out of work	---	---
Homemaker	1.4	0.7-2.8
Student	---	---
Retired	20.1	16.9-23.8
Unable to work	16.8	12.2-22.6

[†]Heart disease includes health care provider-diagnosed heart attack, angina, or coronary heart disease

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 5.4 HEART ATTACK
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

EVER HAD A HEART ATTACK		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	4.1	3.4-4.9
Sub-County Area		
Central	5.6	3.7-8.4
Northeast	4.2	2.7-6.5
Northwest	3.5	2.5-4.8
Southeast	3.5	2.2-5.5
Southwest	4.6	3.0-7.0
City		
Arlington	3.9	2.2-6.8
Fort Worth	4.3	3.3-5.7
Gender		
Female	2.4	1.8-3.1
Male	5.9	4.6-7.5
Sexual Identity		
LGBT	---	---
Non-LGBT	3.8	3.0-4.9
Age (in years)		
18-24	---	---
25-44	---	---
45-64	4.2	3.2-5.6
65+	14.5	11.6-17.9
Race/Ethnicity		
Hispanic	1.9	0.8-4.2
Non-Hispanic Asian	---	---
Non-Hispanic Black	4.1	2.4-6.9
Non-Hispanic White	5.0	4.1-6.1
Other/Multiracial	---	---
Education		
< High school	5.3	3.0-9.1
High school or GED	4.2	3.0-5.9
Tech/Some college	4.1	3.0-5.4
College degree	2.9	2.0-4.2
Annual Income		
Low (<\$25K)	6.3	4.6-8.7
Middle (\$25K-<\$50K)	4.3	2.7-6.8
High (\$50K-<\$75K)	3.6	2.1-6.0
Highest (\$75K+)	2.2	1.3-3.5
Employment		
Employed for wages	2.2	1.4-3.4
Self-employed	---	---
Out of work	---	---
Homemaker	---	---
Student	---	---
Retired	14.3	11.3-17.8
Unable to work	9.7	6.4-14.4

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

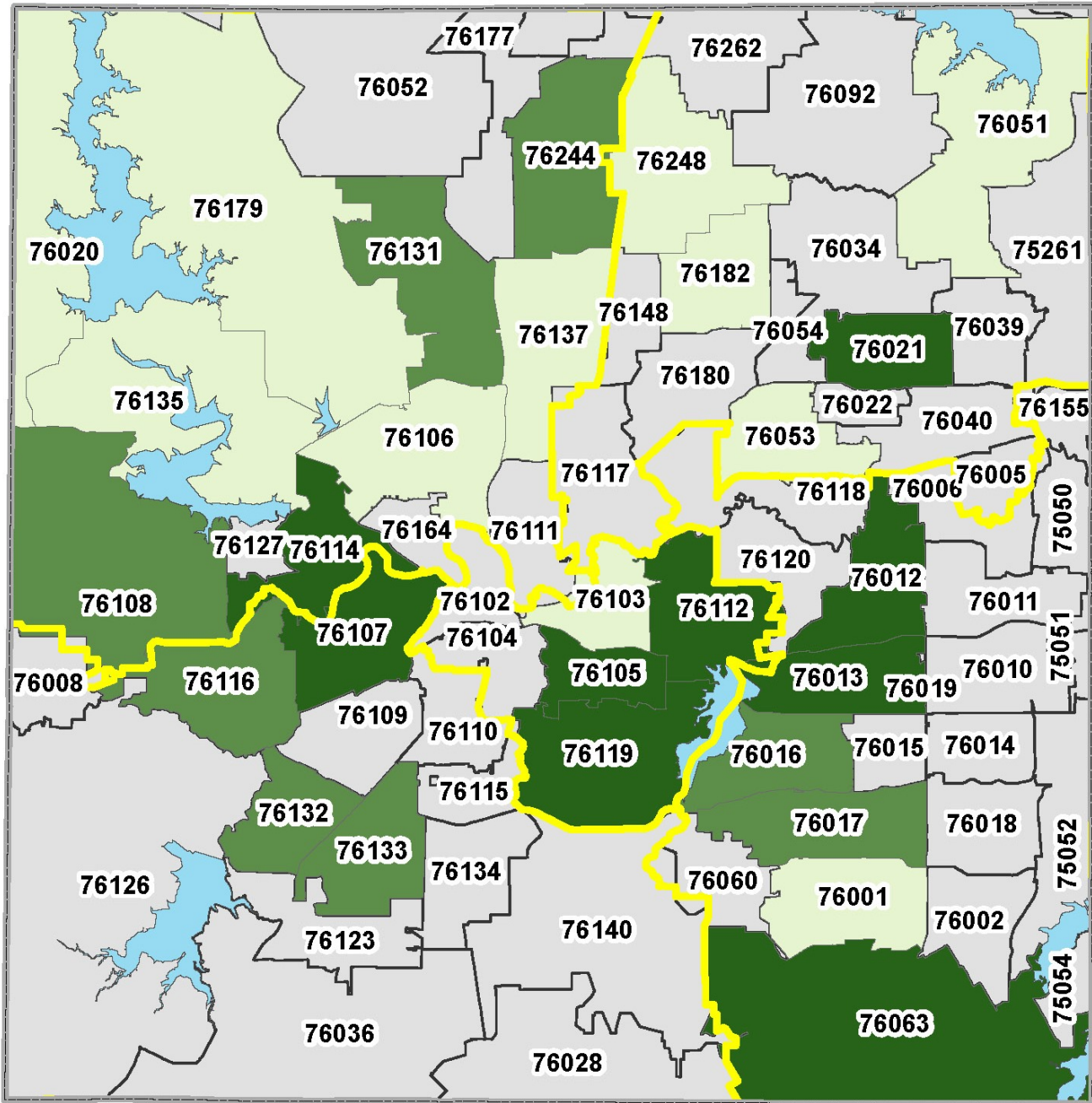
**TABLE 5.5 STROKE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

EVER HAD A STROKE		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	2.5	2.0-3.2
Sub-County Area		
Central	4.8	2.9-7.7
Northeast	1.5	1.0-2.4
Northwest	2.4	1.4-4.2
Southeast	2.3	1.4-3.8
Southwest	3.8	2.4-6.1
City		
Arlington	2.2	1.1-4.2
Fort Worth	3.9	2.8-5.2
Gender		
Female	2.6	1.9-3.4
Male	2.5	1.7-3.5
Sexual Identity		
LGBT	---	---
Non-LGBT	2.3	1.8-3.0
Age (in years)		
18-24	---	---
25-44	---	---
45-64	3.4	2.4-4.9
65+	7.4	5.8-9.4
Race/Ethnicity		
Hispanic	0.7	0.3-1.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	6.1	4.0-9.2
Non-Hispanic White	2.4	1.8-3.2
Other/Multiracial	---	---
Education		
< High school	2.8	1.5-5.2
High school or GED	2.9	1.9-4.2
Tech/Some college	2.5	1.6-3.9
College degree	2.1	1.4-3.1
Annual Income		
Low (<\$25K)	4.4	3.0-6.3
Middle (\$25K-<\$50K)	2.5	1.5-4.1
High (\$50K-<\$75K)	2.2	1.1-4.6
Highest (\$75K+)	0.8	0.5-1.4
Employment		
Employed for wages	0.7	0.3-1.4
Self-employed	---	---
Out of work	---	---
Homemaker	---	---
Student	---	---
Retired	7.8	5.9-10.4
Unable to work	12.3	8.2-18.0

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

**FIGURE 5.3 HIGH BLOOD PRESSURE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 20.2% - 26.4%
- 26.5% - 35.2%
- 35.3% - 46.2%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Cognitive Decline

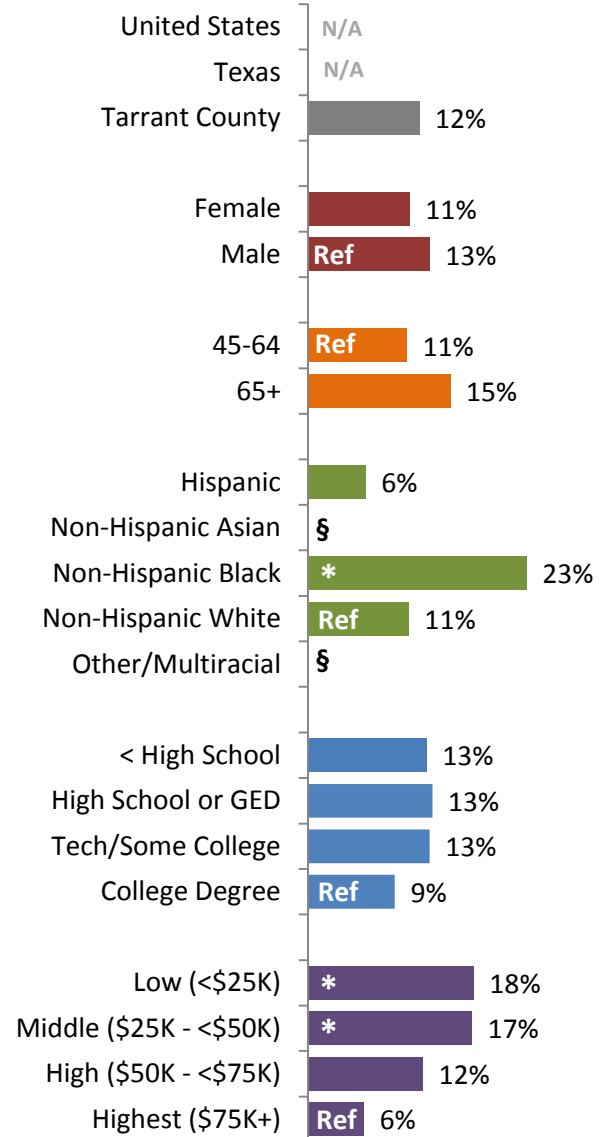
Methods

Cognitive decline among Tarrant County residents aged 45 years and older was determined by asking respondents if during the past 12 months they had experienced confusion or memory loss that is happening more often or getting worse. A clear distinction was made between events such as occasionally forgetting keys or the name of a new acquaintance (not cognitive decline) and confusion or memory loss such as forgetting how to do things that one has always done or forgetting things one would normally know (cognitive decline).

Results Summary

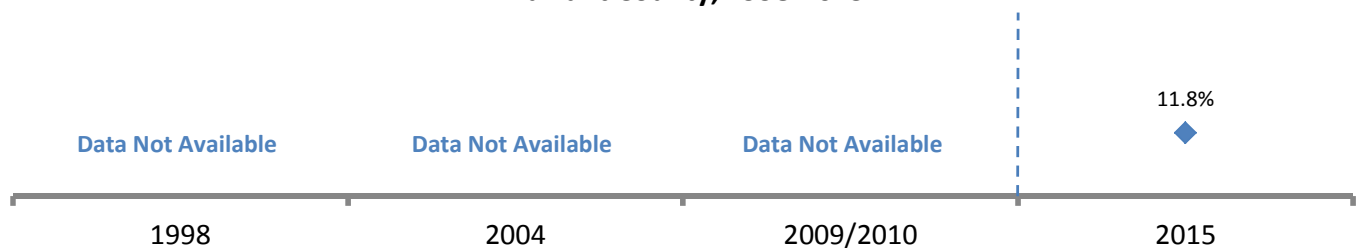
- ◆ Approximately 12% of Tarrant County residents aged 45 years and older have experienced confusion or memory loss in the past 12 months
- ◆ The prevalence of cognitive decline was significantly higher among non-Hispanic Blacks compared to non-Hispanic White (23% vs. 11%)
- ◆ Those in the low and middle income levels were significantly more likely to experience cognitive decline than those in the highest income range
- ◆ Adults aged 45 years and older who were unable to work reported a significantly higher rate of confusion or memory loss compared to adults employed for wages (34% vs 7%)
- ◆ No significant differences in cognitive decline were detected by gender, sexual identity, or education level
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 6.1 Cognitive decline among adults aged 45 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 6.2 Cognitive decline among adults aged 45 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 6.1 COGNITIVE DECLINE
AMONG TARRANT COUNTY ADULTS AGED 45 YEARS AND OLDER, 2015**

EXPERIENCED CONFUSION OR MEMORY LOSS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	11.8	9.4-14.8
Sub-County Area		
Central	15.2	8.3-26.4
Northeast	11.4	6.0-20.4
Northwest	16.5	11.3-23.6
Southeast	11.1	7.0-17.2
Southwest	10.5	6.3-17.0
City		
Arlington	11.8	7.1-19.1
Fort Worth	14.2	9.9-20.1
Gender		
Female	10.8	7.9-14.6
Male	12.9	9.1-17.9
Sexual Identity		
LGBT	---	---
Non-LGBT	11.4	8.9-14.6
Age (in years)		
45-64	10.5	7.4-14.6
65+	15.1	11.8-19.1
Race/Ethnicity		
Hispanic	6.1	2.7-13.2
Non-Hispanic Asian	---	---
Non-Hispanic Black	23.2	14.2-35.6
Non-Hispanic White	10.7	8.1-13.9
Other/Multiracial	---	---
Education		
< High school	12.6	6.9-21.9
High school or GED	13.2	8.8-19.2
Tech/Some college	12.9	8.1-19.9
College degree	9.2	6.4-13.0
Annual Income		
Low (<\$25K)	17.6	12.6-23.9
Middle (\$25K-<\$50K)	17.4	10.4-27.7
High (\$50K-<\$75K)	12.2	5.4-25.2
Highest (\$75K+)	5.9	3.6-9.5
Employment		
Employed for wages	7.3	4.1-12.6
Self-employed	---	---
Out of work	---	---
Homemaker	---	---
Student	---	---
Retired	11.8	8.8-15.6
Unable to work	33.9	22.5-47.6

[†]During the past 12 months, experienced confusion or memory loss that is happening more often or is getting worse, such as forgetting how to do things one has always done or forgetting things one would normally know; *Estimates weighted to population characteristics
--- = number of responses too small to calculate reliable estimate

Depression

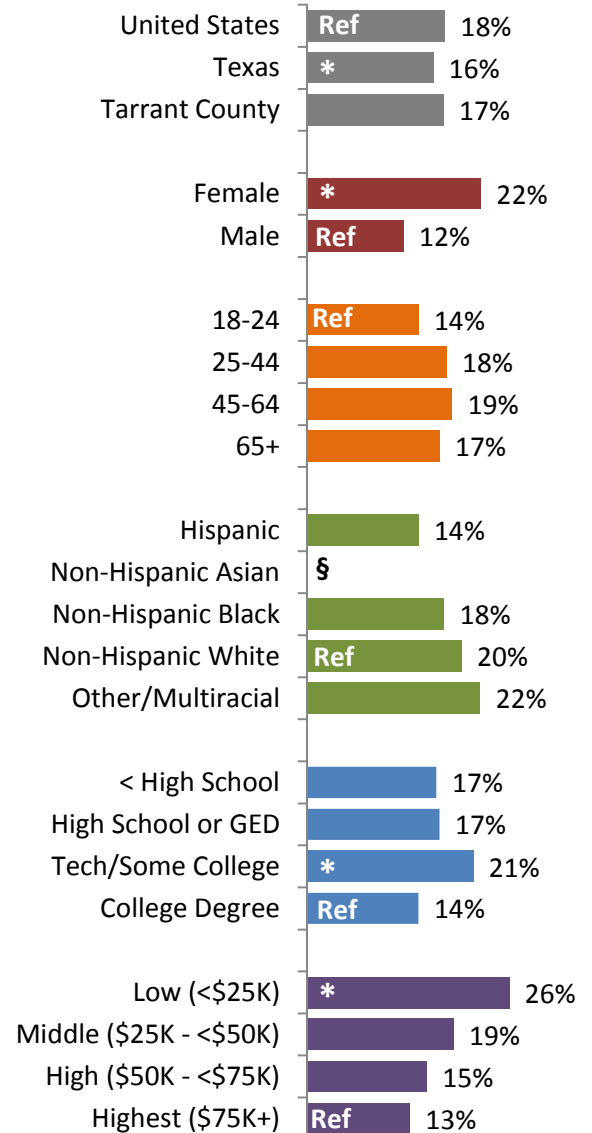
Methods

The BRFSS determined the prevalence of depressive disorders by asking respondents if they had ever been told by a health professional that they have depression, major depression, dysthymia, or minor depression.

Results Summary

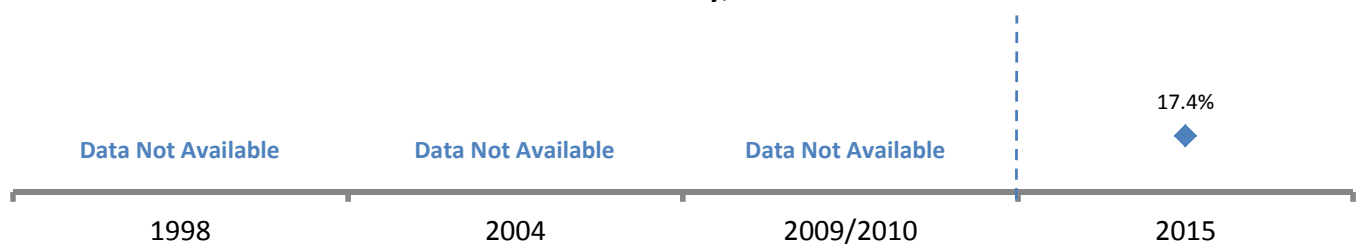
- ◆ 1 out of 6 Tarrant County adults have been diagnosed with a depressive disorder
- ◆ Women were significantly more likely to have a depressive disorder than men (22% vs. 12%)
- ◆ Adults who identified as LGBT were significantly more likely to have a depressive disorder compared to non-LGBT adults (34% vs. 18%)
- ◆ Depressive disorders were significantly more likely among low income adults compared to adults in the highest income bracket (26% vs. 13%)
- ◆ Compared to adults who were employed for wages, depressive disorders were significantly higher among those who were out of work, retired, and unable to work

Figure 7.1 Depression among adults aged 18 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 7.2 Depression among adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

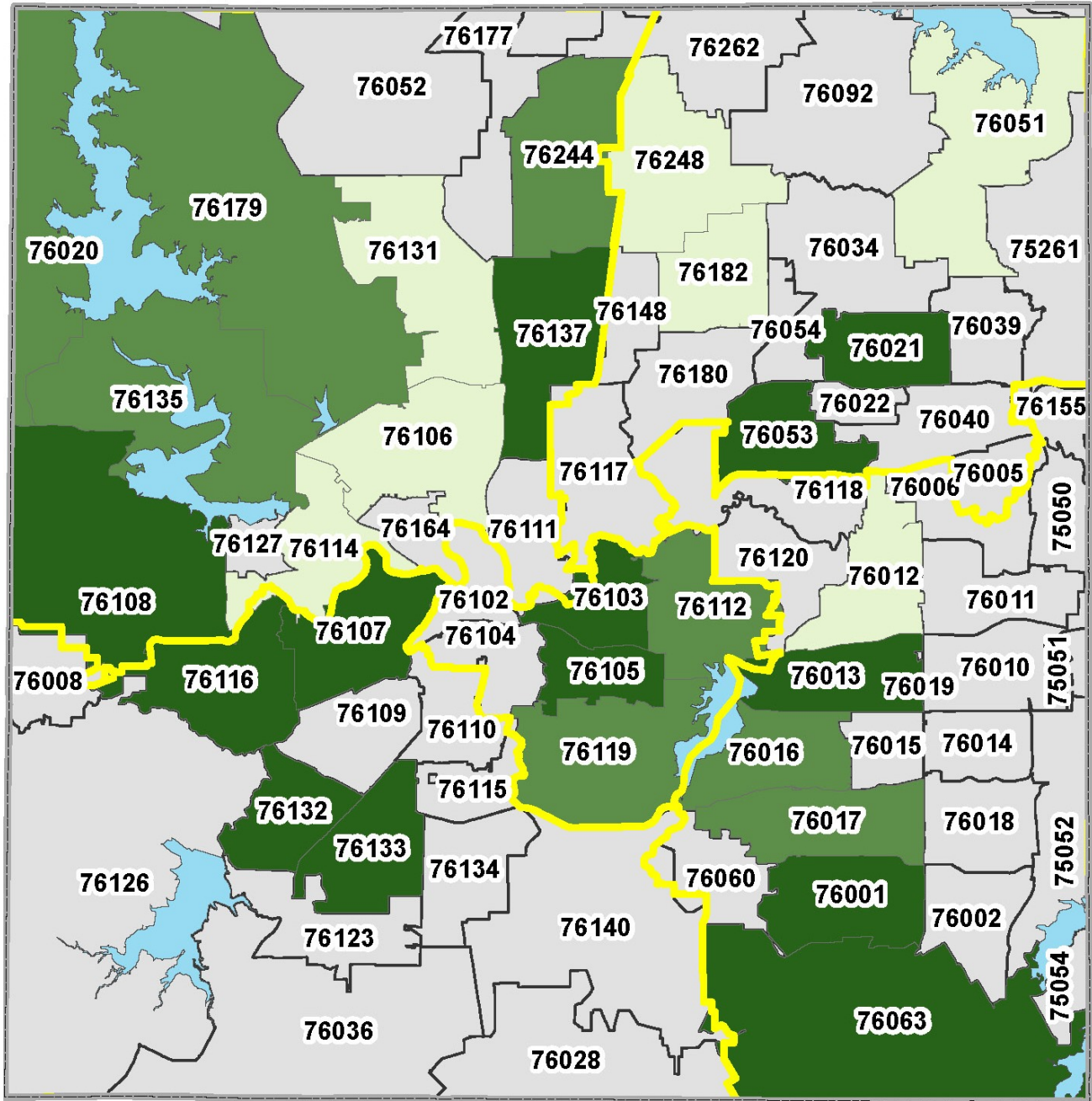
**TABLE 7.1 DEPRESSION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH A DEPRESSIVE DISORDER[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	17.4	15.7-19.3
Sub-County Area		
Central	21.8	16.2-28.7
Northeast	14.8	11.5-19.0
Northwest	15.3	12.3-18.8
Southeast	18.5	14.6-23.1
Southwest	21.0	17.1-25.6
City		
Arlington	16.7	13.1-21.1
Fort Worth	19.4	16.6-22.4
Gender		
Female	22.2	19.7-24.8
Male	12.3	9.9-15.2
Sexual Identity		
LGBT	34.0	23.2-46.7
Non-LGBT	18.3	16.2-20.6
Age (in years)		
18-24	14.2	9.7-20.3
25-44	17.8	14.5-21.7
45-64	18.5	16.1-21.2
65+	16.9	14.5-19.7
Race/Ethnicity		
Hispanic	14.2	10.4-19.0
Non-Hispanic Asian	---	---
Non-Hispanic Black	17.5	13.6-22.2
Non-Hispanic White	19.7	17.4-22.2
Other/Multiracial	22.1	12.7-35.6
Education		
< High school	16.5	11.2-23.6
High school or GED	16.9	13.9-20.4
Tech/Some college	21.2	17.9-24.8
College degree	14.2	11.8-16.9
Annual Income		
Low (<\$25K)	25.8	21.4-30.9
Middle (\$25K-<\$50K)	18.7	14.9-23.2
High (\$50K-<\$75K)	15.3	11.5-20.1
Highest (\$75K+)	13.1	10.4-16.4
Employment		
Employed for wages	12.1	10.1-14.3
Self-employed	15.9	10.6-23.2
Out of work	36.0	23.9-50.3
Homemaker	18.6	13.4-25.2
Student	11.9	6.0-22.3
Retired	18.8	15.8-22.1
Unable to work	49.2	40.7-57.7

[†]Depressive disorder includes depression, major depression, dysthymia, or minor depression

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**FIGURE 7.3 DEPRESSIVE DISORDERS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 7.7% - 13.1%
- 13.2% - 20.7%
- 20.8% - 30.8%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Diabetes

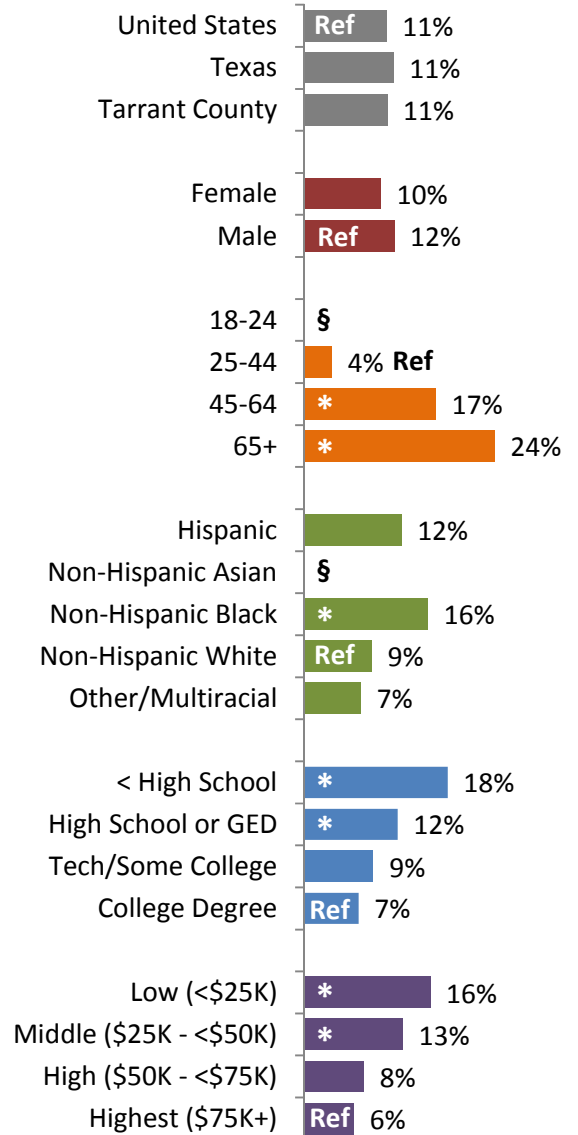
Methods

To estimate diabetes prevalence among Tarrant County residents, the BRFSS questioned respondents regarding blood sugar testing as well as physician diagnosed diabetes and pre-diabetes (blood sugar level is higher than it should be, but not in the diabetes range).

