



Data on the Current State of Health in Houston for Women and Youth

Houston Women's Health Landscape

Kinder Institute for Urban Research
September 10, 2024



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Kinder Institute for Urban Research

Mission

To improve lives through data, research, engagement, and action.

Vision

Inclusive prosperity

Ensuring everyone has an opportunity to build and share in Houston's prosperity.



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Innovative research approach



Population



Education



*Housing &
Neighborhoods*



*Economic
Mobility*



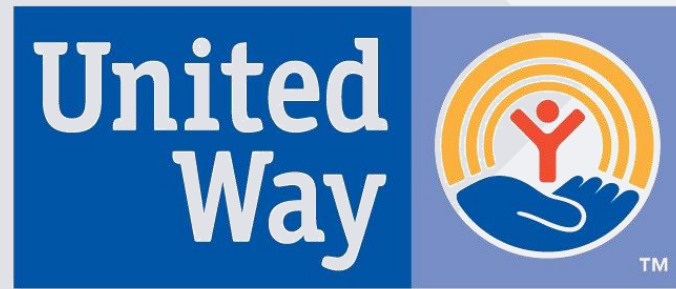
*Community
Health*



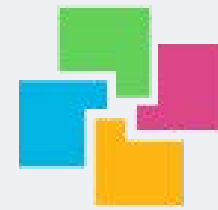
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Research-practice partnerships & community collaborations



United Way of Greater Houston



Harris County
Public Health
Building a Healthy Community



Connecting to *what matters*

The more our communities learn together,
the more we grow together.

Explore the Data



Some of today's information comes from a collaborative effort with the Greater Houston Community Foundation - Understanding Houston



 **We are
Understanding**



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Topics covered in today's presentation

- General self-reported health
- Maternal mortality
- Early prenatal care
- Low birth weight
- Infant mortality
- Child mortality
- Youth and adult mental health and access to services
- Child health insurance
- Finish by highlighting a data-gathering tool unique to the Houston area

