

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



CHRONIC DISEASES AMONG TARRANT COUNTY ADULTS

CHRONIC DISEASES are defined broadly as conditions that last one year or longer and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are **leading causes of death** in Tarrant County, Texas, and the United States. Chronic diseases are also the **leading drivers of annual health care costs**, accounting for 90% of total health care spending nationally.

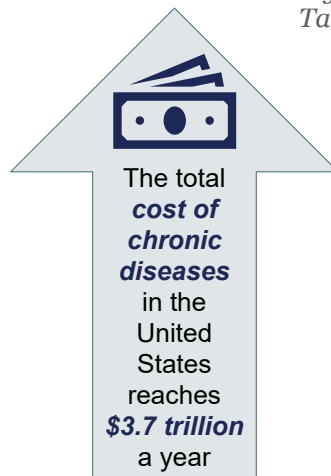
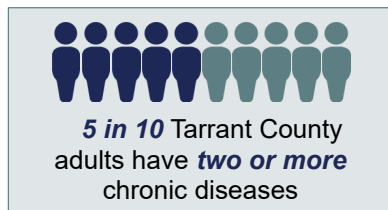
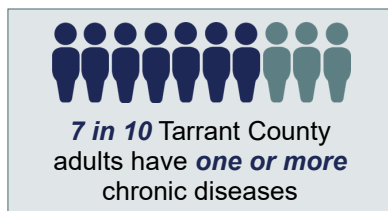
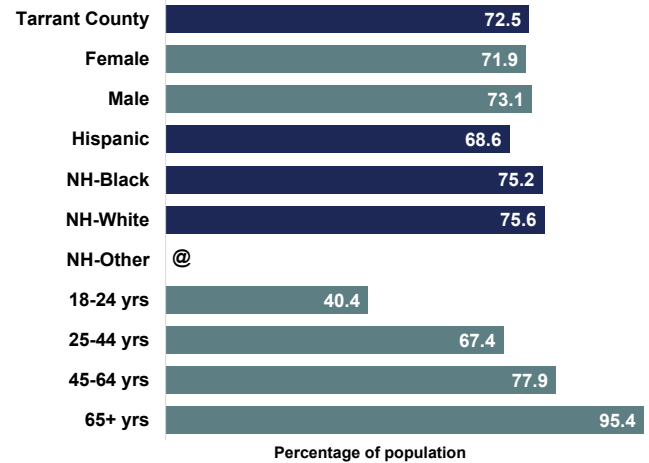


Figure 1. Prevalence of one or more chronic diseases among Tarrant County adults aged 18 years and older, 2020



@ = number too small to calculate reliable estimates; NH = Non-Hispanic

Prevalence of one or more chronic diseases among Tarrant County adults was **significantly higher among residents aged 65 years and older** overall (Fig. 1) and regardless of race/ethnicity (Fig. 2) or gender (Fig. 3). Males had a higher prevalence of one or more chronic diseases among Hispanic and non-Hispanic Black residents, but females had a higher prevalence among non-Hispanic White residents (Fig 3).

Figure 2. Prevalence of one or more chronic diseases among Tarrant County adults aged 18 years and older by age group and race/ethnicity, 2020

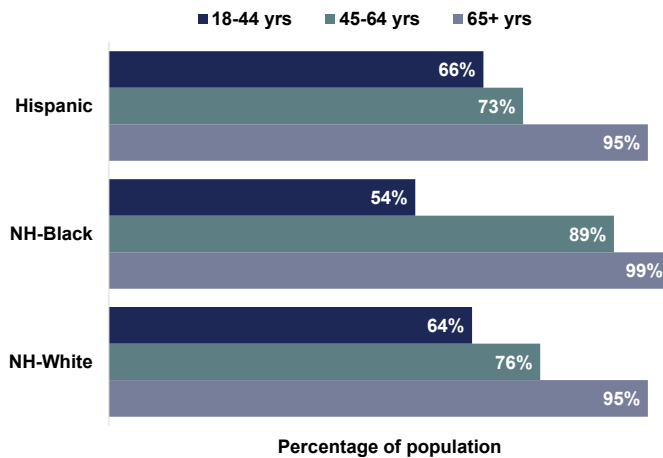
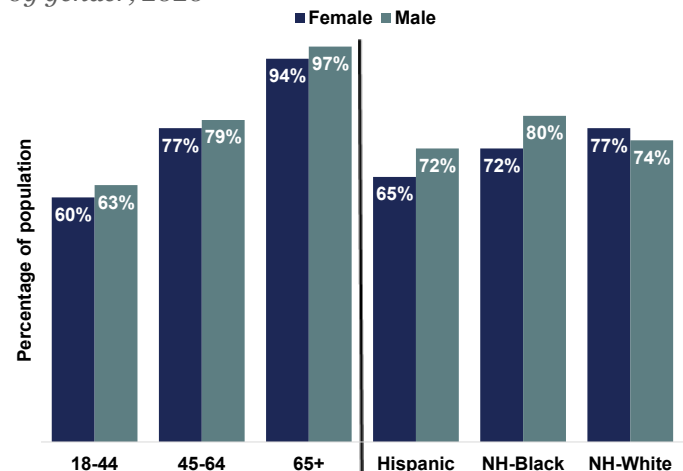


Figure 3. Prevalence of one or more chronic diseases among Tarrant County adults aged 18 years and older by gender, 2020