Results Summary

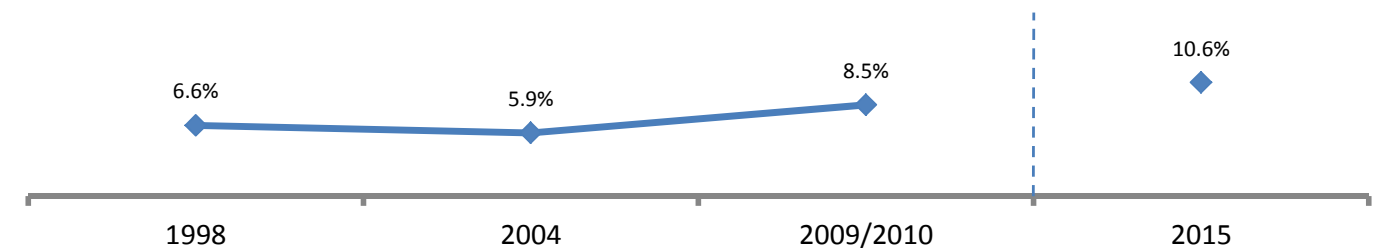
- ◆ An estimated 11% of Tarrant County adults have been diagnosed with diabetes while another 8% have been diagnosed with pre-diabetes
- ◆ Diabetes prevalence increases significantly with increasing age group
- ◆ Non-Hispanic Blacks had a significantly higher rate of diabetes compared to non-Hispanic Whites
- ◆ Residents with the lowest levels of education and income had significantly higher rates of diabetes compared to those with college degrees and the highest level of income
- ◆ Pre-diabetes was significantly more likely among those aged 45-64 years and aged 65+ years compared to those aged 25-44 years

Figure 8.1 Diabetes among adults aged 18 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; \$ = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 8.2 Diabetes among adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 8.1 DIABETES
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH DIABETES		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	10.6	9.4-11.9
Sub-County Area		
Central	14.9	11.1-19.6
Northeast	7.5	5.5-10.2
Northwest	10.6	8.3-13.4
Southeast	11.7	9.0-15.0
Southwest	11.2	8.7-14.4
City		
Arlington	13.0	9.7-17.1
Fort Worth	12.5	10.6-14.7
Gender		
Female	9.8	8.3-11.5
Male	11.5	9.6-13.7
Sexual Identity		
LGBT	6.0	2.5-13.7
Non-LGBT	10.6	9.2-12.2
Age (in years)		
18-24	---	---
25-44	3.5	2.2-5.5
45-64	16.8	14.4-19.6
65+	24.3	21.0-27.9
Race/Ethnicity		
Hispanic	12.4	9.5-16.1
Non-Hispanic Asian	---	---
Non-Hispanic Black	15.8	12.2-20.2
Non-Hispanic White	8.6	7.4-10.0
Other/Multiracial	7.2	3.5-14.3
Education		
< High school	18.3	13.7-23.9
High school or GED	11.9	9.7-14.6
Tech/Some college	8.8	7.0-11.1
College degree	6.9	5.4-8.6
Annual Income		
Low (<\$25K)	16.1	13.0-19.7
Middle (\$25K-<\$50K)	12.6	9.7-16.2
High (\$50K-<\$75K)	7.6	5.3-10.6
Highest (\$75K+)	6.3	4.7-8.4
Employment		
Employed for wages	6.9	5.5-8.6
Self-employed	5.4	3.1-9.4
Out of work	9.3	4.6-17.9
Homemaker	9.0	5.4-14.6
Student	---	---
Retired	23.2	19.8-27.1
Unable to work	31.6	24.3-39.8

*Estimates weighted to population characteristics

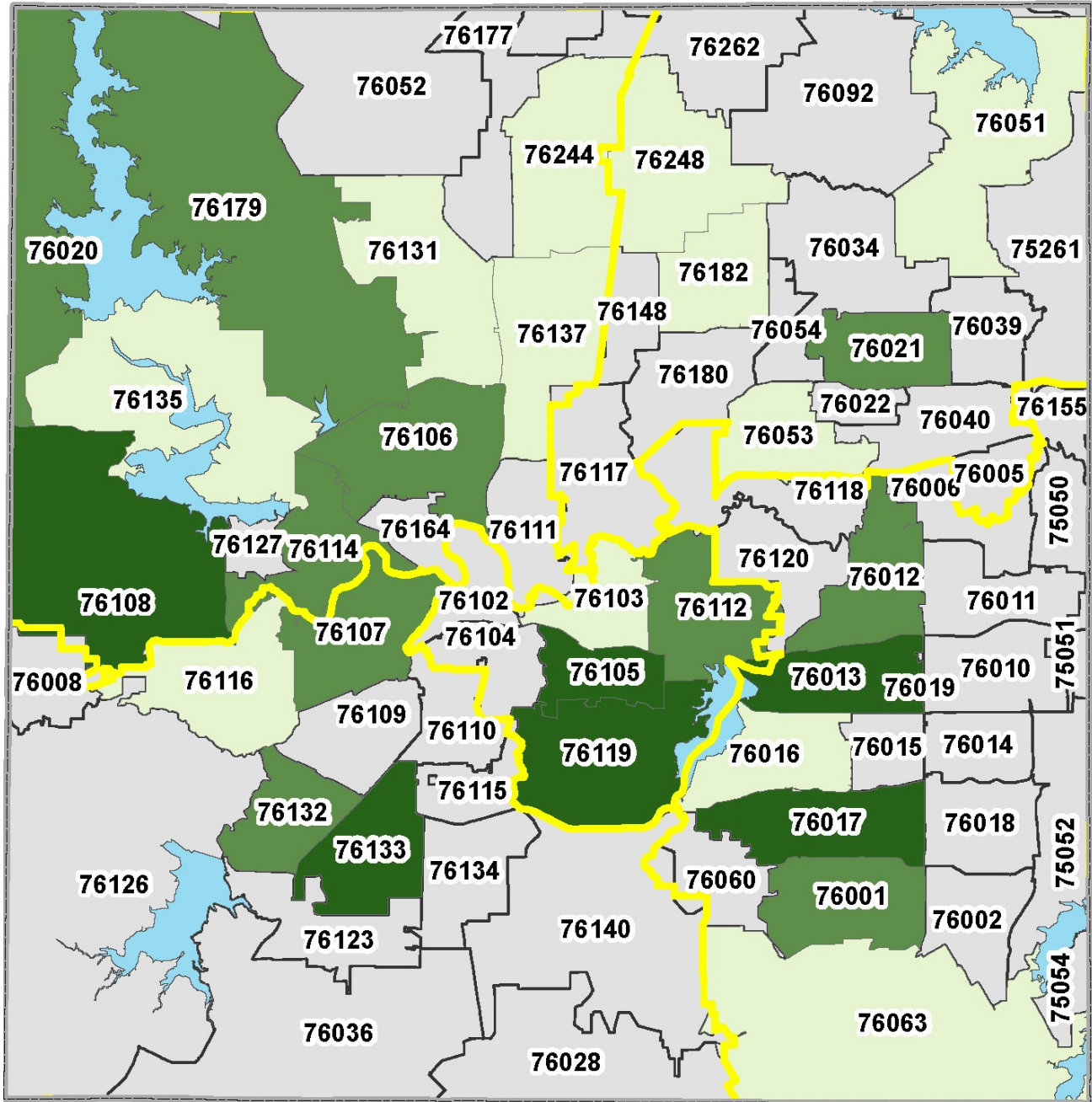
--- = number of responses too small to calculate reliable estimate

**TABLE 8.2 PRE-DIABETES
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH PRE-DIABETES[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	7.7	6.2-9.5
Sub-County Area		
Central	10.3	6.0-17.1
Northeast	7.9	4.9-12.5
Northwest	8.3	4.9-13.7
Southeast	5.8	3.5-9.6
Southwest	10.2	6.4-15.7
City		
Arlington	6.7	3.7-11.7
Fort Worth	9.6	6.9-13.2
Gender		
Female	7.9	6.0-10.4
Male	7.4	5.2-10.5
Sexual Identity		
LGBT	---	---
Non-LGBT	8.0	6.3-10.2
Age (in years)		
18-24	---	---
25-44	5.1	3.0-8.5
45-64	11.8	8.9-15.6
65+	12.0	8.5-16.6
Race/Ethnicity		
Hispanic	7.5	4.6-12.2
Non-Hispanic Asian	---	---
Non-Hispanic Black	10.8	6.6-17.3
Non-Hispanic White	6.5	4.8-8.8
Other/Multiracial	---	---
Education		
< High school	6.0	3.1-11.1
High school or GED	6.2	3.8-9.9
Tech/Some college	9.4	6.5-13.5
College degree	7.9	5.4-11.4
Annual Income		
Low (<\$25K)	9.1	6.0-13.5
Middle (\$25K-<\$50K)	5.8	2.9-11.1
High (\$50K-<\$75K)	7.5	3.9-13.9
Highest (\$75K+)	7.5	4.9-11.2
Employment		
Employed for wages	6.6	4.6-9.3
Self-employed	10.2	5.2-18.9
Out of work	13.2	6.3-25.5
Homemaker	---	---
Student	---	---
Retired	10.3	7.1-14.7
Unable to work	14.8	7.1-28.2

[†]Blood sugar (glucose) level is higher than it should be, but not in the diabetes range; *Estimates weighted to population characteristics
 --- = number of responses too small to calculate reliable estimate

**FIGURE 8.3 DIABETES
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 2.5% - 8.1%
- 8.2% - 16.2%
- 16.3% - 24.6%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Overweight & Obesity

Methods

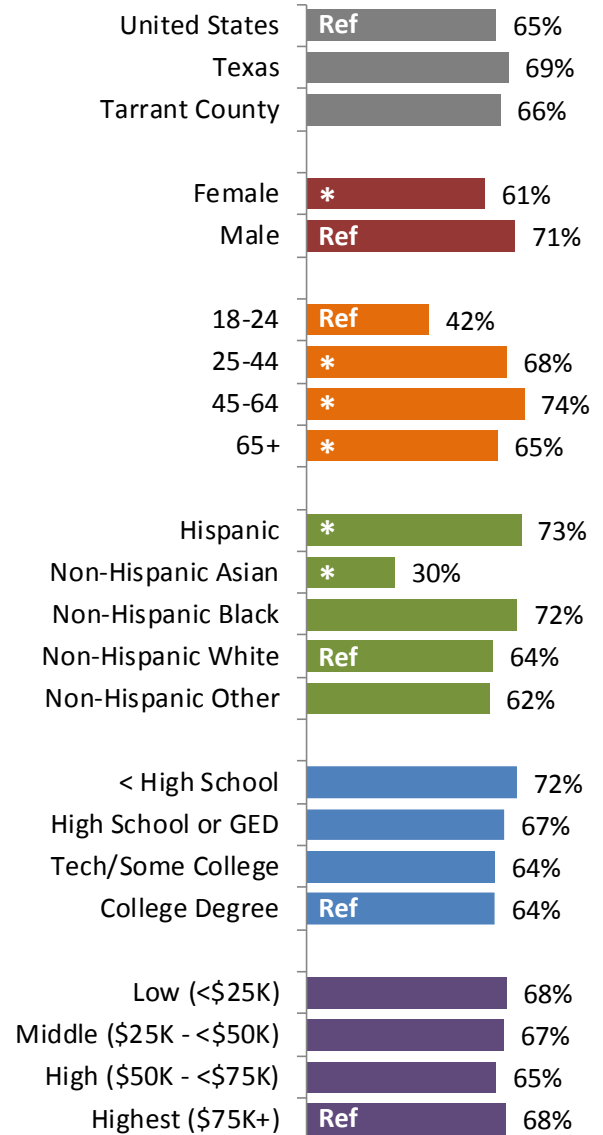
The BRFSS evaluated overweight and obesity through the calculation of each respondent's body mass index (BMI) by dividing the individual's self-reported weight (without shoes) in kilograms by his/her self-reported height (without shoes) in meters squared ($BMI = \text{kg}/\text{m}^2$). Standard BMI groupings consist of four categories:

- BMI below 18.5 – Underweight
- BMI between 18.5 and 24.9 – Healthy weight
- BMI between 25.0 and 29.9 – Overweight
- BMI 30.0 and greater – Obese

Results Summary

- ◆ An estimated 66% of Tarrant County adults were overweight or obese ($BMI \geq 25.0$)
- ◆ Significantly fewer females were overweight/obese compared to males (61% vs. 71%)
- ◆ Those aged 18-24 years were significantly less likely to be overweight/obese than all other age groups
- ◆ Compared to non-Hispanic Whites, Hispanics were significantly more likely to be overweight/obese while non-Hispanic Asians were significantly less likely to be overweight/obese
- ◆ No significant differences in overweight/obesity were seen across education or income categories

Figure 9.1. Overweight and obese adults aged 18 years and older, Tarrant County, 2015

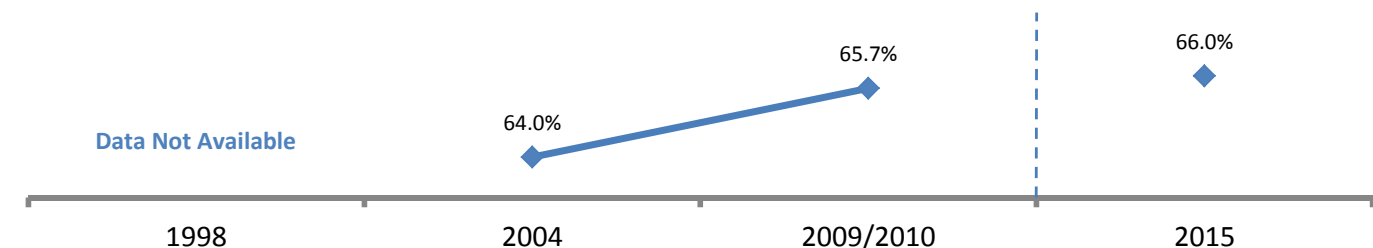


No comparable Healthy People 2020 Objective

Ref = Reference Group

* = difference from reference group is statistically significant at the 95% confidence level

Figure 9.2. Overweight and obese adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 9.1 OVERWEIGHT (BMI 25.0-29.9)
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

OVERWEIGHT (BMI 25.0-29.9)		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	36.4	34.0-38.9
Sub-County Area		
Central	32.3	25.1-40.4
Northeast	34.6	29.6-39.9
Northwest	39.4	34.5-44.4
Southeast	38.3	33.2-43.7
Southwest	33.3	28.2-38.8
City		
Arlington	37.7	32.0-43.7
Fort Worth	35.6	32.0-39.4
Gender		
Female	30.1	27.1-33.3
Male	42.5	38.9-46.1
Sexual Identity		
LGBT	27.6	17.0-41.6
Non-LGBT	36.5	33.7-39.3
Age (in years)		
18-24	31.3	24.5-39.1
25-44	38.0	33.6-42.7
45-64	36.3	32.8-39.9
65+	37.4	33.6-41.4
Race/Ethnicity		
Hispanic	43.0	37.2-49.0
Non-Hispanic Asian	23.4	13.7-36.9
Non-Hispanic Black	33.7	27.7-40.3
Non-Hispanic White	35.3	32.5-38.3
Other/Multiracial	30.5	19.0-45.1
Education		
< High school	41.9	34.1-50.2
High school or GED	36.4	32.0-41.1
Tech/Some college	34.1	30.0-38.4
College degree	36.0	32.3-39.7
Annual Income		
Low (<\$25K)	32.3	27.1-38.0
Middle (\$25K-<\$50K)	37.9	32.6-43.4
High (\$50K-<\$75K)	36.9	31.0-43.3
Highest (\$75K+)	37.0	33.0-41.3
Employment		
Employed for wages	37.0	33.7-40.5
Self-employed	43.0	35.1-51.2
Out of work	40.0	27.3-54.2
Homemaker	27.9	20.3-37.1
Student	36.5	26.0-48.4
Retired	36.0	31.8-40.5
Unable to work	29.1	21.5-38.1

*Estimates weighted to population characteristics

**TABLE 9.2 OBESITY (BMI ≥ 30.0)
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

OBESE (BMI ≥ 30.0)		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	29.6	27.4-31.8
Sub-County Area		
Central	38.7	31.0-47.0
Northeast	29.9	25.1-35.1
Northwest	29.6	25.4-34.2
Southeast	28.1	23.7-32.9
Southwest	31.9	27.1-37.1
City		
Arlington	29.3	24.0-35.2
Fort Worth	32.5	29.1-36.1
Gender		
Female	30.6	27.6-33.8
Male	28.6	25.6-31.8
Sexual Identity		
LGBT	27.3	18.1-38.8
Non-LGBT	30.8	28.3-33.4
Age (in years)		
18-24	10.4	5.9-17.6
25-44	30.0	26.1-34.3
45-64	37.8	34.3-41.3
65+	27.6	24.4-30.9
Race/Ethnicity		
Hispanic	29.9	25.1-35.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	38.0	31.8-44.6
Non-Hispanic White	28.1	25.5-30.9
Other/Multiracial	31.7	20.6-45.5
Education		
< High school	29.6	23.3-36.8
High school or GED	30.8	26.7-35.3
Tech/Some college	30.0	26.1-34.2
College degree	28.1	24.7-31.8
Annual Income		
Low (<\$25K)	35.7	30.9-40.9
Middle (\$25K-<\$50K)	29.4	24.5-34.7
High (\$50K-<\$75K)	27.6	22.4-33.5
Highest (\$75K+)	30.8	27.0-34.9
Employment		
Employed for wages	31.0	27.8-34.4
Self-employed	26.2	20.0-33.7
Out of work	31.7	21.7-43.7
Homemaker	24.7	17.9-33.0
Student	13.1	7.1-22.7
Retired	28.7	25.1-32.7
Unable to work	47.3	38.5-56.2