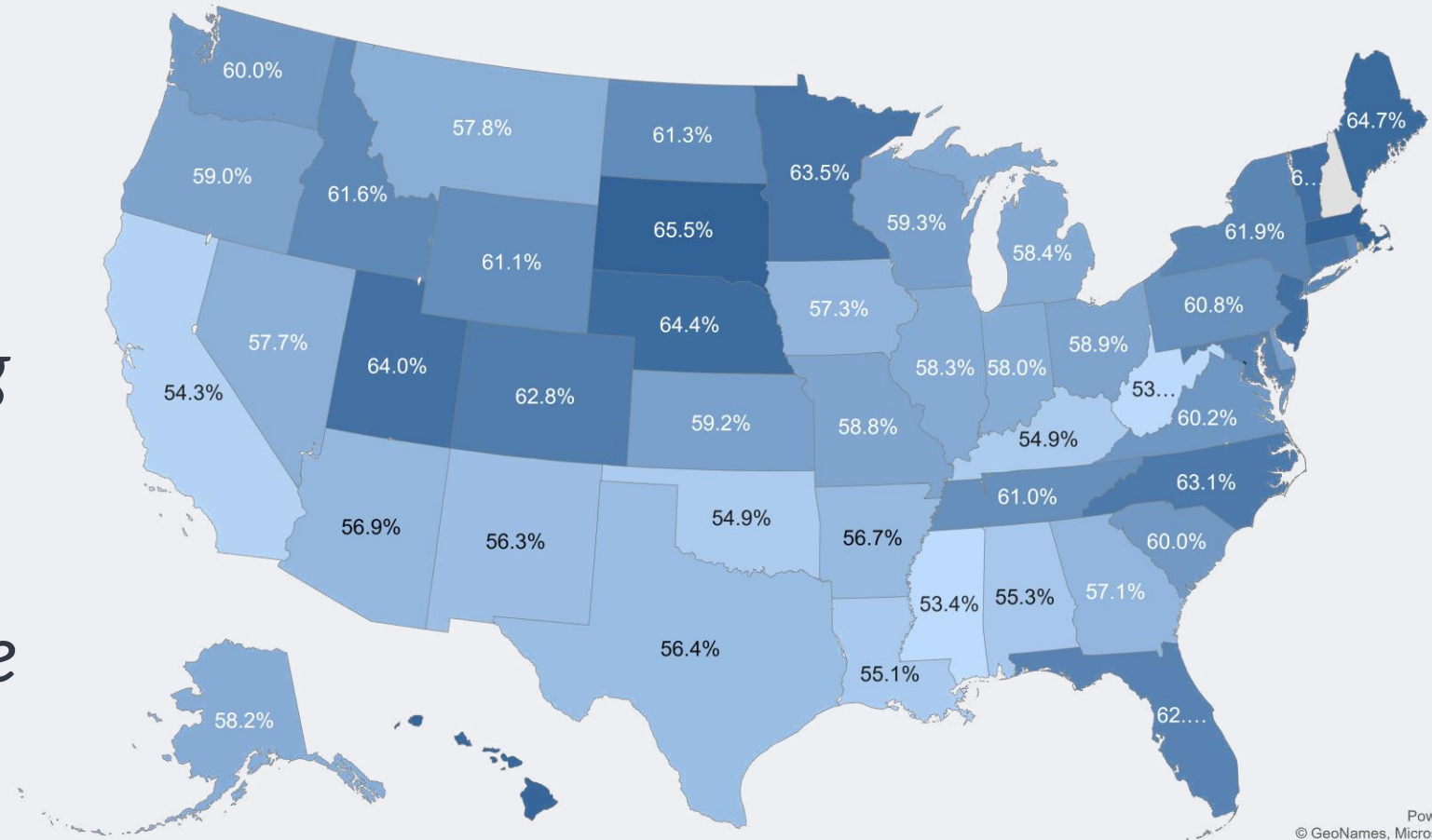
Greater Houston Community Panel



Only 56% of women in Texas ages 18-44 report their health as being either “very good” or “excellent”

Percentage women reporting their health was very good or excellent by state  53.4% 69.3%

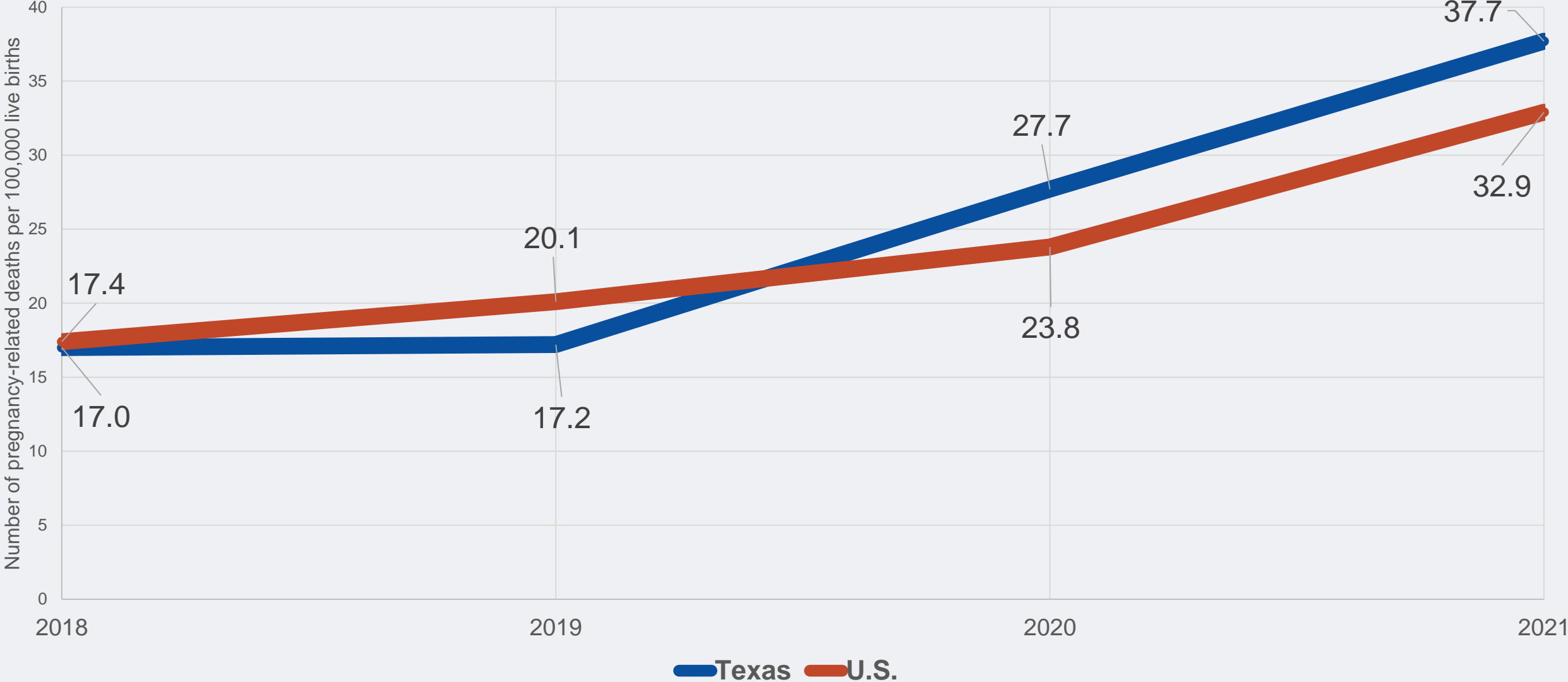
Texas ranks #42 with 56.4% of women reporting their health as being “very good” or “excellent,” below the national average of 59.0%