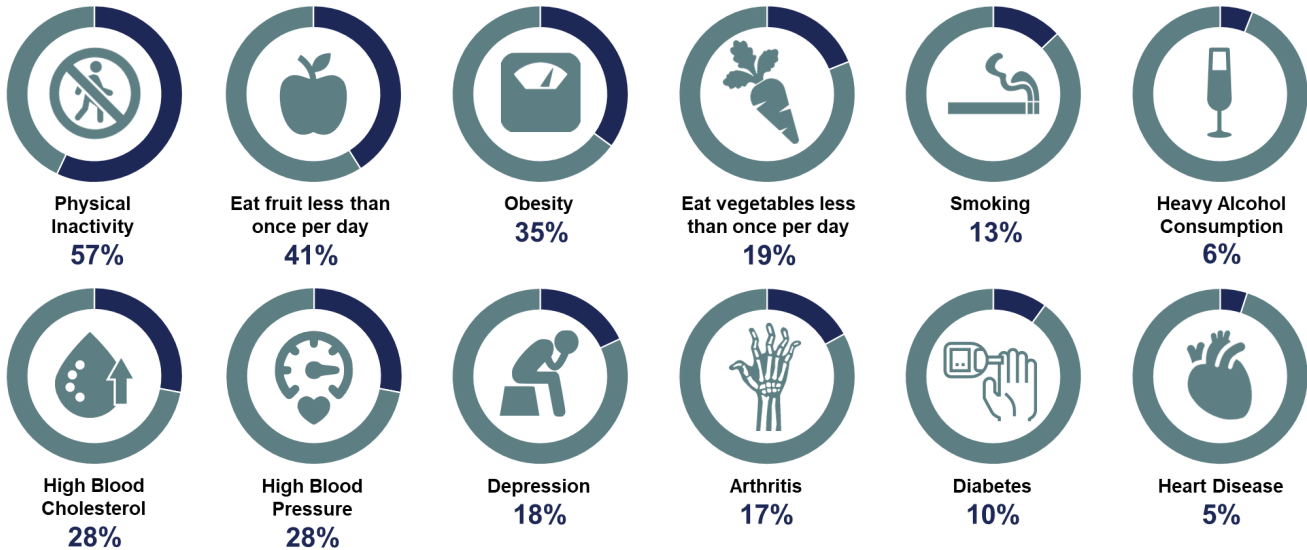


Other/Multiracial = Data not included due to unstable estimates; NH = Non-Hispanic

Chronic diseases include if the respondents had a body mass index ≥ 30.0 (Obese), or if they have been diagnosed by a health professional having any of the following conditions: Arthritis, Asthma, Cancer, Chronic Lung Disease, Depression, Diabetes, Heart Disease, High Blood Pressure, High Cholesterol, Kidney Disease, or Stroke; All significant differences detected at the 95% confidence level.
Data sources: Centers for Disease Control and Prevention, American Action Forum, Tarrant County Behavioral Risk Factor Surveillance System, 2020
Data Brief provided by: Division of Epidemiology and Health Information

Chronic diseases share common risk factors. Modifiable behavioral risk factors that lead to chronic diseases include physical inactivity, poor nutrition, smoking, and excessive alcohol consumption.

Prevalence of Modifiable Risk Factors and Chronic Diseases among Tarrant County Adults Aged 18 and Over



8 of the 10 leading causes of death and over 60% of all deaths in Tarrant County in 2020 were chronic diseases

Preventing Chronic Disease

- Don't Smoke**
Never smoking or quitting smoking lowers your risk of heart disease, lung disease, cancer, and other smoking-related illnesses
- Eat Healthy**
People with healthy eating patterns live longer and have less risk of obesity, heart disease, type 2 diabetes, and certain cancers
- Be Active**
Physical activity is one of the best ways you can improve your health now and in the future
- Limit Alcohol Consumption**
Excessive alcohol use over time can lead to high blood pressure, heart disease, stroke, liver disease, and various cancers. By limiting drinking, you can reduce these health risks
- Preventive Screening**
Getting screening tests regularly may find certain cancers early before you have symptoms
- Know Your Family Health History**
Talking to your doctor about your family health history can help you to take steps to prevent chronic diseases

Resources and Support

- Tarrant County Public Health: Chronic Disease Prevention**
[\[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention\]](https://tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention)
- Health For Me Self-Management Classes**
[\[tarrantcounty.com/en/public-health/family-health-services/chronic-disease-prevention/health-for-me\]](https://tarrantcounty.com/en/public-health/family-health-services/chronic-disease-prevention/health-for-me)
- Blue Zones Project** [\[info.bluezonesproject.com/live-long-fort-worth\]](https://info.bluezonesproject.com/live-long-fort-worth)
- Texas Health and Human Services**
[\[dshs.texas.gov/health-promotion-chronic-disease-prevention-section\]](https://dshs.texas.gov/health-promotion-chronic-disease-prevention-section)
- American Heart Association** [\[heart.org\]](https://heart.org)
- American Diabetes Association** [\[Diabetes.org\]](https://diabetes.org)
- Centers for Disease Control and Prevention**
[\[cdc.gov/chronicdisease\]](https://cdc.gov/chronicdisease)
- Healthy People 2030** [\[health.gov/healthypeople\]](https://health.gov/healthypeople)
- National Council on Aging** [\[ncoa.org/article/get-the-facts-on-chronic-disease-self-management\]](https://ncoa.org/article/get-the-facts-on-chronic-disease-self-management)
- Nutrition** [\[Nutrition.gov\]](https://nutrition.gov)
- U.S. Preventive Services Task Force**
[\[uspreventiveservicestaskforce.org/uspstf/\]](https://uspreventiveservicestaskforce.org/uspstf/)

To learn more about chronic diseases or risk factors in Tarrant County, go to: <https://www.tarrantcountytx.gov/en/public-health/disease-control-and-prevention/epidemiology-and-health-information/health-data-and-information/data-briefs.html>
Data sources: Centers for Disease Control and Prevention, Tarrant County Behavioral Risk Factor Surveillance System, 2020
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