*Estimates weighted to population characteristics

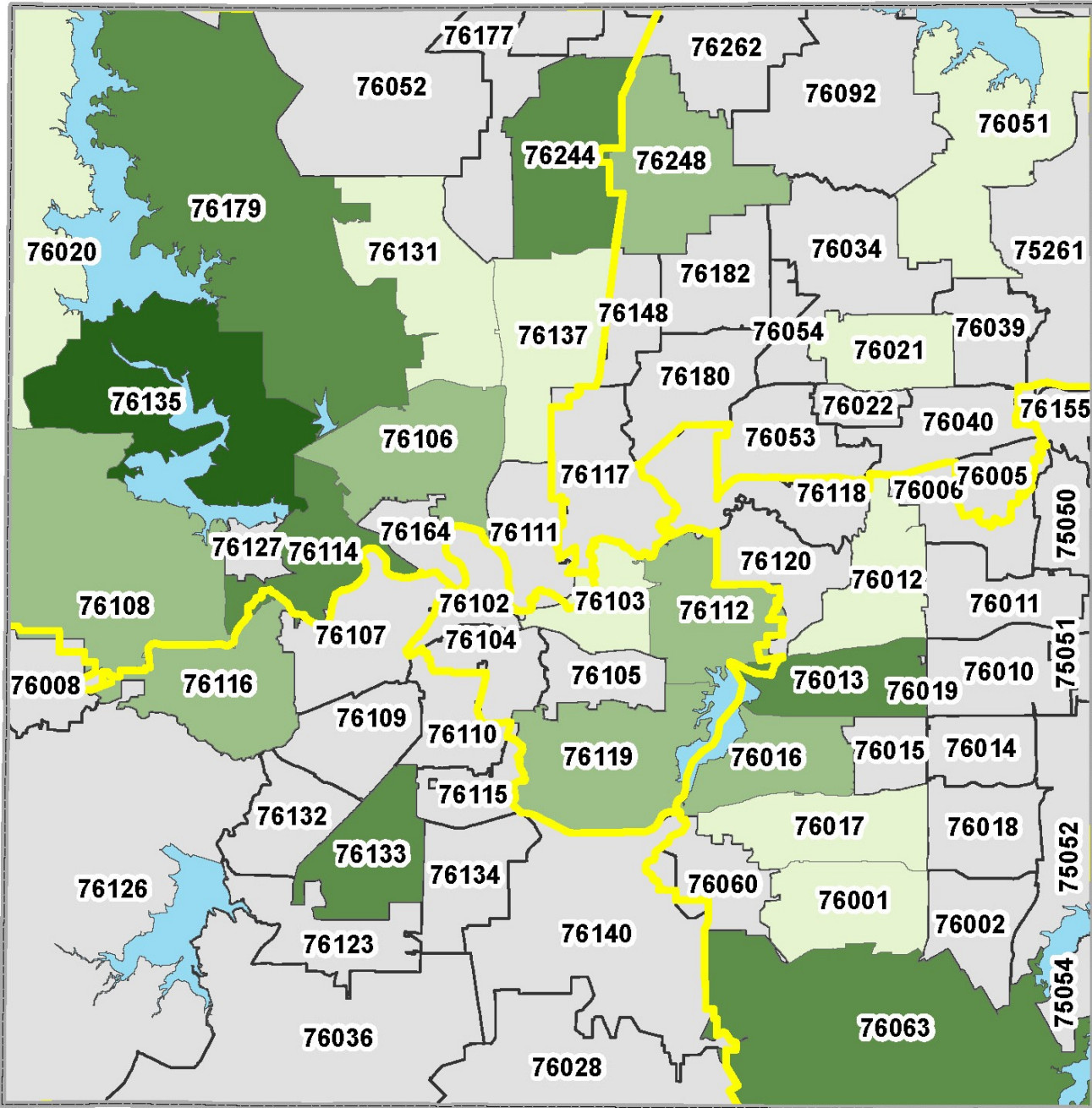
--- = number of responses too small to calculate reliable estimate

**TABLE 9.3 OVERWEIGHT OR OBESITY (BMI ≥ 25.0)
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

OVERWEIGHT OR OBESE (BMI ≥ 25.0)		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	66.0	63.6-68.3
Sub-County Area		
Central	71.0	60.5-79.6
Northeast	64.5	59.2-69.4
Northwest	69.0	64.1-73.5
Southeast	66.4	61.3-71.1
Southwest	65.2	59.4-70.5
City		
Arlington	66.9	61.2-72.3
Fort Worth	68.1	64.1-71.9
Gender		
Female	60.7	57.3-64.0
Male	71.0	67.5-74.3
Sexual Identity		
LGBT	54.9	42.0-67.1
Non-LGBT	67.2	64.5-69.8
Age (in years)		
18-24	41.7	34.0-49.8
25-44	68.1	63.6-72.2
45-64	74.0	70.7-77.1
65+	65.0	61.4-68.4
Race/Ethnicity		
Hispanic	72.9	67.2-78.0
Non-Hispanic Asian	30.1	19.2-43.7
Non-Hispanic Black	71.8	64.8-77.8
Non-Hispanic White	63.5	60.5-66.3
Other/Multiracial	62.2	47.7-74.9
Education		
< High school	71.6	63.6-78.4
High school or GED	67.3	62.6-71.7
Tech/Some college	64.1	59.6-68.3
College degree	64.1	60.2-67.8
Annual Income		
Low (<\$25K)	68.1	62.5-73.1
Middle (\$25K-<\$50K)	67.2	61.9-72.2
High (\$50K-<\$75K)	64.6	57.8-70.8
Highest (\$75K+)	67.9	63.7-71.8
Employment		
Employed for wages	68.0	64.5-71.3
Self-employed	69.2	60.7-76.6
Out of work	71.7	60.0-81.0
Homemaker	52.6	43.6-61.5
Student	49.5	38.0-61.1
Retired	64.8	60.4-68.9
Unable to work	76.4	67.7-83.3

*Estimates weighted to population characteristics

**FIGURE 9.3 OVERWEIGHT OR OBESITY (BMI ≥ 25.0)
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 55.0% - 61.0%
- 61.1% - 68.7%
- 68.8% - 78.3%
- 78.4% - 87.3%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Respiratory Diseases

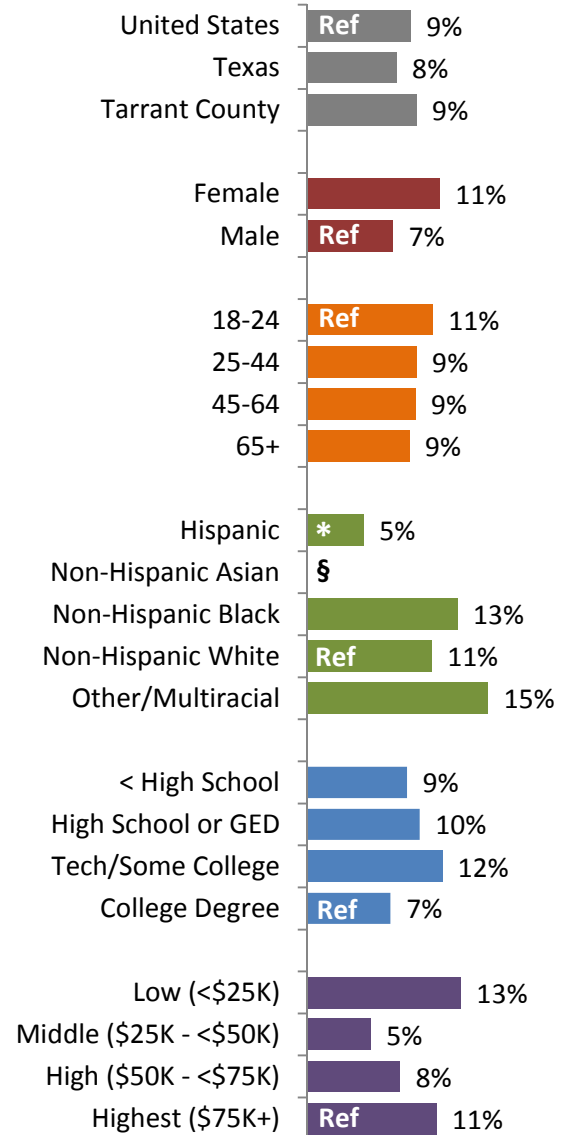
Methods

BRFSS assessed the prevalence of selected respiratory conditions by surveying residents regarding asthma, chronic obstructive pulmonary disease (COPD), emphysema, and chronic bronchitis.

Results Summary

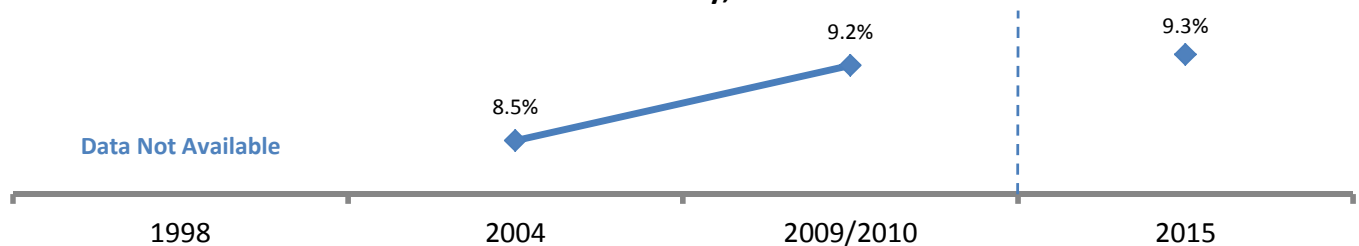
- ◆ Approximately 9% of Tarrant County adults currently suffer with asthma
- ◆ Asthma prevalence was significantly lower among Hispanics compared to non-Hispanic Whites (5% vs. 11%)
- ◆ Adults who reported that they were unable to work had significantly higher rates of asthma than adults employed for wages (27% vs. 9%)
- ◆ COPD, emphysema, or chronic bronchitis prevalence was significantly higher among those age 65+ years compared to those 25-44 and 45-64 years old
- ◆ Hispanics had significantly lower rates of COPD, emphysema, or chronic bronchitis compared to non-Hispanic Whites (3% vs. 7%)

Figure 10.1 Asthma among adults aged 18 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 10.2 Asthma among adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 10.1 ASTHMA
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

CURRENT ASTHMA		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	9.3	8.0-10.9
Sub-County Area		
Central	12.1	7.7-18.6
Northeast	10.1	7.3-13.8
Northwest	8.5	6.0-11.8
Southeast	8.7	6.0-12.5
Southwest	8.6	6.2-11.9
City		
Arlington	9.8	6.4-14.6
Fort Worth	10.0	7.9-12.5
Gender		
Female	11.3	9.3-13.6
Male	7.3	5.6-9.5
Sexual Identity		
LGBT	9.2	3.8-20.7
Non-LGBT	10.4	8.7-12.4
Age (in years)		
18-24	10.7	6.2-17.6
25-44	9.3	7.0-12.2
45-64	9.2	7.3-11.4
65+	8.7	6.9-10.8
Race/Ethnicity		
Hispanic	4.8	2.8-8.1
Non-Hispanic Asian	---	---
Non-Hispanic Black	12.8	8.7-18.4
Non-Hispanic White	10.6	8.9-12.6
Other/Multiracial	15.4	7.2-30.1
Education		
< High school	8.5	5.2-13.6
High school or GED	9.6	7.2-12.8
Tech/Some college	11.5	8.8-14.9
College degree	7.1	5.5-9.3
Annual Income		
Low (<\$25K)	13.1	10.1-16.7
Middle (\$25K-<\$50K)	5.4	2.9-10.1
High (\$50K-<\$75K)	7.9	5.1-12.1
Highest (\$75K+)	11.0	8.4-14.2
Employment		
Employed for wages	9.2	7.2-11.8
Self-employed	4.0	2.1-7.7
Out of work	7.5	3.8-14.2
Homemaker	7.3	4.0-12.9
Student	---	---
Retired	8.3	6.1-11.1
Unable to work	27.1	20.0-35.6

*Estimates weighted to population characteristics

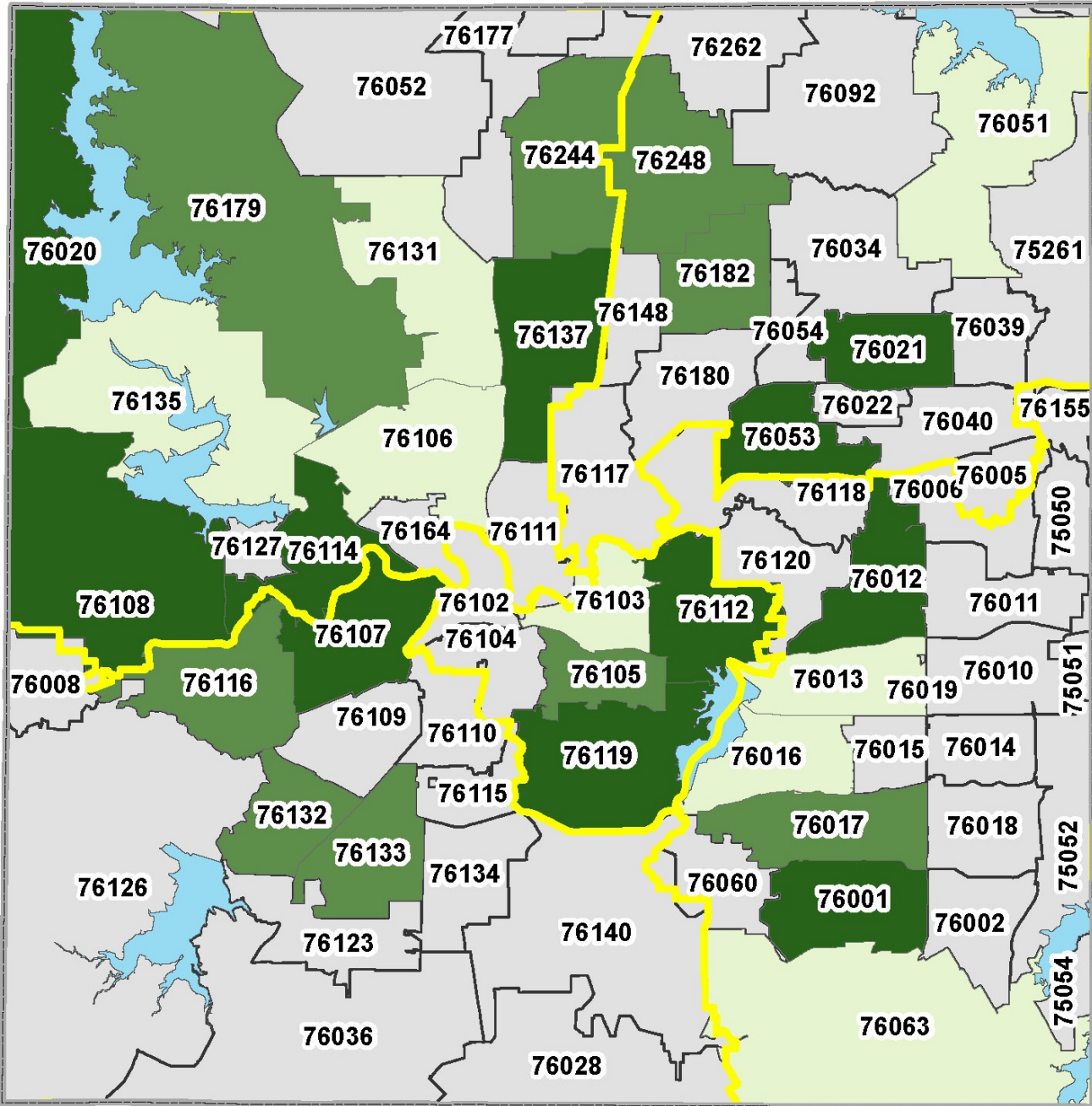
--- = number of responses too small to calculate reliable estimate

**TABLE 10.2 COPD, EMPHYSEMA, AND CHRONIC BRONCHITIS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DIAGNOSED WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE, EMPHYSEMA, OR CHRONIC BRONCHITIS		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	6.0	5.1-7.0
Sub-County Area		
Central	8.6	5.9-12.4
Northeast	4.3	3.0-6.2
Northwest	6.7	5.0-8.9
Southeast	5.2	3.6-7.6
Southwest	6.8	4.6-9.9
City		
Arlington	5.9	3.9-9.0
Fort Worth	7.0	5.5-8.9
Gender		
Female	6.6	5.4-8.0
Male	5.3	4.1-6.8
Sexual Identity		
LGBT	8.0	3.8-16.1
Non-LGBT	6.2	5.2-7.4
Age (in years)		
18-24	---	---
25-44	3.4	2.2-5.1
45-64	7.8	6.2-9.8
65+	13.0	10.7-15.6
Race/Ethnicity		
Hispanic	2.7	1.6-4.6
Non-Hispanic Asian	---	---
Non-Hispanic Black	6.5	4.3-9.7
Non-Hispanic White	7.4	6.1-8.8
Other/Multiracial	9.0	4.5-17.4
Education		
< High school	5.8	3.7-8.9
High school or GED	8.7	6.6-11.4
Tech/Some college	6.7	5.2-8.6
College degree	2.8	2.0-3.8
Annual Income		
Low (<\$25K)	12.5	9.9-15.6
Middle (\$25K-<\$50K)	4.2	2.8-6.1
High (\$50K-<\$75K)	4.6	2.7-7.7
Highest (\$75K+)	2.6	1.8-3.8
Employment		
Employed for wages	3.3	2.3-4.6
Self-employed	---	---
Out of work	10.4	5.4-19.1
Homemaker	4.3	2.2-8.0
Student	---	---
Retired	12.9	10.4-16.1
Unable to work	23.2	17.4-30.1

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**FIGURE 10.3 CURRENT ASTHMA
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 1.5% - 6.0%
- 6.1% - 10.1%
- 10.2% - 14.6%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Risk Behaviors

Tobacco & E-Cigarettes

Methods

The BRFSS determined prevalence of current smokers in Tarrant County using a series of five questions related to frequency and duration of cigarette and smokeless tobacco use. An additional series of four questions regarding e-cigarettes, vape pens, e-hookahs, or personal vaporizers were used to characterize the use of electronic nicotine delivery systems (ENDS) among Tarrant County residents.

Results Summary

- ◆ An estimated 18% of Tarrant County residents were classified as tobacco smokers and 7% used ENDS
- ◆ Significantly fewer females were tobacco smokers compared to males (15% vs. 21%)
- ◆ Those aged 18-24 years were significantly more likely to use ENDS than all other age groups
- ◆ Compared to non-Hispanic Whites, Other/Multiracial residents were significantly more likely to smoke tobacco
- ◆ College graduates were significantly less likely to smoke tobacco than all other education levels and those who completed high school or some college were significantly more likely to use ENDS than college graduates
- ◆ Those with a low, middle, and high income were significantly more likely to smoke tobacco compared to those at the highest income level.

Figure 11.1 Current smokers among adults aged 18 years and older, Tarrant County, 2015

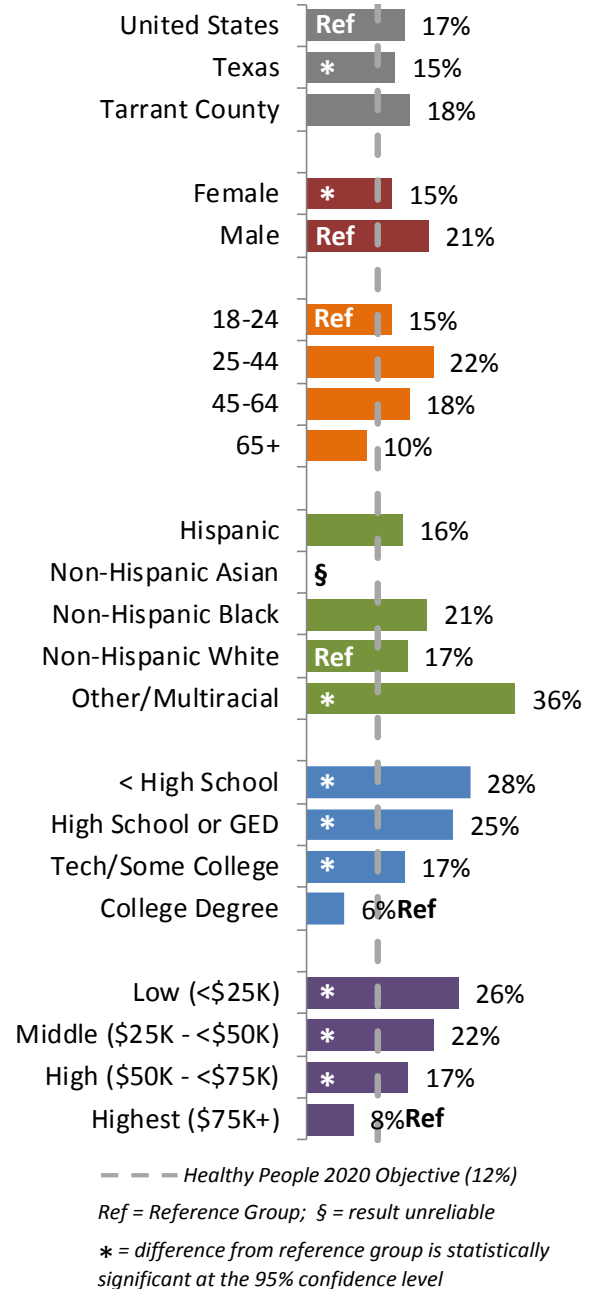
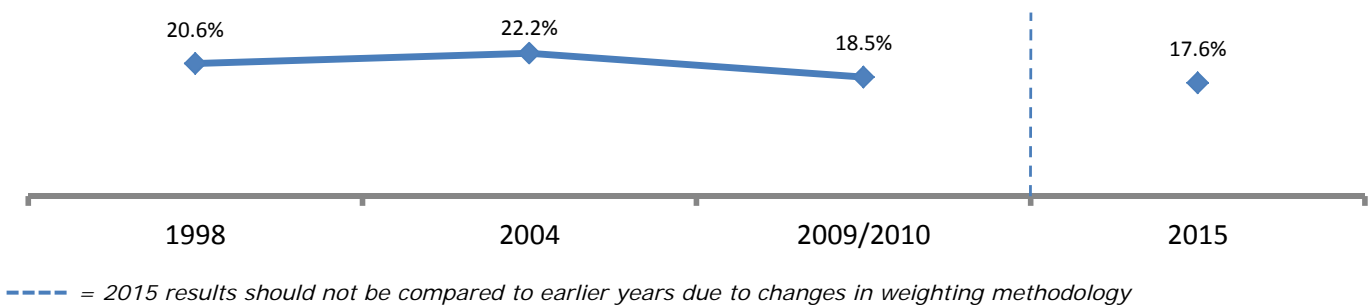


Figure 11.2 Current smokers among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 11.1 TOBACCO SMOKING
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

CURRENT SMOKER[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	17.6	15.7-19.7
Sub-County Area		
Central	23.1	17.1-30.3
Northeast	14.9	11.4-19.4
Northwest	15.9	12.7-19.7
Southeast	19.1	14.9-24.2
Southwest	19.7	15.4-24.9
City		
Arlington	15.7	11.8-20.6
Fort Worth	18.7	15.8-22.0
Gender		
Female	14.6	12.4-17.2
Male	20.8	17.8-24.2
Sexual Identity		
LGBT	24.5	15.8-35.8
Non-LGBT	17.8	15.6-20.3
Age (in years)		
18-24	14.5	10.0-20.6
25-44	21.5	17.8-25.8
45-64	17.5	15.0-20.4
65+	10.2	7.7-13.4
Race/Ethnicity		
Hispanic	16.4	12.0-21.9
Non-Hispanic Asian	---	---
Non-Hispanic Black	20.6	15.7-26.5
Non-Hispanic White	17.2	15.0-19.7
Other/Multiracial	35.6	23.2-50.3
Education		
< High school	27.8	21.0-35.9
High school or GED	25.0	21.2-29.3
Tech/Some college	16.7	13.6-20.3
College degree	6.4	4.9-8.3
Annual Income		
Low (<\$25K)	25.9	21.1-31.2
Middle (\$25K-<\$50K)	21.7	17.5-26.6
High (\$50K-<\$75K)	17.4	12.5-23.6
Highest (\$75K+)	7.9	5.9-10.5
Employment		
Employed for wages	17.5	14.9-20.4
Self-employed	12.2	8.0-18.4
Out of work	34.7	22.5-49.3
Homemaker	16.0	10.6-23.4
Student	---	---
Retired	12.1	9.1-15.9
Unable to work	31.0	23.4-39.7

[†]Traditional tobacco smoker (at least 100 cigarettes smoked during lifetime), does not include e-cigarettes