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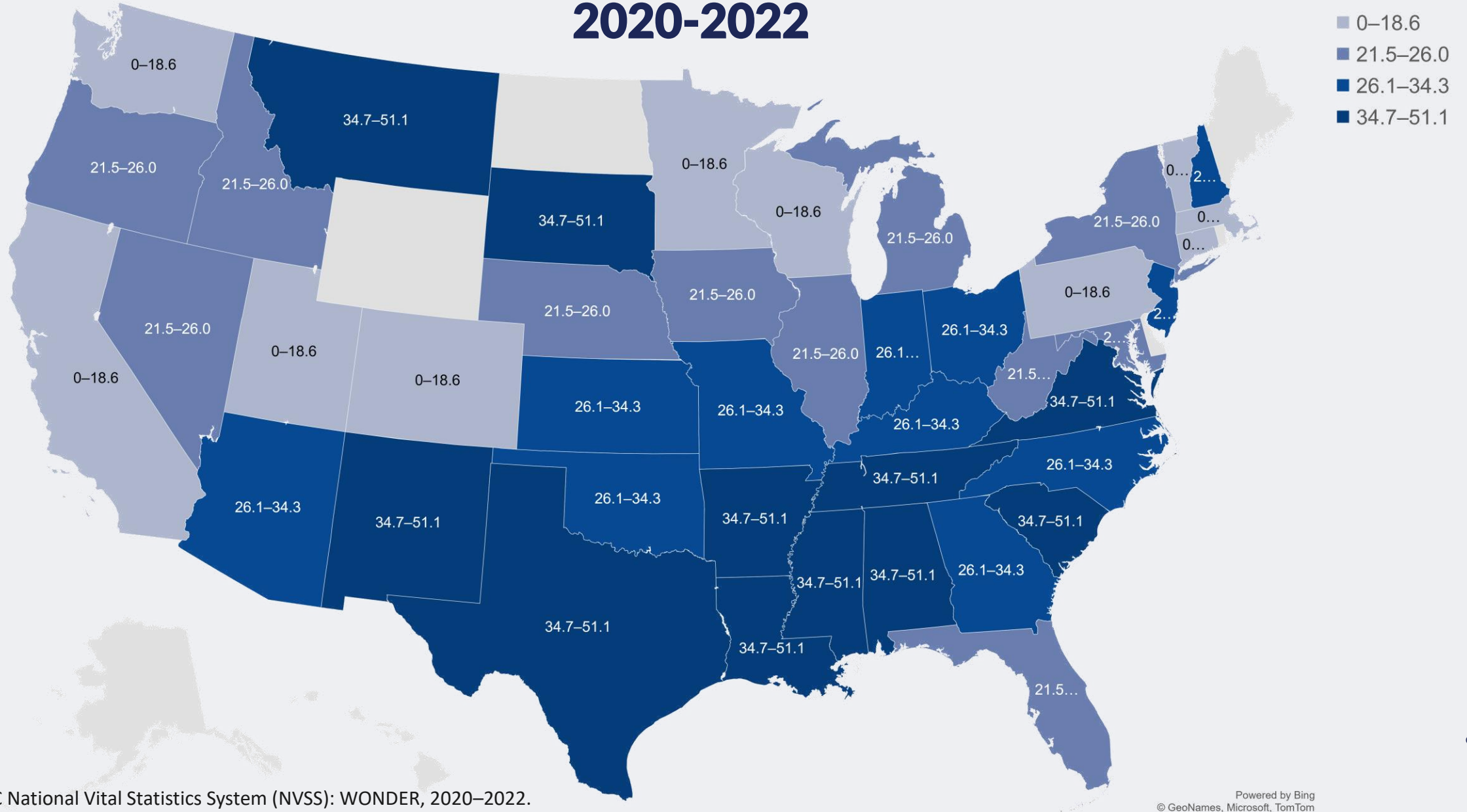
Note: Lower scores indicate less women reporting their health was "very good" or "excellent"
Source: CDC, Behavioral Risk Factor Surveillance System, 2020-2021, retrieved from https://www.americashealthrankings.org/explore/measures/health_status_women

