

Major Health Issues Facing Minority Communities

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A Report on Health Disparities in
Houston, Texas

Definition

- What is health disparity?
 - The disproportionate burden of disease, disability, or premature death borne by specific population groups
 - Population groups may be defined by
 - demographic measures of geography, gender, age, sexual orientation, socio-economic status, race/ethnicity
- Health disparities among race/ethnicity correlate with differences in socio-economic factors

Houston's Demographics

- Houston the 4th largest city in US, largest city in Harris County, Texas
- 2005 Houston/Harris County population was 3.6 million

Race	Percentage
Whites	38%
Hispanic/Latino	38%
Black/African American	18%
Asians	6%

Houston's Demographics cont.

- Immigration impacts Houston's demographics
 - 2004, about 25% residents were foreign-born
 - Mostly from Latin America
 - 4% from Asia
 - 1% from Europe
 - 1% from Africa
- White (non-Hispanic/Latino) is the largest population group in Houston
 - Only 5% of White in Houston are foreign-born



What does health disparities look like in Houston?

- Using the CDC reported leading causes of death in 2005, a comparison of major minorities groups with White show:
 - Minorities in Houston are more likely to die of serious diseases than their White counterparts



2005 - Leading Causes of Death Hispanic/Latino and White in Houston

Cause of Death	Mortality per 100,000		
	Hispanic/ Latino	White	HP 2010 Objective
Diabetes	35.1	18.6	45 or lower
Kidney Dis.	22.0	14.8	N/A
Chronic liver /Cirrhosis	13.4	10.9	N/A
Homicide	10.8	6.1	3 or lower

2005-Leading Causes of Death- Black /African American & White in Houston

Cause of Death	Mortality per 100,000		
	Black/African American	White	HP 2010 Objective
Heart Dis.	334	249.5	166/less
Cancer	258.4	196.3	159.9/less
Stroke	97.9	61.4	48 or less
Diabetes	53.8	18.6	45 or less
HIV/AIDS	26.5	4.9	0.7 or less

2005-Leading Causes of Death – Asian /Pacific Islander & White in Houston

Cause of Death	Mortality per 100,000		
	Asian/Pacific Islander	White	HP 2010 Objective
Heart Dis.	107.7	249.5	166/less
Cancer	100.2	196.3	159.9/less
Stroke	34.6	61.4	48 or less
C.L.R.D.*	16.4	43.5	N/A
Accidents	9.9	25.6	N/A
Diabetes	10.9	18.6	5.0 or less

Factors Impacting Health

- Environmental Inequities
- Health Resource Availability
 - Health Access Risk Factors



Environmental Inequities

Lead Poisoning

In Houston Hispanics/Latinos and Blacks or African Americans are at a higher risk areas for lead poisoning than Whites

Demographics of Childhood Lead Poisoning Risks	
Race	Percentage of Respondents (%)
Hispanic/Latino	18.6%
Black/African American	14.5%
White	11.1%
Asian	2.7%

Environmental Inequities

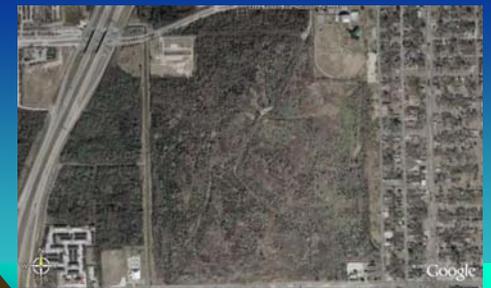
Toxic Release Inventory (TRI)

- TRI facilities concentrated in southeast and northwest of Houston along US Highway 290



Landfills

- Abundant in southeast and northwest Houston



Environmental Inequities

Superfund and Hazardous Waste Sites

- These are abandoned, accidentally spilled, or illegally dumped hazardous waste sites
- Sites concentrated in southeast of Houston



Health Resource Availability

Access to Healthcare Services

Minorities

- Less likely to receive necessary health services, including clinical procedures
- Differential health care access may lead to disparities in health care quality
- Minorities and the poor receive lower quality health care and have worse access to care



Healthcare Access Risk Factors

- Language
- Lack of Health Insurance
- Health Insurance Disparities
- Cultural Competency
- Disparities in Ability to pay



Healthcare Access Risk Factors - Language

- Linguistic barriers lead poor health outcomes by creating obstacles to health care access and utilization

Linguistically Isolated Houston Households	
Race	Primary Language Spoken at Houston Households
Spanish	36%
Asian	31%
Indo-European	13%
Other	16%