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

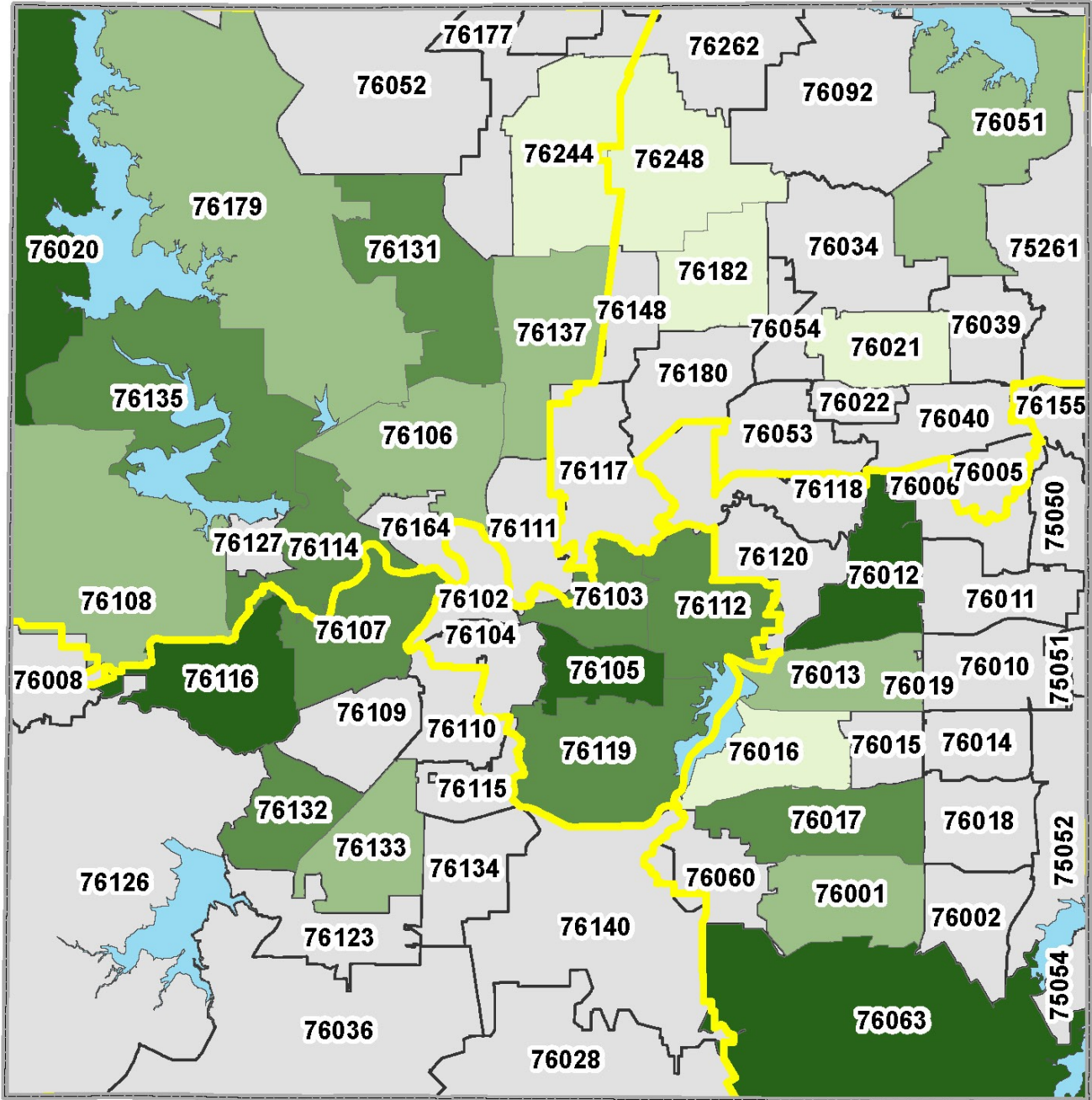
**TABLE 11.2 ELECTRONIC NICOTINE DELIVERY SYSTEM USE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

ELECTRONIC NICOTINE DELIVERY SYSTEM USERS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	6.5	5.3-8.0
Sub-County Area		
Central	6.3	3.4-11.2
Northeast	8.5	5.5-12.7
Northwest	5.8	3.8-8.7
Southeast	4.3	2.5-7.3
Southwest	6.5	4.0-10.4
City		
Arlington	3.1	1.6-5.9
Fort Worth	6.0	4.3-8.3
Gender		
Female	4.8	3.5-6.7
Male	8.4	6.4-11.0
Sexual Identity		
LGBT	---	---
Non-LGBT	6.7	5.4-8.3
Age (in years)		
18-24	15.7	10.3-23.2
25-44	6.3	4.4-8.8
45-64	5.3	3.7-7.4
65+	2.0	1.0-4.0
Race/Ethnicity		
Hispanic	5.3	3.1-9.0
Non-Hispanic Asian	---	---
Non-Hispanic Black	3.0	1.4-6.5
Non-Hispanic White	8.1	6.4-10.2
Other/Multiracial	---	---
Education		
< High school	4.5	2.2-9.0
High school or GED	9.7	6.9-13.4
Tech/Some college	8.7	6.3-11.9
College degree	2.3	1.3-3.9
Annual Income		
Low (<\$25K)	6.7	4.4-10.1
Middle (\$25K-<\$50K)	7.9	5.2-11.9
High (\$50K-<\$75K)	8.2	4.9-13.3
Highest (\$75K+)	4.2	2.6-6.7
Employment		
Employed for wages	6.8	5.1-9.1
Self-employed	---	---
Out of work	---	---
Homemaker	6.1	2.9-12.2
Student	---	---
Retired	5.0	2.9-8.4
Unable to work	8.8	4.4-17.0

[†]Includes e-cigarettes, vape pens, e-hookahs, or personal vaporizers

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**FIGURE 11.3 CURRENT SMOKERS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 5.6% - 8.5%
- 8.6% - 17.1%
- 17.2% - 25.6%
- 25.7% - 34.1%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Alcohol Use

Methods

Alcohol consumption was evaluated using BRFSS questions related to frequency of alcohol use and quantity of drinks per drinking occasion during the past 30 days. These data were then used to identify two alcohol consumption levels:

- **heavy drinking** – more than one drink per day for women or more than two drinks per day for men
- **binge drinking** – four or more drinks per drinking occasion for women or five or more drinks per occasion for men

Results Summary

- ◆ The prevalence of binge drinking in Tarrant County was more than twice the prevalence of heavy alcohol consumption (16% vs 7%)
- ◆ The rate of both heavy alcohol consumption and binge drinking was significantly lower among women than men
- ◆ Those aged 18-24 years and 25-44 years were significantly more likely to binge drink than residents aged 45-64 years and 65+ years
- ◆ No significant differences in alcohol use were seen across racial/ethnic groups, education levels, or income brackets

Figure 12.1 Binge drinking among adults aged 18 years and older, Tarrant County, 2015

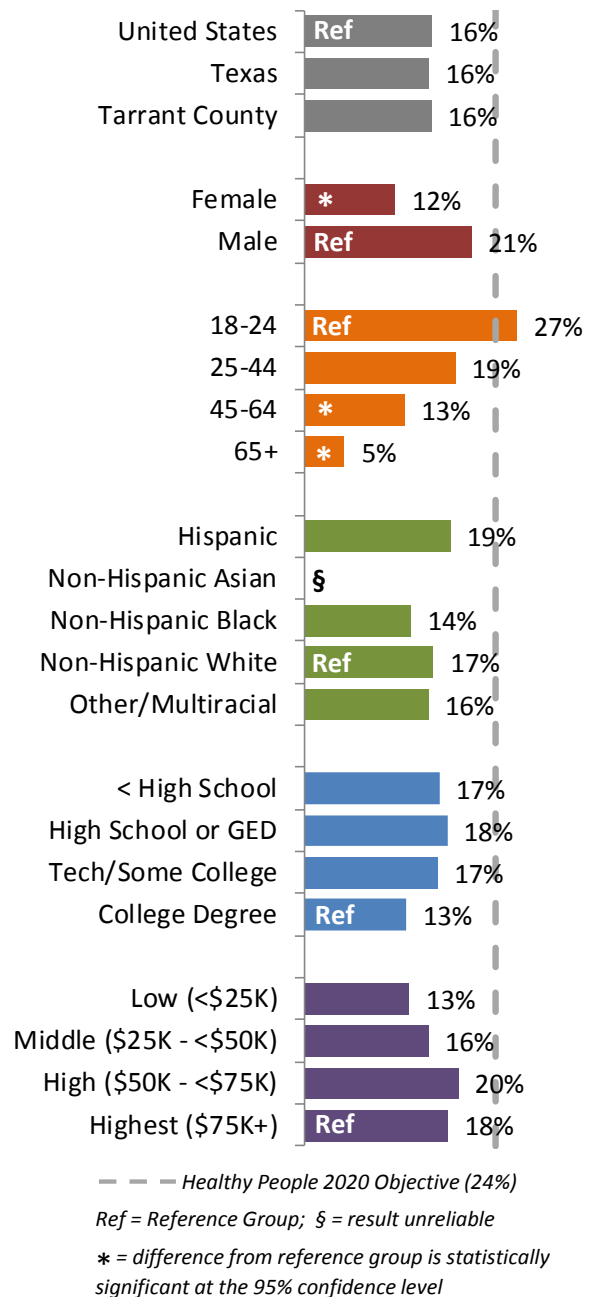
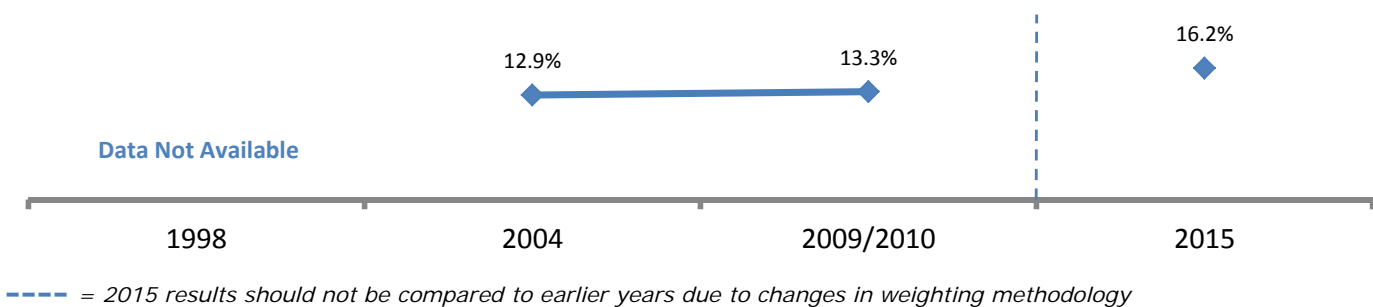


Figure 12.1 Binge drinking among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 12.1 HEAVY ALCOHOL CONSUMPTION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

HEAVY ALCOHOL CONSUMPTION[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	7.3	6.1-8.8
Sub-County Area		
Central	13.2	6.2-25.9
Northeast	5.4	3.5-8.2
Northwest	9.5	7.0-12.9
Southeast	6.5	4.4-9.5
Southwest	7.1	4.7-10.5
City		
Arlington	6.7	4.2-10.5
Fort Worth	9.6	7.1-12.8
Gender		
Female	4.9	3.8-6.3
Male	10.0	7.8-12.7
Sexual Identity		
LGBT	12.5	6.8-21.7
Non-LGBT	6.7	5.5-8.1
Age (in years)		
18-24	11.5	7.4-17.3
25-44	7.5	5.2-10.6
45-64	6.6	5.0-8.5
65+	4.8	3.5-6.5
Race/Ethnicity		
Hispanic	7.8	4.8-12.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	4.3	2.4-7.6
Non-Hispanic White	7.8	6.3-9.6
Other/Multiracial	---	---
Education		
< High school	9.5	5.2-16.6
High school or GED	7.8	5.5-10.9
Tech/Some college	8.4	6.3-11.0
College degree	4.6	3.3-6.2
Annual Income		
Low (<\$25K)	6.6	4.0-10.8
Middle (\$25K-<\$50K)	7.9	5.5-11.2
High (\$50K-<\$75K)	9.4	6.2-14.0
Highest (\$75K+)	6.9	5.0-9.6
Employment		
Employed for wages	7.8	5.8-10.2
Self-employed	8.7	5.4-13.7
Out of work	11.4	6.3-20.0
Homemaker	2.9	1.3-6.5
Student	11.8	6.2-21.2
Retired	5.4	3.6-8.2
Unable to work	3.5	1.6-7.4

[†]Heavy alcohol consumption defined as more than one drink per day for women and more than two drinks per day for men
*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

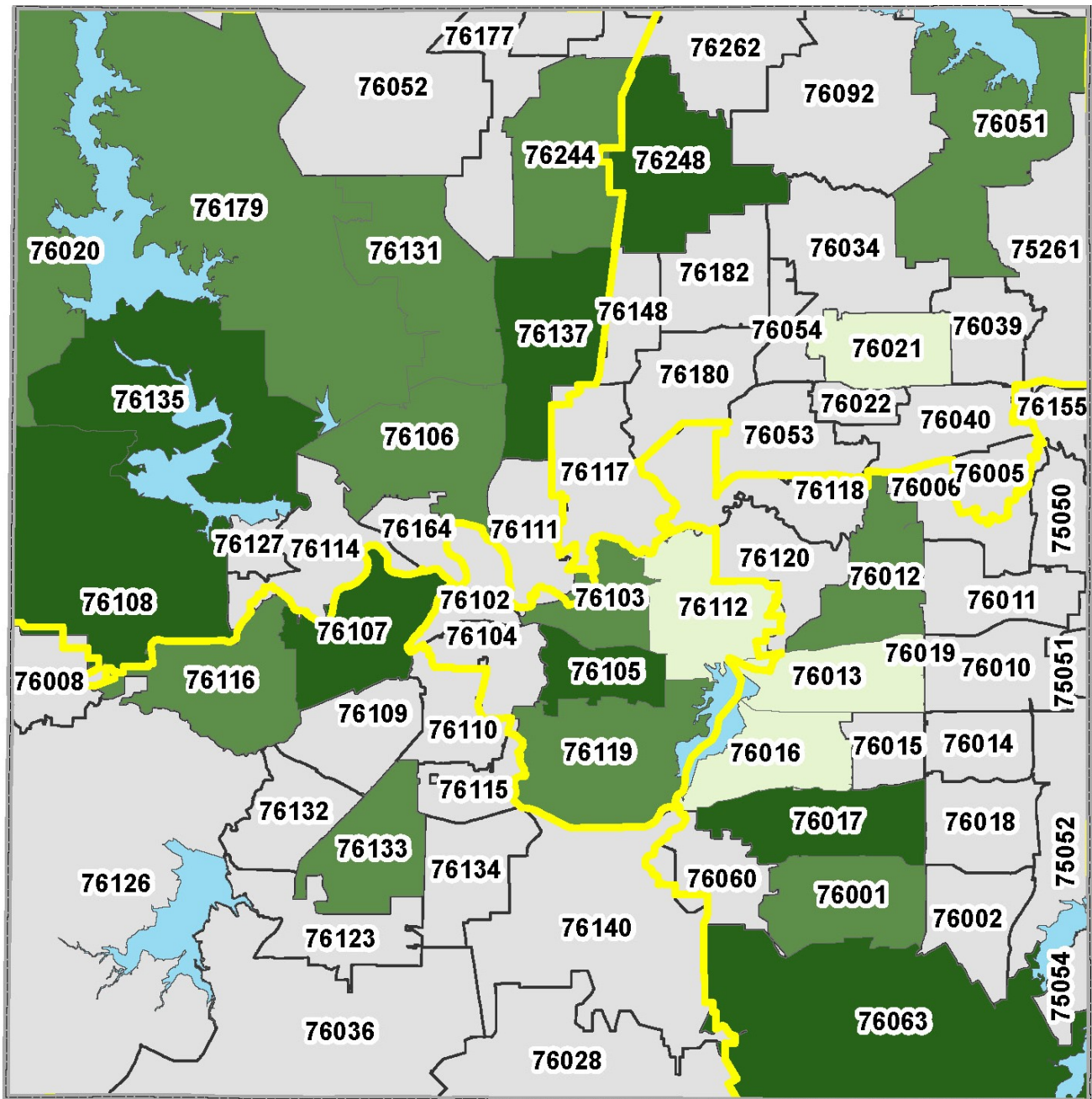
**TABLE 12.2 BINGE DRINKING
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

BINGE DRINKING[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	16.2	14.4-18.2
Sub-County Area		
Central	13.5	8.9-20.0
Northeast	13.9	10.4-18.4
Northwest	18.2	14.3-22.8
Southeast	18.5	14.7-23.0
Southwest	15.3	11.5-20.2
City		
Arlington	18.1	13.8-23.3
Fort Worth	16.1	13.4-19.4
Gender		
Female	11.6	9.5-14.0
Male	21.3	18.4-24.6
Sexual Identity		
LGBT	20.8	12.6-32.5
Non-LGBT	16.3	14.3-18.6
Age (in years)		
18-24	27.1	20.8-34.6
25-44	19.2	15.9-23.1
45-64	12.8	10.5-15.5
65+	5.1	3.6-7.1
Race/Ethnicity		
Hispanic	18.6	14.5-23.5
Non-Hispanic Asian	---	---
Non-Hispanic Black	13.6	9.5-19.1
Non-Hispanic White	16.5	14.2-19.2
Other/Multiracial	15.8	7.9-29.0
Education		
< High school	17.2	12.0-24.1
High school or GED	18.2	14.6-22.4
Tech/Some college	17.0	13.8-20.8
College degree	13.0	10.5-16.0
Annual Income		
Low (<\$25K)	13.4	10.1-17.5
Middle (\$25K-<\$50K)	15.8	12.0-20.6
High (\$50K-<\$75K)	19.6	14.5-26.0
Highest (\$75K+)	18.3	15.0-22.0
Employment		
Employed for wages	18.1	15.5-21.0
Self-employed	18.7	13.1-26.1
Out of work	24.5	15.3-37.0
Homemaker	10.1	5.5-17.9
Student	28.9	19.3-40.8
Retired	5.7	3.7-8.6
Unable to work	7.5	4.3-12.9

[†]Binge drinking defined as having (women four or more drinks/men five or more drinks) on an occasion in the past 30 days

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**FIGURE 12.3 BINGE DRINKING
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 5.5% - 10.2%
- 10.3% - 20.3%
- 20.4% - 30.8%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Seatbelt Use

Methods

To monitor safe car practices, the BRFSS asked residents how often they use seatbelts when driving or riding in a car. Response options included always, nearly always, sometimes, seldom, or never.

Results Summary

- ◆ Approximately 8% of Tarrant County adults reported not always using a seatbelt when driving or riding in a car
- ◆ Men were significantly more likely than women to not always use a seatbelt (12% vs 4%)
- ◆ Those aged 18 to 24 years were significantly less likely to use seatbelts than all other age groups
- ◆ Residents whose highest level of completed education was tech/some college (no degree), were significantly less likely to use a seatbelt compared to residents with a college degree
- ◆ No statistically significant differences in seatbelt use were seen by race/ethnicity, income level, or employment status
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 13.1 Seatbelt not always used among adults aged 18 years and older, Tarrant County, 2015

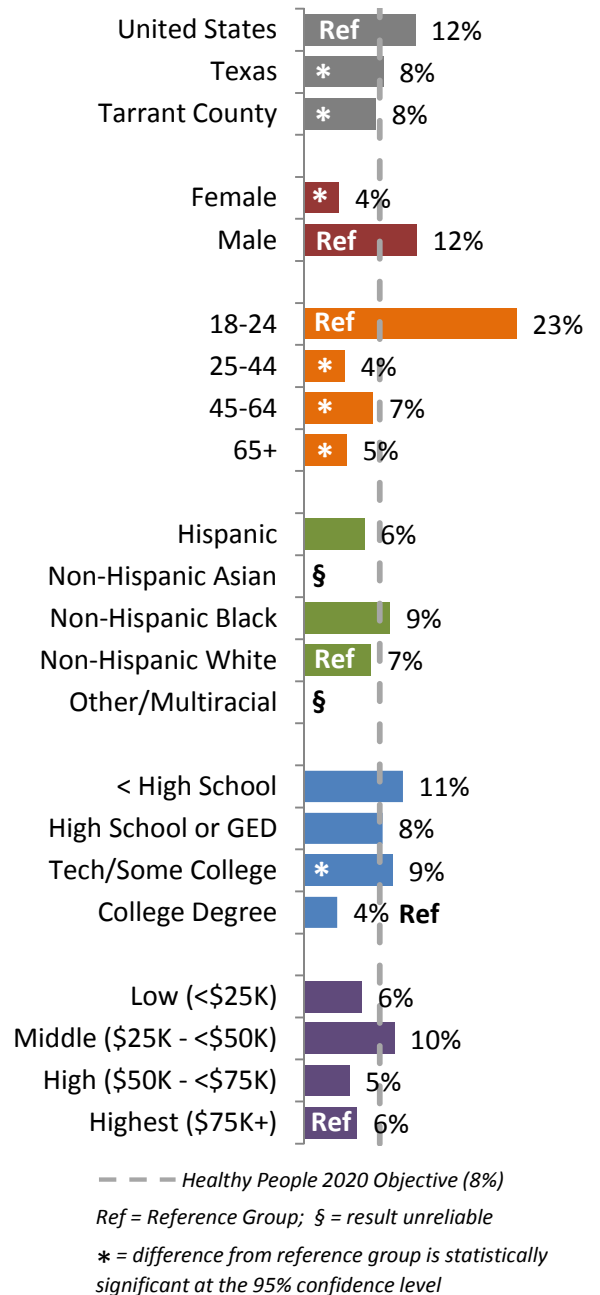
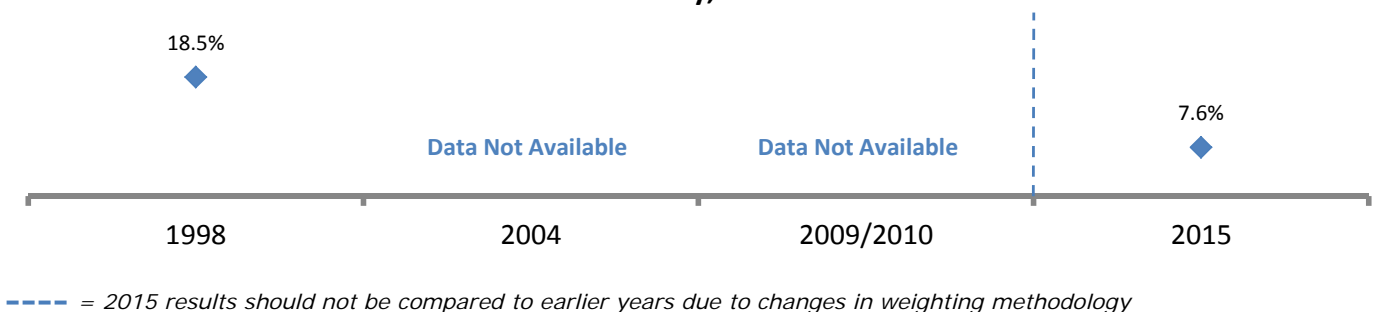


Figure 13.2 Seatbelt not always used among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 13.1 SEATBELT USE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DOES NOT ALWAYS USE A SEATBELT WHEN DRIVING OR RIDING IN A CAR		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	7.6	5.9-9.7
Sub-County Area		
Central	10.0	5.4-18.0
Northeast	---	---
Northwest	13.4	8.8-19.8
Southeast	6.3	3.6-10.8
Southwest	6.4	3.5-11.5
City		
Arlington	5.8	2.8-11.6
Fort Worth	9.5	6.6-13.3
Gender		
Female	3.7	2.3-5.8
Male	12.0	9.0-15.8
Sexual Identity		
LGBT	---	---
Non-LGBT	7.6	5.7-9.9
Age (in years)		
18-24	22.6	14.3-33.8
25-44	4.3	2.4-7.6
45-64	7.3	5.1-10.3
65+	4.5	2.7-7.3
Race/Ethnicity		
Hispanic	6.4	3.5-11.5
Non-Hispanic Asian	---	---
Non-Hispanic Black	9.1	5.0-15.8
Non-Hispanic White	7.1	5.1-9.7
Other/Multiracial	---	---
Education		
< High school	10.5	5.2-19.9
High school or GED	8.3	5.2-12.9
Tech/Some college	9.4	6.4-13.6
College degree	3.5	2.1-5.8
Annual Income		
Low (<\$25K)	6.1	3.6-10.0
Middle (\$25K-<\$50K)	9.6	5.9-15.4
High (\$50K-<\$75K)	4.8	2.3-9.8
Highest (\$75K+)	5.6	3.4-9.2
Employment		
Employed for wages	7.4	5.2-10.5
Self-employed	---	---
Out of work	---	---
Homemaker	---	---
Student	---	---
Retired	5.9	3.5-9.8
Unable to work	12.8	6.5-23.6

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

Preventive Behaviors & Screenings

Physical Activity

Methods

The BRFSS examined physical activity levels by analyzing the respondents' self-reported amount of time spent in either moderate or vigorous leisure-time physical activity as well as determining the frequency of muscle-strengthening activities. Individuals were then classified as either meeting or not meeting the U.S. Department of Health and Human Services recommendations in two different categories:

- **aerobic physical activity** - 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity
- **muscle-strengthening** - participation in activities that involve all major muscle groups on two or more days a week

Neighborhood access to physical activity and transportation physical activity were also assessed.

Results Summary

- ◆ The majority (53%) of Tarrant County adults did not meet the recommendations for aerobic activity
- ◆ 7 out of 10 people did not meet muscle-strengthening recommendations
- ◆ 14% reported their neighborhood did not have any sidewalks, shoulders of the roads, trails, or parks where they could safely walk
- ◆ Biking or walking for transportation within the past week was reported among 28% of residents

Figure 14.1 Did not meet aerobic recommendations among adults aged 18 years and older, Tarrant County, 2015

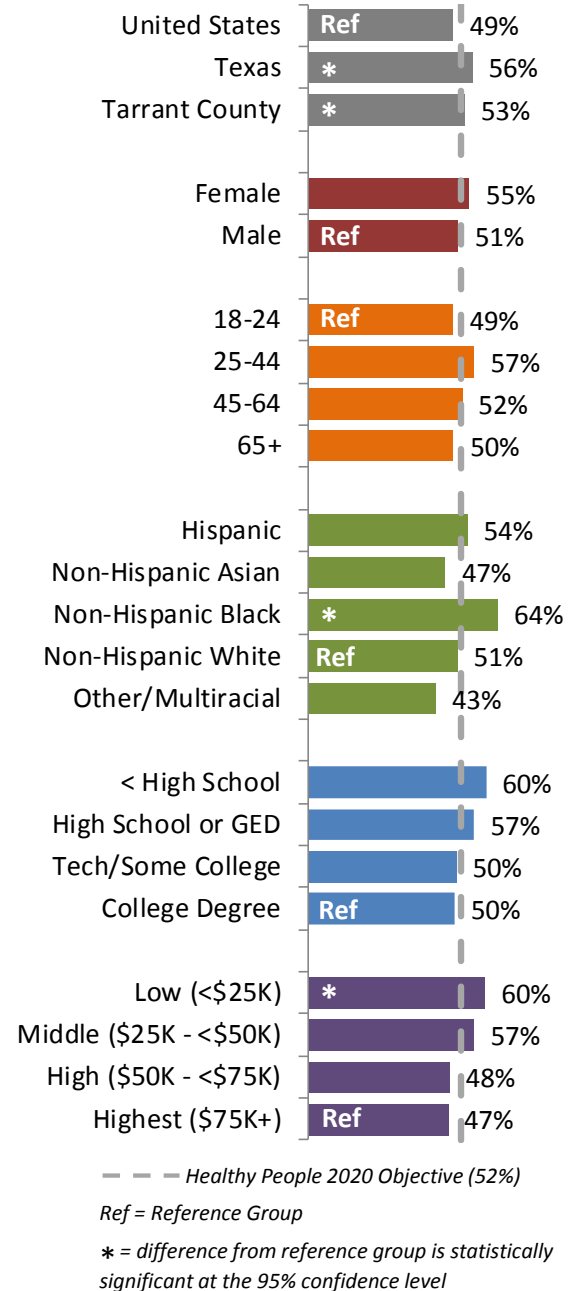
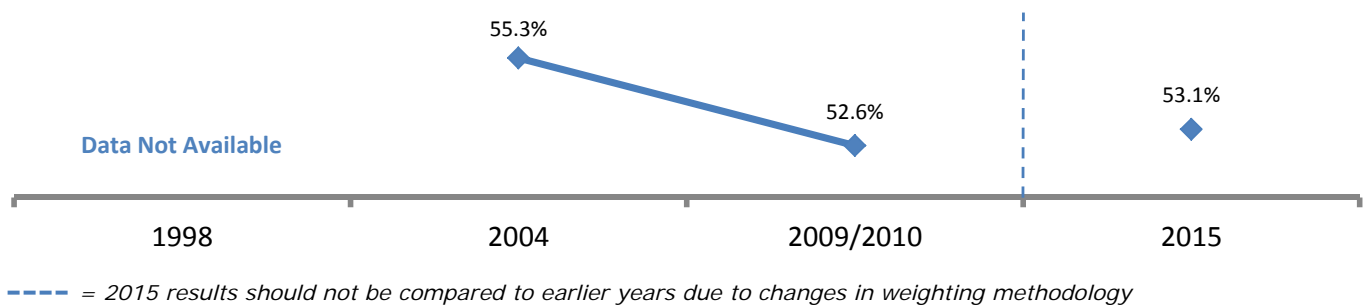


Figure 14.2 Did not meet aerobic recommendations among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 14.1 AEROBIC PHYSICAL ACTIVITY
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DID NOT MEET AEROBIC RECOMMENDATIONS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	53.1	50.5-55.7
Sub-County Area		
Central	61.2	53.2-68.7
Northeast	48.6	43.0-54.3
Northwest	56.2	50.8-61.4
Southeast	54.8	49.3-60.3
Southwest	50.6	44.7-56.4
City		
Arlington	57.8	51.7-63.6
Fort Worth	54.8	50.7-58.8
Gender		
Female	54.9	51.4-58.3
Male	51.1	47.3-55.0
Sexual Identity		
LGBT	65.3	53.2-75.8
Non-LGBT	52.6	49.8-55.4
Age (in years)		
18-24	49.3	40.8-57.8
25-44	56.5	51.6-61.3
45-64	52.3	48.5-56.0
65+	49.5	45.5-53.5
Race/Ethnicity		
Hispanic	54.1	47.9-60.2
Non-Hispanic Asian	46.7	31.8-62.2
Non-Hispanic Black	64.4	57.1-71.1
Non-Hispanic White	50.7	47.5-53.8
Other/Multiracial	43.3	29.0-58.9
Education		
< High school	60.4	51.4-68.7
High school or GED	56.5	51.4-61.4
Tech/Some college	50.3	45.7-55.0
College degree	49.8	45.7-53.9
Annual Income		
Low (<\$25K)	60.1	54.1-65.8
Middle (\$25K-<\$50K)	56.5	50.7-62.2
High (\$50K-<\$75K)	48.0	41.1-54.9
Highest (\$75K+)	47.4	43.0-51.9
Employment		
Employed for wages	54.4	50.6-58.0
Self-employed	46.6	38.0-55.4
Out of work	54.2	39.9-67.7
Homemaker	41.5	32.8-50.7
Student	57.1	44.2-69.1
Retired	46.2	41.6-50.9
Unable to work	73.9	65.3-80.9

[†]U.S. Department of Health and Human Services recommendations: 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity

*Estimates weighted to population characteristics

**TABLE 14.2 MUSCLE-STRENGTHENING ACTIVITY
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DID NOT MEET MUSCLE-STRENGTHENING RECOMMENDATIONS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	71.1	68.7-73.3
Sub-County Area		
Central	72.9	64.9-79.7
Northeast	65.4	59.9-70.6
Northwest	69.9	64.7-74.7
Southeast	73.6	68.7-77.9
Southwest	75.5	70.2-80.2
City		
Arlington	72.2	66.5-77.2
Fort Worth	72.6	68.8-76.2
Gender		
Female	75.4	72.4-78.2
Male	66.3	62.6-69.8
Sexual Identity		
LGBT	77.9	65.4-86.8
Non-LGBT	69.9	67.4-72.4
Age (in years)		
18-24	55.9	47.2-64.3
25-44	69.4	64.9-73.6
45-64	75.6	72.4-78.6
65+	77.8	74.5-80.8
Race/Ethnicity		
Hispanic	75.0	69.4-79.9
Non-Hispanic Asian	58.2	42.6-72.4
Non-Hispanic Black	72.8	66.1-78.7
Non-Hispanic White	71.1	68.2-73.9
Other/Multiracial	53.2	38.2-67.7
Education		
< High school	83.8	77.0-88.8
High school or GED	74.3	69.5-78.7
Tech/Some college	67.9	63.4-72.1
College degree	65.4	61.4-69.2
Annual Income		
Low (<\$25K)	81.2	76.6-85.1
Middle (\$25K-<\$50K)	70.1	64.7-75.1
High (\$50K-<\$75K)	70.8	64.1-76.8
Highest (\$75K+)	66.9	62.5-70.9
Employment		
Employed for wages	67.3	63.8-70.7
Self-employed	72.1	63.9-78.9
Out of work	78.9	66.5-87.5
Homemaker	75.5	67.0-82.4
Student	62.2	49.1-73.8
Retired	76.7	72.8-80.2
Unable to work	82.3	75.1-87.8

[†]U.S. Department of Health and Human Services recommendations: Muscle-strengthening activities that involve all major muscle groups on two or more days a week; *Estimates weighted to population characteristics

**TABLE 14.3 AEROBIC AND MUSCLE STRENGTHENING ACTIVITY
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

DID NOT MEET AEROBIC NOR MUSCLE STRENGTHENING RECOMMENDATIONS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	81.8	79.8-83.7
Sub-County Area		
Central	85.2	78.4-90.1
Northeast	76.7	71.5-81.3
Northwest	82.5	78.2-86.1
Southeast	84.8	81.0-88.0
Southwest	83.0	78.0-87.1
City		
Arlington	83.9	79.3-87.6
Fort Worth	83.0	79.7-85.9
Gender		
Female	83.4	80.8-85.8
Male	80.0	76.8-82.9
Sexual Identity		
LGBT	88.2	77.2-94.3
Non-LGBT	81.0	78.8-83.1
Age (in years)		
18-24	70.2	61.6-77.6
25-44	83.7	80.0-86.8
45-64	83.4	80.6-85.9
65+	83.5	80.4-86.2
Race/Ethnicity		
Hispanic	83.6	78.7-87.5
Non-Hispanic Asian	79.6	65.1-89.1
Non-Hispanic Black	85.2	79.5-89.6
Non-Hispanic White	81.1	78.5-83.5
Other/Multiracial	71.0	55.5-82.7
Education		
< High school	90.2	84.5-94.0
High school or GED	85.3	81.2-88.6
Tech/Some college	79.5	75.5-83.0
College degree	77.3	73.6-80.6
Annual Income		
Low (<\$25K)	88.7	84.9-91.7
Middle (\$25K-<\$50K)	82.5	77.7-86.4
High (\$50K-<\$75K)	79.9	73.3-85.2
Highest (\$75K+)	78.1	74.3-81.5
Employment		
Employed for wages	79.4	76.2-82.3
Self-employed	81.9	74.3-87.6
Out of work	89.8	79.5-95.2
Homemaker	80.4	72.4-86.6
Student	82.8	70.6-90.6
Retired	81.7	77.9-85.0
Unable to work	92.8	86.8-96.2

[†]U.S. Department of Health and Human Services recommendations: 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity AND muscle-strengthening activities that involve all major muscle groups on two or more days a week; *Estimates weighted to population characteristics

**TABLE 14.4 NO NEIGHBORHOOD ACCESS TO PHYSICAL ACTIVITY
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

NO NEIGHBORHOOD ACCESS TO PHYSICAL ACTIVITY[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	14.0	11.8-16.6
Sub-County Area		
Central	24.8	16.5-35.4
Northeast	5.6	3.0-10.5
Northwest	19.5	14.5-25.6
Southeast	9.4	6.4-13.7
Southwest	17.8	12.3-25.1
City		
Arlington	6.8	3.9-11.4
Fort Worth	15.8	12.4-20.1
Gender		
Female	17.0	13.9-20.6
Male	10.9	8.0-14.6
Sexual Identity		
LGBT	9.4	4.1-20.1
Non-LGBT	13.5	11.3-16.2
Age (in years)		
18-24	---	---
25-44	12.5	8.8-17.4
45-64	13.8	10.7-17.7
65+	23.0	18.3-28.6
Race/Ethnicity		
Hispanic	18.3	12.8-25.5
Non-Hispanic Asian	---	---
Non-Hispanic Black	12.6	7.6-20.1
Non-Hispanic White	14.2	11.6-17.3
Other/Multiracial	---	---
Education		
< High school	23.4	15.3-34.0
High school or GED	20.2	15.4-26.1
Tech/Some college	11.0	7.8-15.2
College degree	7.5	5.3-10.4
Annual Income		
Low (<\$25K)	27.6	21.2-35.0
Middle (\$25K-<\$50K)	10.7	7.1-15.8
High (\$50K-<\$75K)	9.8	5.7-16.4
Highest (\$75K+)	8.2	5.6-11.9
Employment		
Employed for wages	12.4	9.2-16.5
Self-employed	12.5	7.0-21.5
Out of work	16.8	8.2-31.5
Homemaker	13.6	7.8-22.8
Student	---	---
Retired	21.4	16.7-27.0
Unable to work	23.1	14.5-34.8

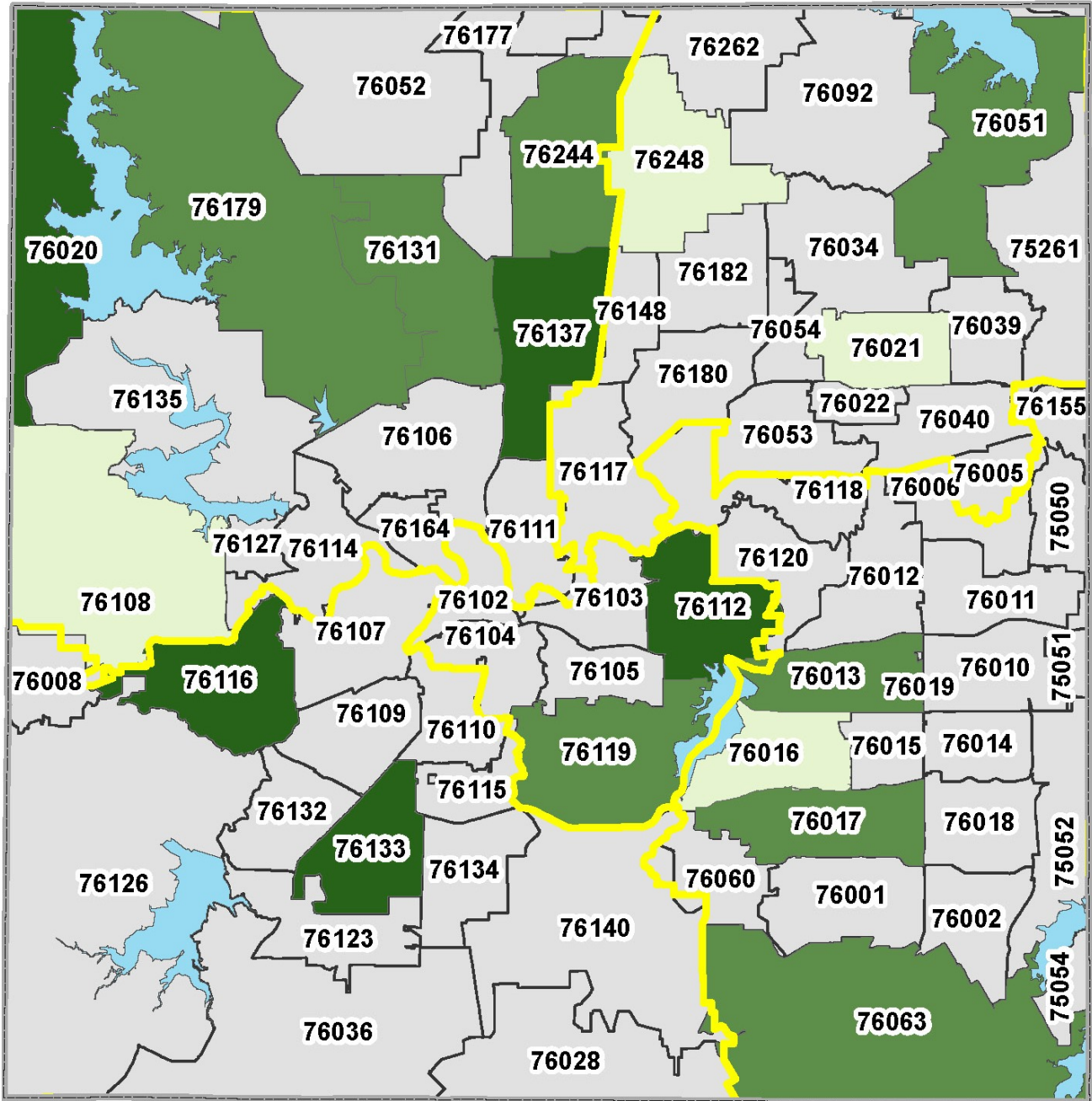
[†]Respondents reported that neighborhood does not have any sidewalks, shoulders of the road, trails, or parks where one can safely walk
*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 14.5 BIKED OR WALKED FOR TRANSPORTATION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

BIKED OR WALKED FOR TRANSPORTATION[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	28.1	24.8-31.8
Sub-County Area		
Central	38.5	26.0-52.9
Northeast	29.9	22.7-38.2
Northwest	20.3	14.6-27.6
Southeast	25.6	19.2-33.2
Southwest	32.6	25.0-41.2
City		
Arlington	24.6	17.7-33.1
Fort Worth	29.8	24.4-35.8
Gender		
Female	24.0	19.7-29.0
Male	32.7	27.6-38.2
Sexual Identity		
LGBT	31.8	17.7-50.1
Non-LGBT	27.9	24.4-31.7
Age (in years)		
18-24	46.3	33.9-59.1
25-44	28.0	22.1-34.8
45-64	25.0	20.5-30.2
65+	18.2	14.2-23.1
Race/Ethnicity		
Hispanic	28.3	20.9-37.2
Non-Hispanic Asian	47.7	27.3-68.8
Non-Hispanic Black	32.9	23.7-43.6
Non-Hispanic White	24.5	20.7-28.8
Other/Multiracial	51.7	27.9-74.9
Education		
< High school	30.6	20.5-42.8
High school or GED	34.6	27.5-42.5
Tech/Some college	29.9	23.9-36.7
College degree	19.1	15.2-23.8
Annual Income		
Low (<\$25K)	38.1	30.2-46.7
Middle (\$25K-<\$50K)	32.1	24.0-41.4
High (\$50K-<\$75K)	22.3	15.4-31.3
Highest (\$75K+)	18.0	13.8-23.1
Employment		
Employed for wages	23.8	19.4-28.9
Self-employed	22.0	13.4-34.0
Out of work	26.4	14.4-43.3
Homemaker	32.5	21.8-45.5
Student	60.8	42.3-76.7
Retired	22.0	16.0-29.6
Unable to work	41.3	27.7-56.2

[†]Rode a bicycle or walked for transportation to go to or from work, to run errands, or to go somewhere else at least one day during the past seven days; *Estimates weighted to population characteristics

FIGURE 14.3 DID NOT MEET AEROBIC NOR STRENGTHENING RECOMMENDATIONS AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015



Percentage

- 64.0% - 74.2%
- 74.3% - 83.6%
- 83.7% - 90.3%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Nutrition

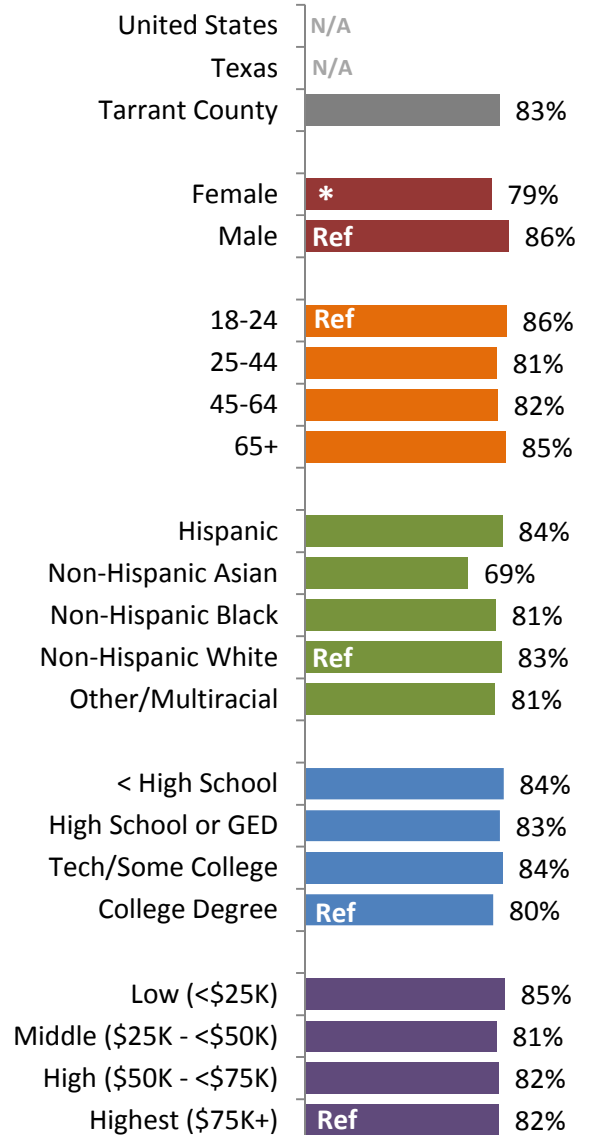
Methods

Nutrition behaviors were measured by questioning respondents on how often they ate at fast food restaurants as well as their fruit and vegetable intake. To calculate daily fruit and vegetable consumption, data were collected on intake of fruit, fruit and vegetable juices, dark leafy greens, orange-colored vegetables, non-fried potatoes, and other vegetables such as eggplant, peas, and lettuce.