Healthcare Access Risk Factors

– Lack of Health Insurance

- Texas has the largest proportion of uninsured in the US at 25.1% compared to the US at 15.9% ***
 - Harris County has largest percentage (31%) of uninsured in Texas
 - Uninsured have little access to primary and preventive health services
 - Those with lower socio-economic status are at greater risk of being uninsured

Healthcare Access Risk Factors

–Health Insurance Disparities

- Racial disparities exist in the uninsured in Harris County

Harris County Residents Without Health Insurance	
Race	Percentage of Respondents (%)
Hispanic/Latino	55.7%
Black/African American	17.6%
White	9.0%

Healthcare Access Risk Factors

–Disparities in Ability to Pay

Harris County Residents Who Could Not Afford to See Doctor When Needed in Previous Year

Race	(%) Respondents
Hispanic/Latino	33%
Black/African American	24%
White	10%

Healthcare Access Risk Factors – Lack of Regular Care Providers & Cultural Competency

- 40% of Blacks/African Americans, and Whites - more likely have a personal doctor
- Hispanics/Latinos - less likely to have a regular care provider
- Minorities are underrepresented in healthcare workforce
- Minority patients are more likely to seek care from physicians of the same race/ethnicity

Healthcare Access Risk Factors – Lack of Regular Care Providers & Cultural Competency – cont.

Harris County Resident with a Primary Care Provider	
Race	(%) Respondents
Hispanic/Latino	51%
Black/African American	83%
White	83%
HP 2010	85%

Socioeconomic Factors & Health Disparities in Houston

- Education
- Occupation and Employment
- Income and Poverty
- Environmental and Neighborhood Segregation
- Racism and Discrimination
- Other Environmental Inequities:
 - TRI facilities, Superfund & Hazardous waste sites, Landfills
- Access to care (health insurance, language, etc)



Houston Socioeconomic Factors – Education cont.

In Houston/Harris County

- Asians, Whites – more with college education
- Blacks/African American, Hispanics / Latinos greater proportion - no high school diploma



U.S.-Born Harris County** Residents with College Degree

Race	Percentage with College Degree/Higher
Asian	61%
White	46%
Black/African American	25%
Hispanic/Latino	16%

Income

- Minorities in Houston/Harris County are significantly more likely to have lower incomes than their White counterparts

U.S. Census Bureau 2004 – Per Capita Income of Houston Residents	
Race	Income (\$)
White	\$35,496
Asian	\$23,271
Black/African American	\$17,045
Hispanic/Latino	\$12,978

Poverty

- Approximately, 20% of Hispanics/Latinos, and 20% of Blacks/African Americans had incomes below the federal poverty level, compared to 5.2% Whites in 2004

Harris County Residents Living in Poverty

Race	Percentage of Respondents (%)
Hispanic/Latino	21%
Black/African American	19%
Asian	11%
White	5%

Geographic Distribution of Poverty

- Highest concentration of poverty
 - Greater Third Ward, Greater Fifth Ward, Settegast
 - Downtown
 - 50% of Super-Neighborhoods in the East of Houston
- Fewer areas of poverty in
 - Northwest, Southwest Houston
- About 16% of Houston families live below the poverty level

Racism and Discrimination

- Cause poor health in minority groups
- Affect educational, employment, housing and social opportunities of minorities
- Cause marginalization of minorities
 - less access to quality education and higher paying jobs
- Cause minorities to live in communities and housing that pose greater environmental hazards, fewer resources, higher crime areas

Racism and Discrimination cont.

In health care setting, racism leads to differences in health care treatment for minorities

- Directly racism affects the mental and physical health of individuals such as:
 - Increased stress, hypertension, heart disease, depression, smoking and alcohol use in minorities
 - Long term effect include low birth weight in infants, particularly for Blacks/African Americans

Environmental and Neighborhood Segregation

- Similar to most metropolitan areas, racial and ethnic groups are unevenly distributed in Houston
- The level of racial segregation can negatively affect health outcomes



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Conclusion

- Change is possible
- Each community member can contribute
- Partnerships can address health disparities
- HDHHS Successes
 - WIC/Immunizations
 - Care Houston
 - Dental Sealants
 - TB

Conclusion cont'd

- We can lead the way to healthier communities by:
 - Modeling behavior that we want to see in others
 - Taking advantage of opportunities
 - Keeping promises
 - Focusing on our immediate circle of influences
 - Taking responsibility for our condition