Results Summary

- ◆ 8 out of 10 Tarrant County adults consumed fruits and vegetables less than five times per day
- ◆ Men consumed fewer fruits and vegetables per day compared to women at a statistically significant level
- ◆ Insufficient fruit and vegetable consumption occurred across Tarrant County regardless of sub-county area, age group, race/ethnicity, education level, or income
- ◆ Approximately one-quarter of the Tarrant County population eats at fast food restaurants two or more times per week
- ◆ Men were significantly more likely to eat at fast food restaurants two or more times per week compared to women (31% vs. 19%)
- ◆ Those in the highest income range were significantly more likely to frequent fast food restaurants compared to those in the lowest income range (32% vs. 16%)

Figure 15.1 Consumed fruits and vegetables less than five times per day, adults aged 18 years and older, Tarrant County, 2015

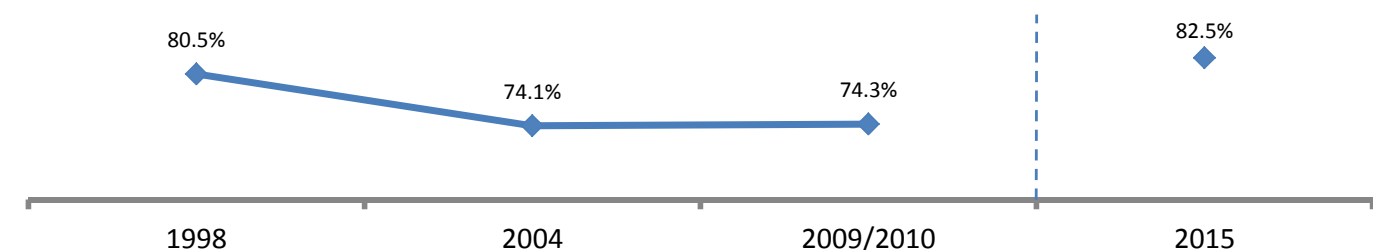


No comparable Healthy People 2020 Objective

Ref = Reference Group

* = difference from reference group is statistically significant at the 95% confidence level

Figure 15.2 Consumed fruits and vegetables less than five times per day, adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 15.1 FRUIT AND VEGETABLE CONSUMPTION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

CONSUMED FRUITS AND VEGETABLES LESS THAN FIVE TIMES PER DAY		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	82.5	80.5-84.4
Sub-County Area		
Central	78.2	71.4-83.8
Northeast	86.7	82.8-89.8
Northwest	82.5	77.7-86.4
Southeast	82.7	78.3-86.4
Southwest	80.4	75.3-84.7
City		
Arlington	82.1	76.8-86.4
Fort Worth	79.3	75.8-82.4
Gender		
Female	79.1	76.2-81.8
Male	86.4	83.6-88.8
Sexual Identity		
LGBT	79.3	67.7-87.5
Non-LGBT	82.7	80.5-84.7
Age (in years)		
18-24	85.5	78.7-90.4
25-44	81.4	77.6-84.7
45-64	81.7	78.6-84.4
65+	85.2	81.7-88.1
Race/Ethnicity		
Hispanic	83.8	79.2-87.5
Non-Hispanic Asian	69.2	51.7-82.6
Non-Hispanic Black	80.9	74.8-85.9
Non-Hispanic White	83.4	80.9-85.7
Other/Multiracial	80.6	67.3-89.4
Education		
< High school	84.2	77.8-89.0
High school or GED	82.6	78.2-86.2
Tech/Some college	83.8	80.1-87.0
College degree	79.8	76.3-82.9
Annual Income		
Low (<\$25K)	84.8	80.5-88.3
Middle (\$25K-<\$50K)	81.2	76.2-85.4
High (\$50K-<\$75K)	82.2	76.3-86.9
Highest (\$75K+)	82.2	78.6-85.3
Employment		
Employed for wages	83.8	80.9-86.2
Self-employed	79.4	71.0-85.8
Out of work	84.6	74.2-91.3
Homemaker	75.4	66.9-82.3
Student	---	---
Retired	82.0	77.1-86.0
Unable to work	80.1	71.4-86.6

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

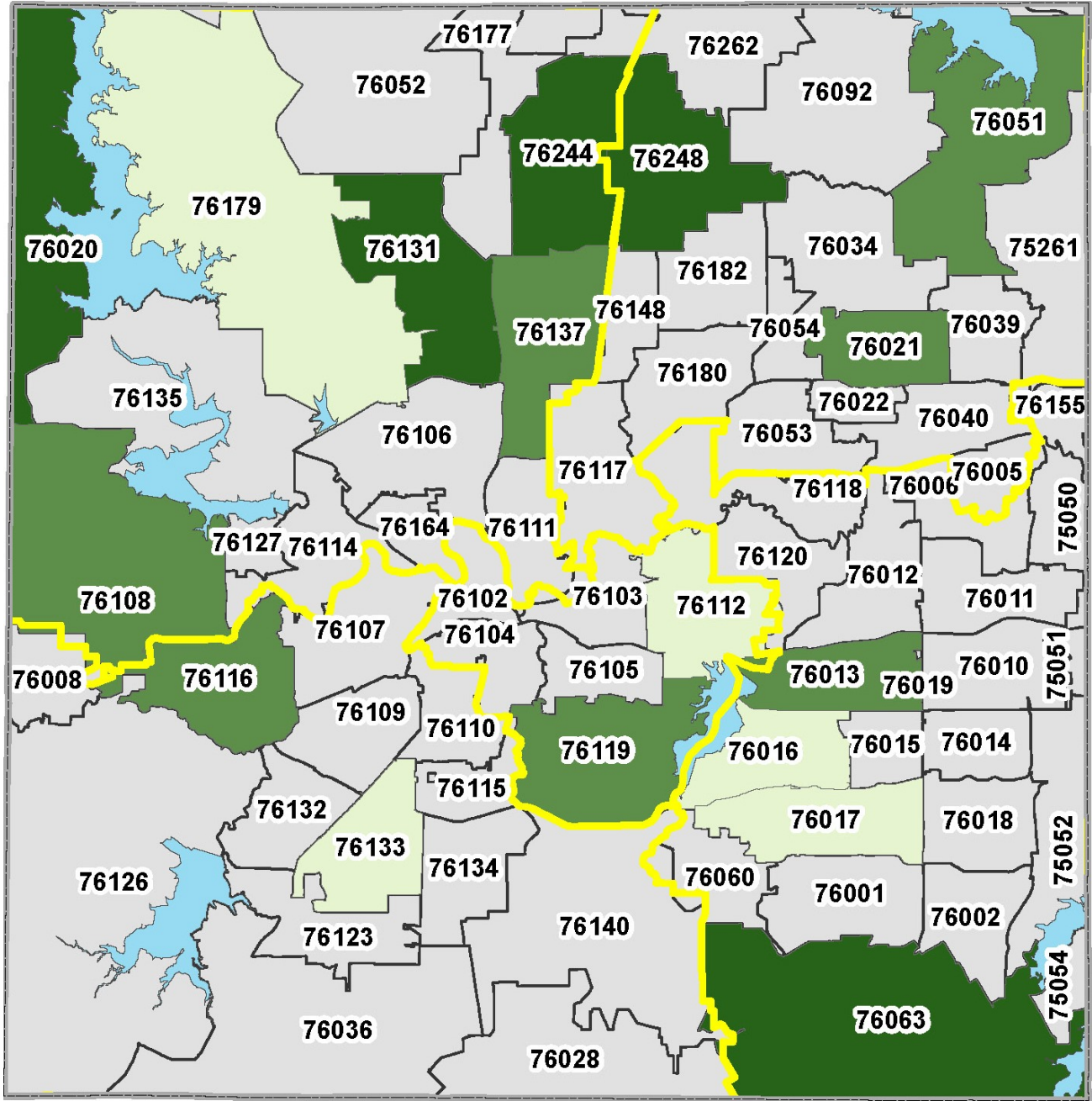
**TABLE 15.2 FAST FOOD RESTAURANT FREQUENCY
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

ATE AT FAST FOOD RESTAURANTS TWO OR MORE TIMES PER WEEK		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	24.3	20.8-28.3
Sub-County Area		
Central	14.2	6.6-27.9
Northeast	21.1	14.7-29.2
Northwest	28.5	20.8-37.7
Southeast	27.3	19.4-37.0
Southwest	26.2	18.7-35.4
City		
Arlington	24.7	16.0-36.0
Fort Worth	26.2	20.5-32.7
Gender		
Female	18.7	14.6-23.5
Male	30.5	24.7-36.9
Sexual Identity		
LGBT	---	---
Non-LGBT	24.8	21.1-29.0
Age (in years)		
18-24	34.2	20.2-51.6
25-44	30.3	23.2-38.4
45-64	18.1	14.0-23.2
65+	18.8	14.0-24.7
Race/Ethnicity		
Hispanic	20.7	13.3-30.7
Non-Hispanic Asian	---	---
Non-Hispanic Black	30.8	20.4-43.6
Non-Hispanic White	25.3	21.0-30.1
Other/Multiracial	---	---
Education		
< High school	18.9	10.6-31.4
High school or GED	29.0	21.4-37.8
Tech/Some college	23.2	17.4-30.1
College degree	24.5	18.9-31.1
Annual Income		
Low (<\$25K)	15.7	10.0-23.8
Middle (\$25K-<\$50K)	20.4	13.0-30.5
High (\$50K-<\$75K)	29.5	20.9-39.9
Highest (\$75K+)	31.9	25.0-39.8
Employment		
Employed for wages	29.3	23.7-35.8
Self-employed	31.5	19.3-46.9
Out of work	---	---
Homemaker	15.1	7.7-27.6
Student	---	---
Retired	14.8	10.5-20.3
Unable to work	---	---

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

FIGURE 15.3 CONSUMED FRUITS & VEGETABLES LESS THAN FIVE TIMES PER DAY AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015



Percentage

- 70.7% - 77.2%
- 77.3% - 85.0%
- 85.1% - 94.3%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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Family Planning

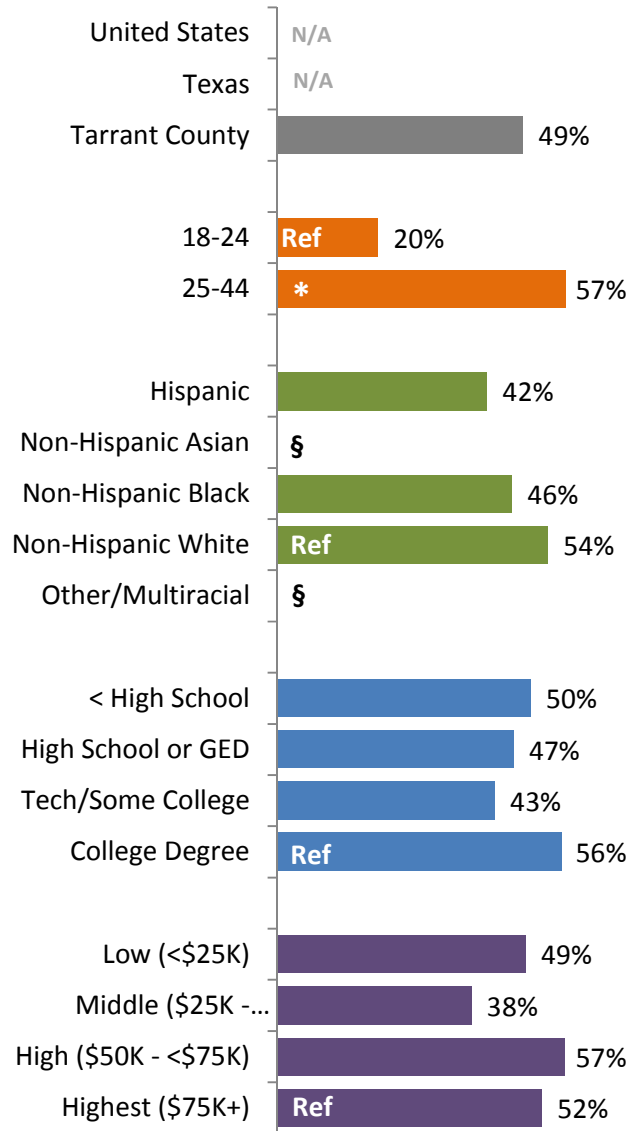
Methods

The BRFSS examined family planning practices by asking Tarrant County women aged 18 to 44 years if a health care professional (doctor, nurse, or other health care worker) had ever talked with them about ways to prepare for a healthy pregnancy and baby as part of a routine health care visit. Visits to any provider while pregnant were excluded.

Results Summary

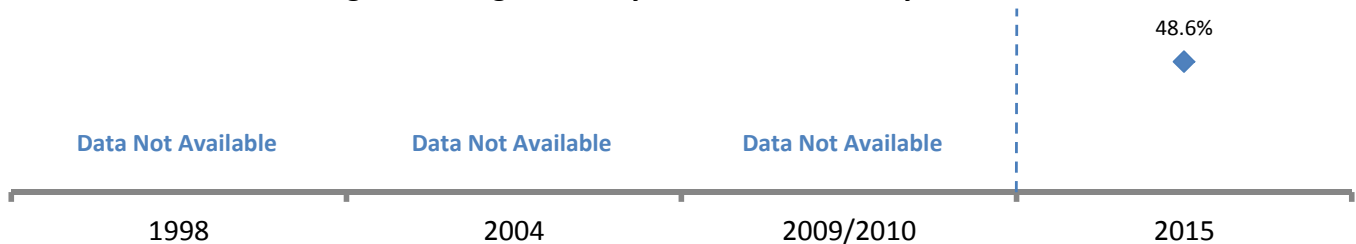
- ◆ An estimated 49% of Tarrant County women aged 18 to 44 years ever had a health care professional talk with them about preparing for a healthy pregnancy and baby
- ◆ Women aged 25 to 44 years were significantly more likely to have a health professional talk with them about how to have a healthy pregnancy and baby compared to women aged 18 to 24 (57% vs 20%)
- ◆ No significant differences were seen by race/ethnicity, highest level of education completed, annual income, or employment status
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 16.1 Health professional talked about preparing for a healthy pregnancy and baby among women aged 18-44 years, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 16.2 Health professional talked about preparing for a healthy pregnancy and baby among women aged 18-44 years, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 16.1 PREPARING FOR A HEALTHY PREGNANCY
AMONG TARRANT COUNTY WOMEN AGED 18-44 YEARS, 2015**

HEALTH CARE PROFESSIONAL EVER TALKED ABOUT PREPARING FOR A HEALTHY PREGNANCY AND BABY[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	48.6	42.7-54.5
Sub-County Area		
Central	44.5	28.8-61.4
Northeast	51.9	37.5-66.0
Northwest	46.1	35.4-57.3
Southeast	46.9	34.8-59.3
Southwest	52.4	38.6-65.9
City		
Arlington	52.6	37.6-67.2
Fort Worth	48.6	39.8-57.6
Sexual Identity		
LGBT	---	---
Non-LGBT	51.0	44.7-57.2
Age (in years)		
18-24	19.9	11.7-31.7
25-44	57.0	50.2-63.6
Race/Ethnicity		
Hispanic	41.5	31.6-52.1
Non-Hispanic Asian	---	---
Non-Hispanic Black	46.4	31.5-62.0
Non-Hispanic White	53.5	45.0-61.8
Other/Multiracial	---	---
Education		
< High school	50.1	32.9-67.2
High school or GED	46.7	35.0-58.6
Tech/Some college	43.0	32.9-53.7
College degree	56.2	46.5-65.5
Annual Income		
Low (<\$25K)	49.1	37.7-60.5
Middle (\$25K-<\$50K)	38.4	26.3-52.1
High (\$50K-<\$75K)	56.9	39.8-72.5
Highest (\$75K+)	52.3	42.0-62.5
Employment		
Employed for wages	48.5	40.4-56.6
Self-employed	66.4	43.9-83.2
Out of work	---	---
Homemaker	50.2	36.2-64.1
Student	---	---
Retired	---	---
Unable to work	77.9	52.4-91.8

[†]As part of a routine health care visit, a doctor, nurse, or other health care worker ever talked about ways to prepare for a healthy pregnancy (does not include visits while pregnant)

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

Immunizations

Methods

The BRFSS evaluated vaccination practices by questioning respondents regarding their uptake of any influenza vaccine within the past year (shot or spray), ever receiving the pneumococcal vaccine, and acquiring a Tdap vaccination against tetanus, diphtheria, and pertussis (whooping cough) within the past 10 years.

Results Summary

- ◆ The majority (59%) of Tarrant County adults were not vaccinated against influenza in the past year
- ◆ Those less likely to get vaccinated for influenza include residents younger than age 45, Hispanics, non-Hispanic Blacks, Other/Multiracial, adults with less than a college degree, those in the low to middle income range, and residents who are out of work
- ◆ 1 out of 5 residents aged 65 years and older have never received a pneumococcal vaccine
- ◆ While 61% of adults reported they had a tetanus shot within the past 10 years, only 27% could recount that they had received the Tdap vaccine which also protects against pertussis (whooping cough)

Figure 17.1 No flu vaccine in the past 12 months among adults aged 18 years and older, Tarrant County, 2015

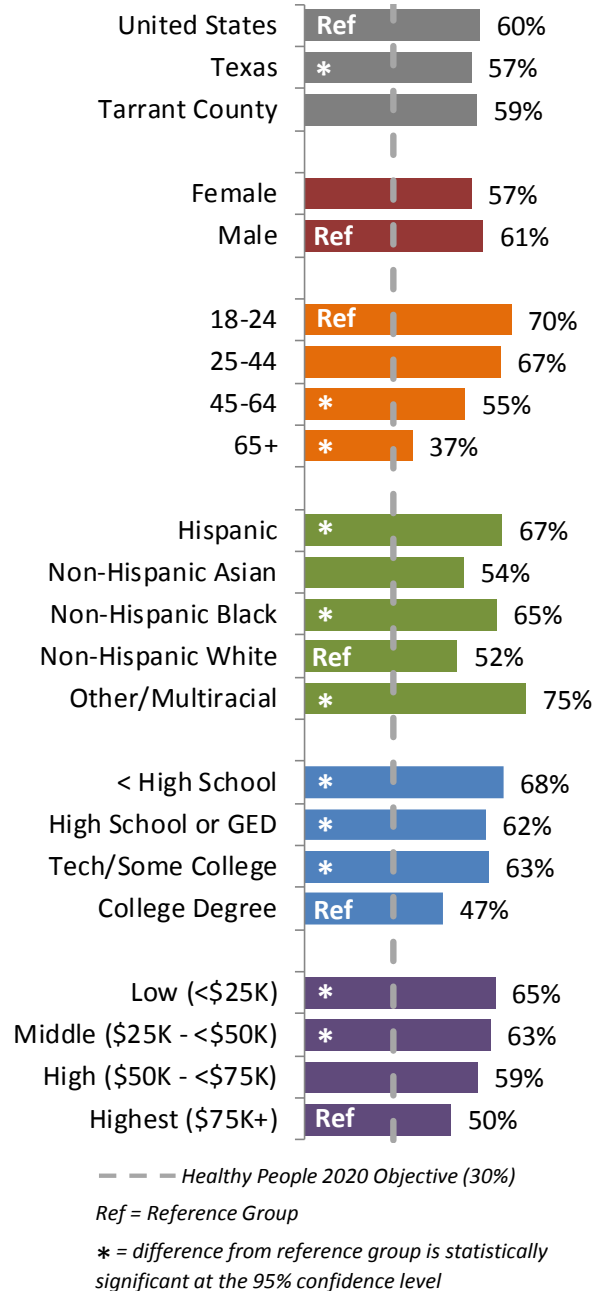
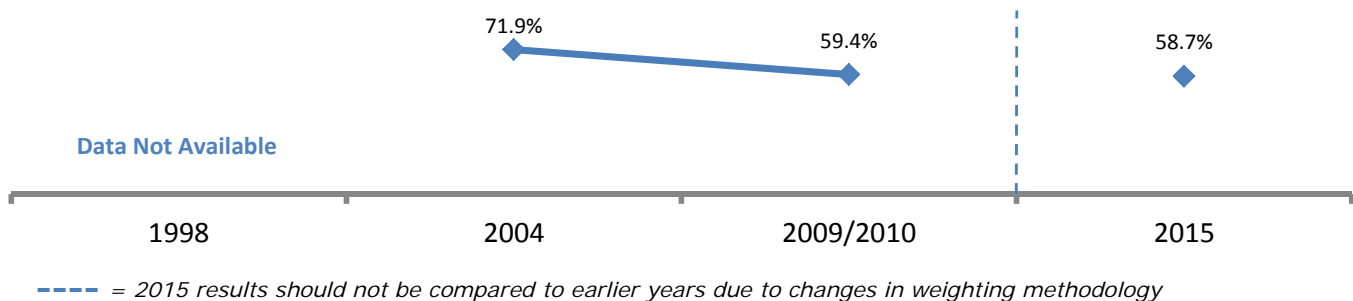


Figure 17.2 No flu vaccination in the past 12 months among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 17.1 INFLUENZA VACCINATION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

No Influenza Vaccination Within the Past 12 Months[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	58.7	56.2-61.2
Sub-County Area		
Central	63.9	56.5-70.8
Northeast	55.4	49.7-60.9
Northwest	55.5	50.3-60.7
Southeast	64.3	59.4-68.9
Southwest	58.3	52.5-63.8
City		
Arlington	60.4	54.6-66.0
Fort Worth	59.3	55.4-63.1
Gender		
Female	56.8	53.4-60.1
Male	60.8	57.2-64.4
Sexual Identity		
LGBT	54.3	41.9-66.1
Non-LGBT	59.1	56.5-61.7
Age (in years)		
18-24	70.4	61.9-77.8
25-44	66.7	62.1-71.0
45-64	54.7	51.0-58.4
65+	36.7	32.8-40.7
Race/Ethnicity		
Hispanic	67.3	61.4-72.7
Non-Hispanic Asian	54.3	38.6-69.2
Non-Hispanic Black	65.4	58.8-71.4
Non-Hispanic White	52.2	49.1-55.3
Other/Multiracial	75.4	62.3-85.1
Education		
< High school	67.7	59.7-74.8
High school or GED	61.7	56.8-66.4
Tech/Some college	62.7	58.4-66.8
College degree	47.1	43.0-51.2
Annual Income		
Low (<\$25K)	64.8	59.3-69.8
Middle (\$25K-<\$50K)	63.3	57.8-68.5
High (\$50K-<\$75K)	59.0	52.3-65.3
Highest (\$75K+)	50.0	45.5-54.4
Employment		
Employed for wages	58.5	54.9-62.1
Self-employed	68.5	60.2-75.7
Out of work	81.3	71.7-88.1
Homemaker	67.7	58.6-75.7
Student	59.8	46.4-71.9
Retired	42.7	38.0-47.5
Unable to work	48.0	38.9-57.2

[†]Influenza vaccination by either shot or spray

*Estimates weighted to population characteristics

**TABLE 17.2 INFLUENZA VACCINATION
AMONG TARRANT COUNTY ADULTS AGED 65 YEARS AND OLDER, 2015**

NO INFLUENZA VACCINATION WITHIN THE PAST 12 MONTHS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	36.7	32.8-40.7
Sub-County Area		
Central	43.6	34.3-53.4
Northeast	37.8	29.9-46.3
Northwest	29.0	21.8-37.4
Southeast	35.9	27.3-45.5
Southwest	38.2	30.1-47.0
City		
Arlington	35.3	24.9-47.3
Fort Worth	35.7	30.2-41.6
Gender		
Female	37.5	33.1-42.2
Male	35.5	29.0-42.7
Sexual Identity		
LGBT	34.9	17.5-57.5
Non-LGBT	36.3	32.2-40.5
Race/Ethnicity		
Hispanic	41.0	20.4-65.4
Non-Hispanic Asian	---	---
Non-Hispanic Black	45.5	33.6-57.9
Non-Hispanic White	35.4	31.3-39.6
Other/Multiracial	---	---
Education		
< High school	44.5	29.2-61.0
High school or GED	39.7	32.7-47.1
Tech/Some college	36.9	30.6-43.6
College degree	31.5	25.8-37.7
Annual Income		
Low (<\$25K)	40.4	33.2-48.1
Middle (\$25K-<\$50K)	37.1	28.4-46.7
High (\$50K-<\$75K)	31.9	23.0-42.5
Highest (\$75K+)	30.9	23.5-39.6
Employment		
Employed for wages	35.0	24.9-46.6
Self-employed	25.6	14.9-40.3
Out of work	---	---
Homemaker	38.9	25.3-54.5
Student	---	---
Retired	37.3	32.6-42.2
Unable to work	26.0	15.4-40.3

[†]Influenza vaccination by either shot or spray; *Estimates weighted to population characteristics
 --- = number of responses too small to calculate reliable estimate

**TABLE 17.3 PNEUMOCOCCAL VACCINATION
AMONG TARRANT COUNTY ADULTS AGED 65 YEARS AND OLDER, 2015**

HAVE NEVER RECEIVED PNEUMOCOCCAL VACCINE		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	20.9	18.0-24.1
Sub-County Area		
Central	28.6	20.1-38.9
Northeast	23.2	17.1-30.7
Northwest	23.8	16.9-32.4
Southeast	20.1	14.6-26.9
Southwest	16.5	11.1-23.8
City		
Arlington	18.8	12.8-26.8
Fort Worth	22.2	17.5-27.6
Gender		
Female	22.1	18.5-26.3
Male	19.2	14.8-24.5
Sexual Identity		
LGBT	---	---
Non-LGBT	20.4	17.4-23.7
Race/Ethnicity		
Hispanic	17.1	7.9-33.1
Non-Hispanic Asian	---	---
Non-Hispanic Black	30.9	21.0-43.0
Non-Hispanic White	20.2	17.0-23.7
Other/Multiracial	---	---
Education		
< High school	12.2	6.4-22.2
High school or GED	23.8	18.1-30.7
Tech/Some college	21.8	16.9-27.6
College degree	20.7	15.9-26.3
Annual Income		
Low (<\$25K)	23.0	17.2-30.0
Middle (\$25K-<\$50K)	19.1	13.8-25.8
High (\$50K-<\$75K)	23.2	16.0-32.5
Highest (\$75K+)	19.6	13.5-27.7
Employment		
Employed for wages	34.5	24.0-46.8
Self-employed	28.7	17.0-44.1
Out of work	---	---
Homemaker	22.3	11.6-38.6
Student	---	---
Retired	19.1	15.9-22.7
Unable to work	---	---

*Estimates weighted to population characteristics
 --- = number of responses too small to calculate reliable estimate

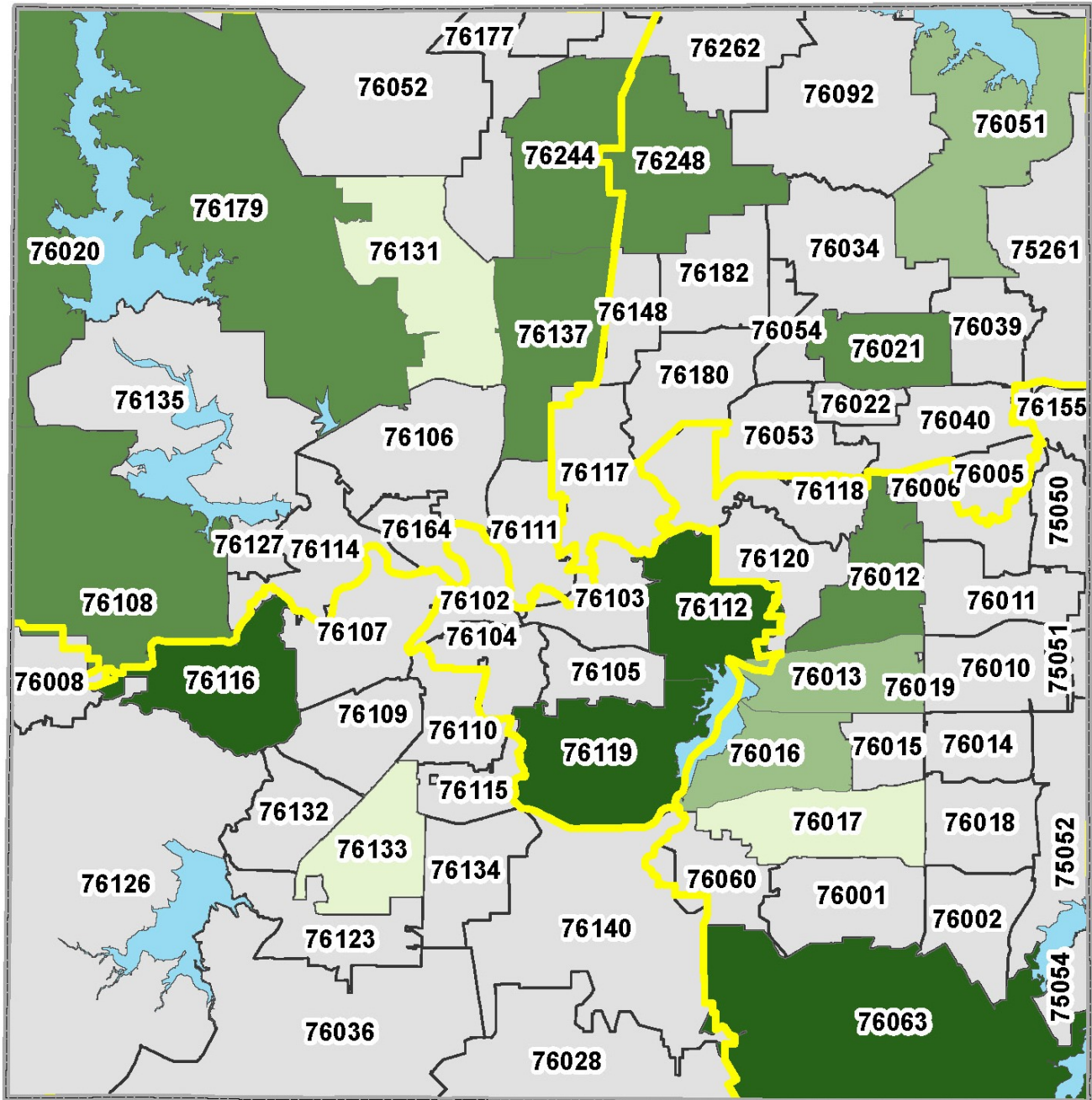
**TABLE 17.4 TDAP VACCINATION
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

RECEIVED TDAP VACCINE IN THE LAST 10 YEARS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	26.7	23.2-30.5
Sub-County Area		
Central	16.9	10.2-26.7
Northeast	29.2	22.4-37.1
Northwest	22.6	16.9-29.5
Southeast	29.3	21.1-39.1
Southwest	26.1	19.1-34.7
City		
Arlington	25.6	18.8-33.8
Fort Worth	21.4	16.9-26.7
Gender		
Female	28.4	24.0-33.2
Male	24.8	19.5-31.0
Sexual Identity		
LGBT	25.9	13.3-44.5
Non-LGBT	27.9	24.2-32.0
Age (in years)		
18-24	19.7	11.8-31.1
25-44	32.6	25.8-40.3
45-64	26.4	21.8-31.5
65+	16.4	12.7-20.9
Race/Ethnicity		
Hispanic	26.7	17.9-37.8
Non-Hispanic Asian	---	---
Non-Hispanic Black	26.5	17.8-37.4
Non-Hispanic White	27.9	24.0-32.2
Other/Multiracial	---	---
Education		
< High school	24.7	12.4-43.0
High school or GED	22.0	16.3-28.9
Tech/Some college	22.8	18.0-28.5
College degree	37.3	31.2-43.9
Annual Income		
Low (<\$25K)	23.6	15.2-34.7
Middle (\$25K-<\$50K)	20.7	15.2-27.7
High (\$50K-<\$75K)	30.2	21.9-39.9
Highest (\$75K+)	33.2	27.0-40.0
Employment		
Employed for wages	27.0	22.6-31.8
Self-employed	31.8	20.0-46.5
Out of work	44.3	20.6-70.9
Homemaker	16.1	8.6-28.2
Student	39.0	22.5-58.6
Retired	20.8	15.7-27.1
Unable to work	21.0	12.5-33.0

[†]Tdap vaccine protects against tetanus, diphtheria, and pertussis (whooping cough)

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**FIGURE 17.3 NO INFLUENZA VACCINE WITHIN THE PAST YEAR
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER BY ZIP CODE, 2015**



Percentage

- 32.6% - 41.4%
- 41.5% - 50.6%
- 50.7% - 61.7%
- 61.8% - 76.0%
- Sample size too small for reliable estimate
- Subcounty Area
- Water

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HIV Testing

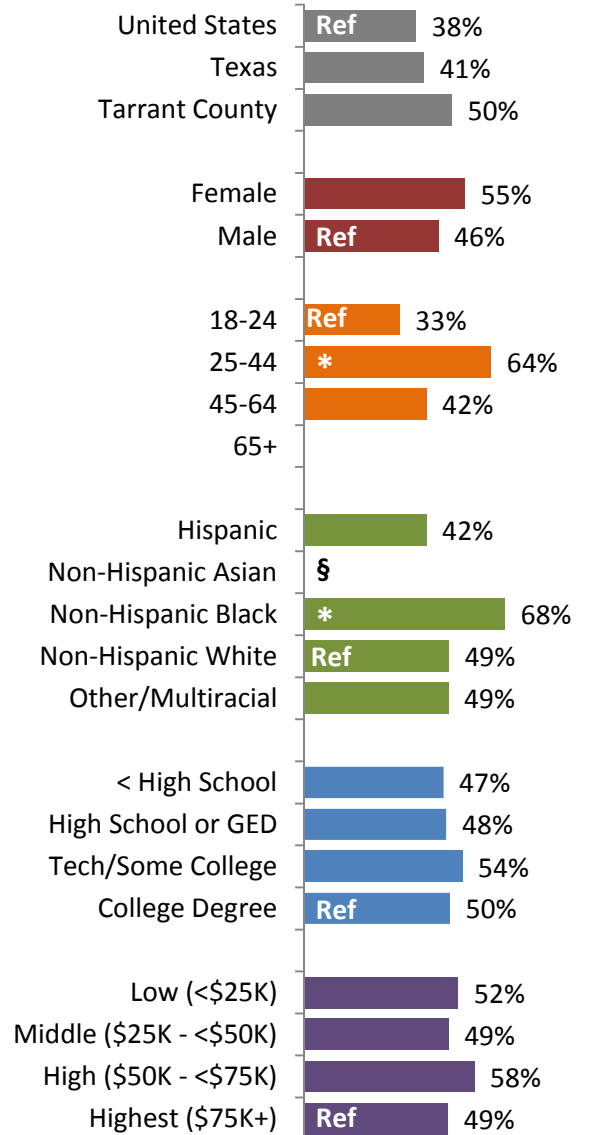
Methods

The BRFSS asked respondents if they had ever been tested for HIV (not including as part of a blood donation), when their last HIV test was performed, and the type of facility where the test was done. No inquiries were made as to the results of completed HIV tests.

Results Summary

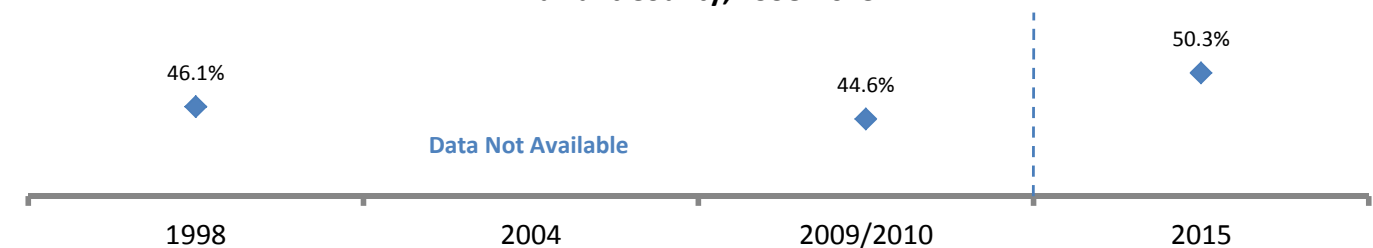
- ◆ Half of Tarrant County residents aged 18 to 64 years have been tested for HIV
- ◆ Significantly more adults age 25 to 44 had HIV testing compared to those aged 18 to 24 years and 45 to 64 years
- ◆ Non-Hispanic Blacks were significantly more likely to have been tested for HIV than non-Hispanic Whites (68% vs. 49%)
- ◆ No significant differences in testing status were seen by gender, sexual identify, education level, or income bracket
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 18.1 HIV testing among adults aged 18-64 years, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; § = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 18.2 HIV testing among adults aged 18-64 years, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 18.1 HIV TESTING
AMONG TARRANT COUNTY ADULTS AGED 18-64 YEARS, 2015**

EVER BEEN TESTED FOR HIV[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	50.3	46.0-54.6
Sub-County Area		
Central	50.2	38.3-62.2
Northeast	46.6	37.6-55.8
Northwest	49.3	40.9-57.8
Southeast	55.3	46.2-64.1
Southwest	53.4	42.9-63.6
City		
Arlington	50.8	41.1-60.4
Fort Worth	49.6	42.6-56.5
Gender		
Female	54.7	49.0-60.2
Male	45.6	39.1-52.2
Sexual Identity		
LGBT	63.0	42.6-79.6
Non-LGBT	50.7	46.2-55.3
Age (in years)		
18-24	32.5	22.4-44.5
25-44	63.6	56.8-69.9
45-64	41.6	36.2-47.2
Race/Ethnicity		
Hispanic	41.6	32.1-51.7
Non-Hispanic Asian	---	---
Non-Hispanic Black	68.3	57.5-77.5
Non-Hispanic White	49.2	43.7-54.7
Other/Multiracial	49.0	29.0-69.3
Education		
< High school	47.4	32.6-62.7
High school or GED	48.3	40.3-56.5
Tech/Some college	53.8	46.2-61.2
College degree	49.6	42.8-56.5
Annual Income		
Low (<\$25K)	52.4	42.6-62.0
Middle (\$25K-<\$50K)	49.1	40.1-58.2
High (\$50K-<\$75K)	57.9	46.5-68.6
Highest (\$75K+)	48.9	41.7-56.1
Employment		
Employed for wages	47.0	41.6-52.5
Self-employed	61.5	47.8-73.7
Out of work	74.9	55.9-87.6
Homemaker	56.0	41.5-69.6
Student	26.7	14.4-44.0
Retired	33.0	20.1-49.2
Unable to work	59.9	44.9-73.3

[†]Includes testing fluids from the mouth, but does not include tests done as part of a blood donation

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

Cancer Screening

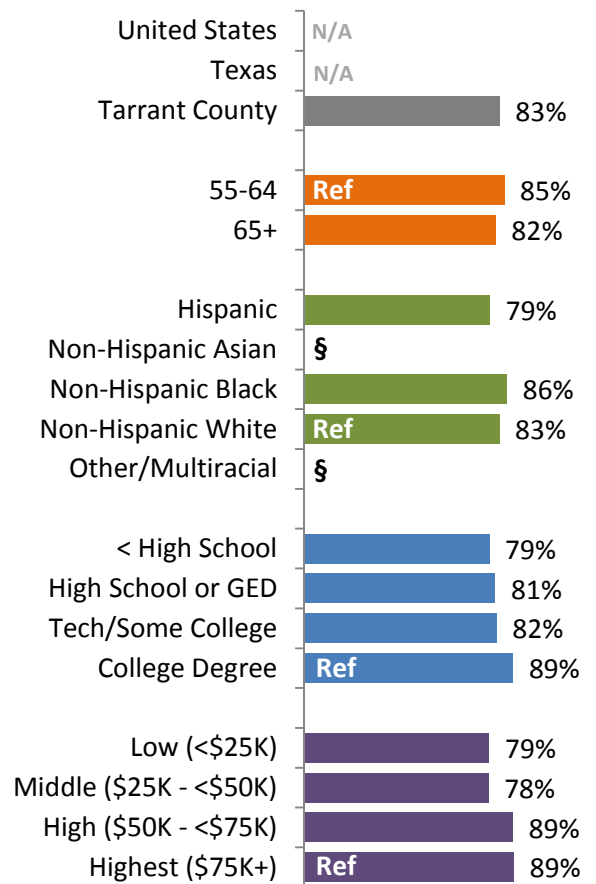
Methods

Cancer screening practices among women were assessed by the BRFSS through a series of questions regarding mammography and Papanicolaou (Pap) testing. Men were asked if a health professional had discussed the advantages and disadvantages of Prostate-Specific Antigen (PSA) testing. Since research has not yet confirmed that the potential benefits of PSA testing outweigh the potential risks of testing and treatment, the American Cancer Society guidelines focus on discussing the risks/benefits with a health care provider so men can make an informed decision and do what is best for them.

Results Summary

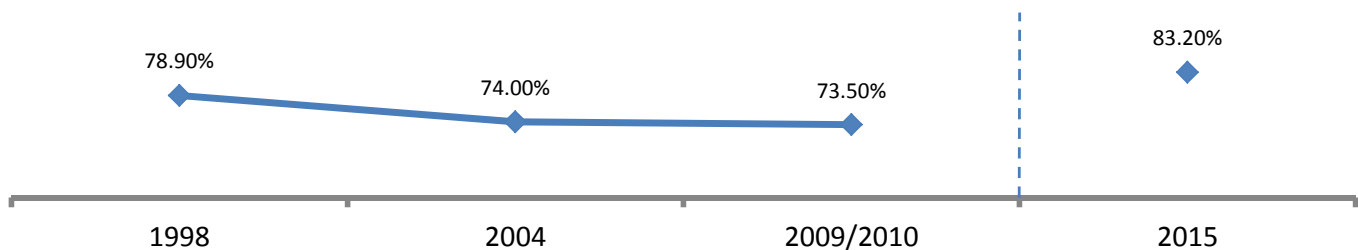
- ◆ 83% of Tarrant County women aged 55 years and older had a mammogram within the past two years, surpassing the Healthy People 2020 Objective
- ◆ No statistically significant differences were seen in breast cancer screening by age group, race/ethnicity, education level, or income bracket
- ◆ 84% of women aged 21-65 had a Pap test within the past three years
- ◆ One-third of men aged 50 years and older received counseling from a health care provider regarding the pros and cons of PSA testing
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 19.1 Mammogram in the past two years, females aged 55 years and older, Tarrant County, 2015



No comparable Healthy People 2020 Objective
 Ref = Reference Group; \$ = result unreliable
 * = difference from reference group is statistically significant at the 95% confidence level

Figure 19.2 Met mammogram screening guidelines among women, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 19.1 BREAST CANCER SCREENING
AMONG TARRANT COUNTY WOMEN AGED 55 YEARS AND OLDER, 2015**

HAD A MAMMOGRAM WITHIN THE PAST TWO YEARS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	83.2	80.1-85.9
Sub-County Area		
Central	80.0	70.1-87.2
Northeast	87.2	80.1-92.0
Northwest	83.3	76.4-88.5
Southeast	81.0	73.9-86.5
Southwest	86.4	78.8-91.5
City		
Arlington	78.2	69.5-85.0
Fort Worth	85.0	80.0-89.0
Sexual Identity		
LGBT	---	---
Non-LGBT	83.3	80.0-86.1
Age (in years)		
55-64	85.2	80.1-89.2
65+	81.5	77.4-84.9
Race/Ethnicity		
Hispanic	79.0	63.4-89.1
Non-Hispanic Asian	---	---
Non-Hispanic Black	86.3	76.3-92.5
Non-Hispanic White	83.0	79.6-86.0
Other/Multiracial	---	---
Education		
< High school	78.8	67.2-87.1
High school or GED	81.3	74.7-86.4
Tech/Some college	81.9	75.8-86.7
College degree	88.9	84.3-92.3
Annual Income		
Low (<\$25K)	78.7	72.0-84.2
Middle (\$25K-<\$50K)	78.4	69.5-85.2
High (\$50K-<\$75K)	88.8	81.0-93.6
Highest (\$75K+)	89.3	82.6-93.6
Employment		
Employed for wages	84.6	77.4-89.8
Self-employed	---	---
Out of work	---	---
Homemaker	91.2	84.8-95.1
Student	---	---
Retired	80.9	76.3-84.7
Unable to work	83.6	69.4-92.0

[†]American Cancer Society guideline for early detection of breast cancer

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 19.2 CERVICAL CANCER SCREENING AMONG
TARRANT COUNTY WOMEN WITH INTACT CERVIX AGED 21-65 YEARS, 2015**

HAD A PAP TEST WITHIN THE PAST THREE YEARS[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	83.5	78.4-87.6
Sub-County Area		
Central	75.3	56.7-87.7
Northeast	85.0	74.1-91.9
Northwest	88.3	77.6-94.2
Southeast	82.2	70.7-89.8
Southwest	83.3	68.0-92.2
City		
Arlington	81.3	67.1-90.3
Fort Worth	81.0	71.9-87.6
Sexual Identity		
LGBT	---	---
Non-LGBT	86.0	81.1-89.8
Age (in years)		
21-24	---	---
25-44	84.3	77.1-89.6
45-64	85.3	78.3-90.3
Race/Ethnicity		
Hispanic	75.3	63.3-84.3
Non-Hispanic Asian	---	---
Non-Hispanic Black	---	---
Non-Hispanic White	85.7	78.8-90.6
Other/Multiracial	---	---
Education		
< High school	---	---
High school or GED	76.6	62.9-86.3
Tech/Some college	85.5	75.8-91.7
College degree	88.1	81.0-92.7
Annual Income		
Low (<\$25K)	80.2	68.8-88.1
Middle (\$25K-<\$50K)	68.6	53.9-80.4
High (\$50K-<\$75K)	---	---
Highest (\$75K+)	---	---
Employment		
Employed for wages	81.0	73.6-86.8
Self-employed	---	---
Out of work	---	---
Homemaker	---	---
Student	---	---
Retired	---	---
Unable to work	---	---

[†]American Cancer Society guideline for early detection of cervical cancer

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 19.3 PROSTATE CANCER SCREENING
AMONG TARRANT COUNTY MEN AGED 50 YEARS AND OLDER, 2015**

RECEIVED COUNSELING REGARDING PSA TESTING[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	32.8	28.2-37.7
Sub-County Area		
Central	30.3	19.1-44.4
Northeast	31.9	22.6-42.9
Northwest	42.1	31.4-53.5
Southeast	24.9	17.1-34.8
Southwest	34.1	25.3-44.1
City		
Arlington	23.3	14.8-34.6
Fort Worth	35.7	28.7-43.3
Sexual Identity		
LGBT	---	---
Non-LGBT	33.4	28.6-38.6
Age (in years)		
50-64	33.3	27.2-40.0
65+	31.7	25.8-38.1
Race/Ethnicity		
Hispanic	28.1	16.9-42.9
Non-Hispanic Asian	---	---
Non-Hispanic Black	42.5	26.8-59.8
Non-Hispanic White	33.9	28.6-39.6
Other/Multiracial	---	---
Education		
< High school	28.6	16.3-45.1
High school or GED	26.4	18.7-35.7
Tech/Some college	33.6	25.1-43.4
College degree	38.7	31.8-46.0
Annual Income		
Low (<\$25K)	25.5	17.1-36.2
Middle (\$25K-<\$50K)	29.0	20.2-39.7
High (\$50K-<\$75K)	39.1	26.5-53.4
Highest (\$75K+)	34.6	27.1-42.8
Employment		
Employed for wages	39.9	31.8-48.7
Self-employed	12.3	6.2-23.1
Out of work	---	---
Homemaker	---	---
Student	---	---
Retired	35.7	29.0-43.0
Unable to work	24.8	13.7-40.7

[†]American Cancer Society recommends for the early detection of prostate cancer that men aged 50 years and older should talk to a health care provider about the pros and cons of Prostate Specific Antigen (PSA) testing so they can decide if testing is the right choice for them

*Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

General Preparedness

Methods

BRFSS assessed how prepared residents were for a large-scale disaster or emergency. Large-scale disaster or emergency was defined as any natural disasters (hurricanes, tornadoes, floods, ice storms, etc.) or man-made disasters (wildfires, explosions, terrorist events, blackouts, etc.) which left residents isolated in their homes or displaced from their homes for at least three days.

Results Summary

- ◆ More than a quarter of Tarrant County adults self-reported that they were not prepared at all for a disaster
- ◆ Compared to non-Hispanic Whites, Hispanics were significantly more likely to not be prepared at all for a disaster (46% vs. 22%)
- ◆ Adults who did not complete high school were significantly more likely to not be prepared for a disaster compared to adults with a college degree (54% vs. 23%)
- ◆ Those in the lowest income range were significantly more likely to not be prepared for a disaster compared to those in the highest income range (45% vs 18%)
- ◆ 8 out of 10 Tarrant County adults report that their households do not have a disaster evacuation plan
- ◆ The percentage of adults with no evacuation plan was not significantly different regardless of demographic or socioeconomic characteristics
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 20.1 Not prepared at all for a disaster among adults aged 18 years and older, Tarrant County, 2015

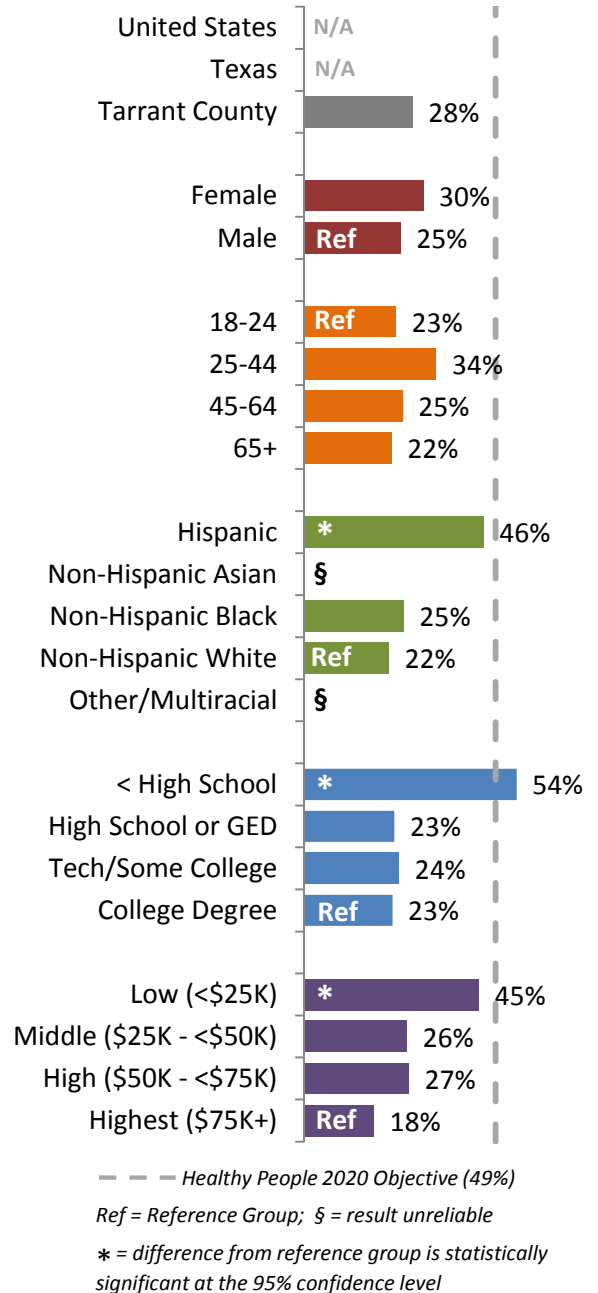
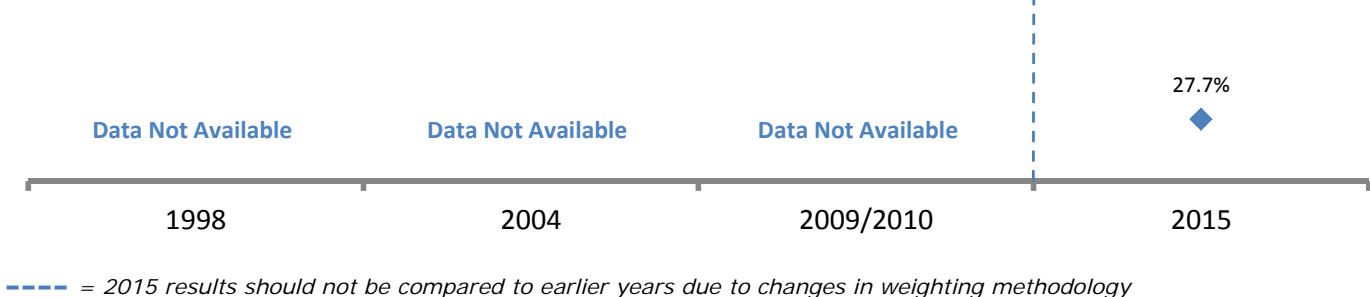


Figure 20.2 Not prepared at all for a disaster among adults aged 18 years and older, Tarrant County, 1998-2015



**TABLE 20.1 DISASTER/EMERGENCY PREPAREDNESS
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

NOT PREPARED AT ALL FOR A DISASTER[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	27.7	24.3-31.3
Sub-County Area		
Central	33.4	22.1-47.1
Northeast	19.9	13.5-28.3
Northwest	32.0	24.8-40.0
Southeast	28.2	21.6-35.9
Southwest	25.6	19.3-33.3
City		
Arlington	29.3	21.5-38.5
Fort Worth	29.8	24.6-35.6
Gender		
Female	30.4	25.9-35.4
Male	24.6	19.8-30.1
Sexual Identity		
LGBT	14.6	6.3-30.5
Non-LGBT	28.3	24.7-32.1
Age (in years)		
18-24	23.4	14.3-35.7
25-44	33.7	27.2-40.9
45-64	25.1	20.7-30.1
65+	22.3	17.7-27.7
Race/Ethnicity		
Hispanic	45.8	36.8-55.1
Non-Hispanic Asian	--	---
Non-Hispanic Black	25.4	17.5-35.4
Non-Hispanic White	21.6	18.1-25.6
Other/Multiracial	---	---
Education		
< High school	54.2	41.9-66.0
High school or GED	23.0	17.5-29.6
Tech/Some college	24.2	19.0-30.2
College degree	22.5	17.8-28.2
Annual Income		
Low (<\$25K)	44.6	36.4-53.2
Middle (\$25K-<\$50K)	26.2	18.7-35.4
High (\$50K-<\$75K)	26.7	18.9-36.3
Highest (\$75K+)	17.8	13.6-23.0
Employment		
Employed for wages	30.0	24.8-35.8
Self-employed	28.1	18.5-40.2
Out of work	28.0	15.9-44.3
Homemaker	27.5	17.9-39.9
Student	---	---
Retired	18.0	13.6-23.5
Unable to work	44.4	31.9-57.6

[†]Defined as natural or man-made large-scale disaster/emergency that isolates/displaces residents from their homes for a least three days
^{*}Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

**TABLE 20.2 DISASTER EVACUATION PLAN
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

No Disaster Evacuation Plan[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	78.6	75.2-81.5
Sub-County Area		
Central	69.4	57.9-78.9
Northeast	79.7	71.6-85.9
Northwest	77.5	70.1-83.5
Southeast	81.2	74.3-86.6
Southwest	77.5	69.4-83.9
City		
Arlington	79.8	71.7-86.0
Fort Worth	77.4	72.0-82.0
Gender		
Female	78.5	73.9-82.5
Male	78.6	73.6-82.9
Sexual Identity		
LGBT	83.4	69.1-91.9
Non-LGBT	78.1	74.5-81.3
Age (in years)		
18-24	---	---
25-44	80.7	74.5-85.7
45-64	75.8	70.5-80.5
65+	72.9	66.2-78.7
Race/Ethnicity		
Hispanic	78.7	69.9-85.4
Non-Hispanic Asian	---	---
Non-Hispanic Black	79.0	70.2-85.7
Non-Hispanic White	79.3	75.2-82.8
Other/Multiracial	---	---
Education		
< High school	81.8	71.1-89.2
High school or GED	74.9	67.3-81.2
Tech/Some college	74.8	68.2-80.4
College degree	84.4	80.1-87.9
Annual Income		
Low (<\$25K)	78.7	71.3-84.7
Middle (\$25K-<\$50K)	77.8	69.5-84.4
High (\$50K-<\$75K)	76.2	66.2-84.0
Highest (\$75K+)	83.5	78.1-87.7
Employment		
Employed for wages	82.2	77.3-86.1
Self-employed	84.2	74.5-90.7
Out of work	76.4	60.5-87.2
Homemaker	78.8	66.2-87.5
Student	---	---
Retired	67.0	58.7-74.3
Unable to work	72.3	59.0-82.6

[†]Household does not have a written disaster evacuation plan for how to leave home in case of a large-scale disaster or emergency that requires evacuation
^{*}Estimates weighted to population characteristics; --- = number of responses too small to calculate reliable estimate

Mosquito Control

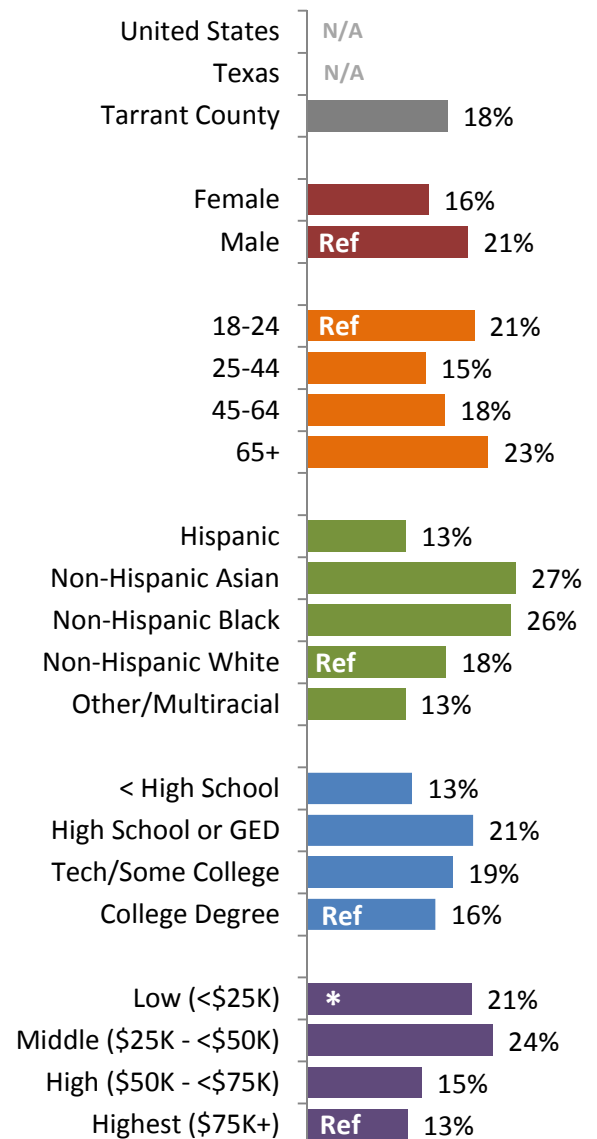
Methods

A series of questions regarding mosquito control practices were included in the BRFSS to estimate the percentage of Tarrant County adults participating in personal protective behaviors against mosquito-borne illnesses such as West Nile virus and Chikungunya.

Results Summary

- ◆ Approximately 18% of Tarrant County adults never use mosquito repellent, either with or without DEET
- ◆ Residents at the lowest income level were significantly more likely not to use repellents compared to residents at the highest income level
- ◆ With regards to not using mosquito repellent, no statistically significant differences were seen by gender, sexual identity, age group, race/ethnicity, education level, or employment status
- ◆ 1 out of 6 adults reported that they never remove standing water, which protects against mosquito-borne illnesses
- ◆ Hispanics, non-Hispanic Asians, and non-Hispanic Blacks were all significantly more likely to never remove standing water compared to non-Hispanic Whites
- ◆ An estimated 22% of Tarrant County adults never wear long sleeves and pants when outdoors to avoid mosquito bites
- ◆ ZIP code level map not provided for this indicator due to data limitations

Figure 21.1 Never use mosquito repellent among adults aged 18 years and older, Tarrant County, 2015

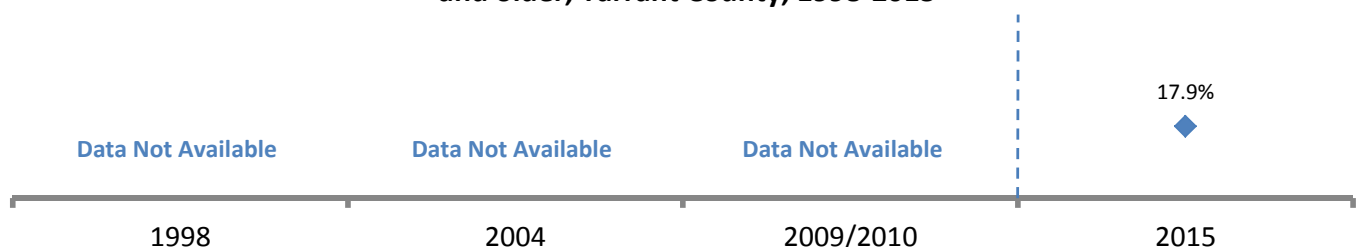


No comparable Healthy People 2020 Objective

Ref = Reference Group

* = difference from reference group is statistically significant at the 95% confidence level

Figure 21.2 Never use mosquito repellent among adults aged 18 years and older, Tarrant County, 1998-2015



----- = 2015 results should not be compared to earlier years due to changes in weighting methodology

**TABLE 21.1 MOSQUITO REPELLENT USE
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

NEVER USE MOSQUITO REPELLENT[†]		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	17.9	16.0-20.0
Sub-County Area		
Central	21.7	15.8-29.2
Northeast	16.6	12.6-21.6
Northwest	16.1	12.8-20.0
Southeast	17.7	14.0-22.0
Southwest	18.1	14.1-23.0
City		
Arlington	17.7	13.5-22.8
Fort Worth	17.9	15.0-21.2
Gender		
Female	15.5	13.4-18.0
Male	20.5	17.5-23.9
Sexual Identity		
LGBT	19.2	11.4-30.3
Non-LGBT	17.4	15.4-19.5
Age (in years)		
18-24	21.3	15.3-28.8
25-44	15.1	11.9-18.9
45-64	17.6	14.8-20.8
65+	23.1	19.9-26.7
Race/Ethnicity		
Hispanic	12.6	9.0-17.4
Non-Hispanic Asian	26.6	15.0-42.6
Non-Hispanic Black	26.0	20.0-33.0
Non-Hispanic White	17.7	15.5-20.2
Other/Multiracial	12.5	6.0-24.1
Education		
< High school	13.4	8.7-20.1
High school or GED	21.2	17.3-25.7
Tech/Some college	18.6	15.3-22.4
College degree	16.4	13.5-19.7
Annual Income		
Low (<\$25K)	21.0	16.9-25.9
Middle (\$25K-<\$50K)	23.7	18.9-29.4
High (\$50K-<\$75K)	14.6	10.7-19.7
Highest (\$75K+)	12.8	10.1-16.1
Employment		
Employed for wages	16.5	13.9-19.5
Self-employed	18.2	11.7-27.2
Out of work	28.8	18.6-41.6
Homemaker	11.3	7.3-17.1
Student	15.9	8.6-27.5
Retired	21.4	18.0-25.2
Unable to work	24.6	17.6-33.3

[†]Includes repellents with DEET and also those without DEET

*Estimates weighted to population characteristics

**TABLE 21.2 MOSQUITO CONTROL PRACTICES
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

NEVER REMOVE STANDING WATER		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	15.8	13.8-18.0
Sub-County Area		
Central	19.9	14.2-27.2
Northeast	10.9	7.8-15.0
Northwest	15.6	12.0-20.1
Southeast	19.3	14.7-24.9
Southwest	14.5	10.5-19.7
City		
Arlington	19.7	15.1-25.3
Fort Worth	16.1	13.2-19.4
Gender		
Female	14.7	12.3-17.5
Male	17.0	13.8-20.7
Sexual Identity		
LGBT	18.8	11.1-30.0
Non-LGBT	15.3	13.2-17.7
Age (in years)		
18-24	31.2	23.7-39.8
25-44	15.9	12.2-20.4
45-64	10.9	8.7-13.7
65+	13.3	10.9-16.2
Race/Ethnicity		
Hispanic	21.3	15.9-28.0
Non-Hispanic Asian	40.3	25.5-57.1
Non-Hispanic Black	24.9	19.0-32.0
Non-Hispanic White	10.2	8.5-12.3
Other/Multiracial	---	---
Education		
< High school	24.8	17.1-34.6
High school or GED	16.8	13.1-21.2
Tech/Some college	14.6	11.6-18.2
College degree	11.8	9.3-15.0
Annual Income		
Low (<\$25K)	20.4	15.5-26.5
Middle (\$25K-<\$50K)	18.6	14.3-23.8
High (\$50K-<\$75K)	13.5	9.3-19.3
Highest (\$75K+)	7.9	5.8-10.8
Employment		
Employed for wages	13.4	11.0-16.3
Self-employed	16.1	10.3-24.3
Out of work	29.9	16.4-48.0
Homemaker	12.9	8.2-19.9
Student	26.1	16.1-39.5
Retired	11.1	8.9-13.8
Unable to work	23.7	17.0-32.1

*Estimates weighted to population characteristics

--- = number of responses too small to calculate reliable estimate

**TABLE 21.3 MOSQUITO PROTECTION PRACTICES
AMONG TARRANT COUNTY ADULTS AGED 18 YEARS AND OLDER, 2015**

NEVER WEAR LONG SLEEVES & PANTS WHEN OUTDOORS TO AVOID MOSQUITO BITES		
CHARACTERISTICS	WEIGHTED PERCENTAGE*	95% CONFIDENCE INTERVAL
Total	21.6	19.6-23.9
Sub-County Area		
Central	20.2	14.3-27.9
Northeast	23.6	19.0-28.8
Northwest	20.7	16.7-25.3
Southeast	20.1	16.2-24.7
Southwest	21.1	16.5-26.5
City		
Arlington	18.7	14.4-23.8
Fort Worth	20.0	16.9-23.6
Gender		
Female	19.1	16.5-22.1
Male	24.4	21.3-27.9
Sexual Identity		
LGBT	32.5	21.4-45.9
Non-LGBT	21.4	19.2-23.7
Age (in years)		
18-24	28.1	20.7-36.9
25-44	21.3	17.6-25.4
45-64	20.5	17.7-23.6
65+	19.6	16.7-23.0
Race/Ethnicity		
Hispanic	14.7	10.9-19.5
Non-Hispanic Asian	25.1	13.6-41.5
Non-Hispanic Black	16.6	11.8-22.8
Non-Hispanic White	25.4	22.6-28.3
Other/Multiracial	29.0	17.2-44.5
Education		
< High school	11.0	7.1-16.5
High school or GED	24.9	20.5-29.9
Tech/Some college	23.7	20.1-27.8
College degree	21.8	18.3-25.7
Annual Income		
Low (<\$25K)	15.5	12.1-19.7
Middle (\$25K-<\$50K)	22.7	18.1-28.2
High (\$50K-<\$75K)	23.0	17.9-29.2
Highest (\$75K+)	24.4	20.5-28.8
Employment		
Employed for wages	22.3	19.3-25.6
Self-employed	21.7	15.4-29.7
Out of work	19.4	11.7-30.5
Homemaker	13.1	8.7-19.4
Student	28.6	17.6-43.0
Retired	20.2	16.7-24.1
Unable to work	25.2	17.7-34.5

*Estimates weighted to population characteristics

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