Steep rise in maternal mortality rates since 2018 in the US and in Texas



Source (Texas): <https://www.dshs.texas.gov/sites/default/files/healthytexasbabies/Documents/2022%20-%202023%20Healthy%20Texas%20Mothers%20and%20Babies%20Data%20Book.pdf>
Source (National): [https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2021/maternal-mortality-rates-2021.htm#:~:text=Maternal%20mortality%20rates%2C%20which%20are,20.1%20in%202019%20\(Table\)](https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2021/maternal-mortality-rates-2021.htm#:~:text=Maternal%20mortality%20rates%2C%20which%20are,20.1%20in%202019%20(Table))

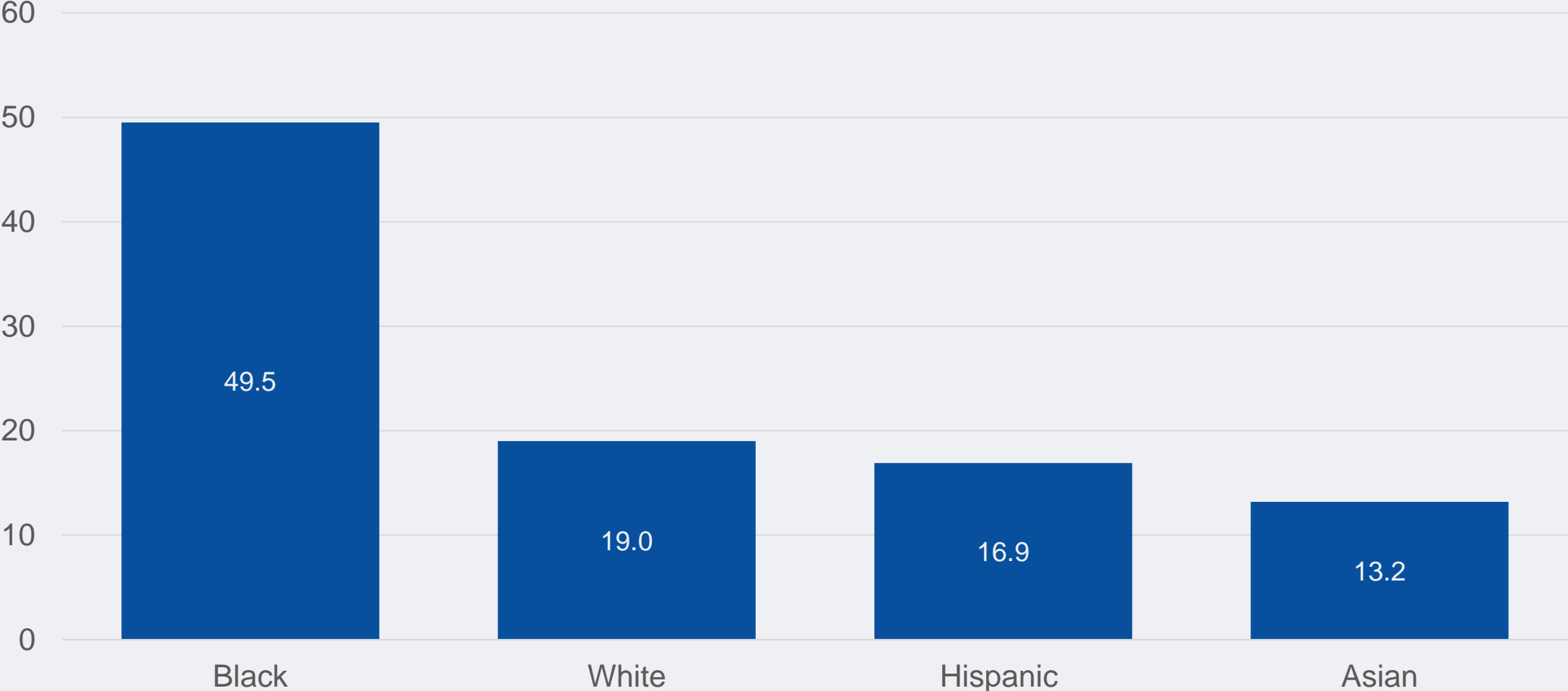
Texas ranks in bottom quarter of states for its maternal mortality rate, 2020-2022



Data: CDC National Vital Statistics System (NVSS): WONDER, 2020–2022.

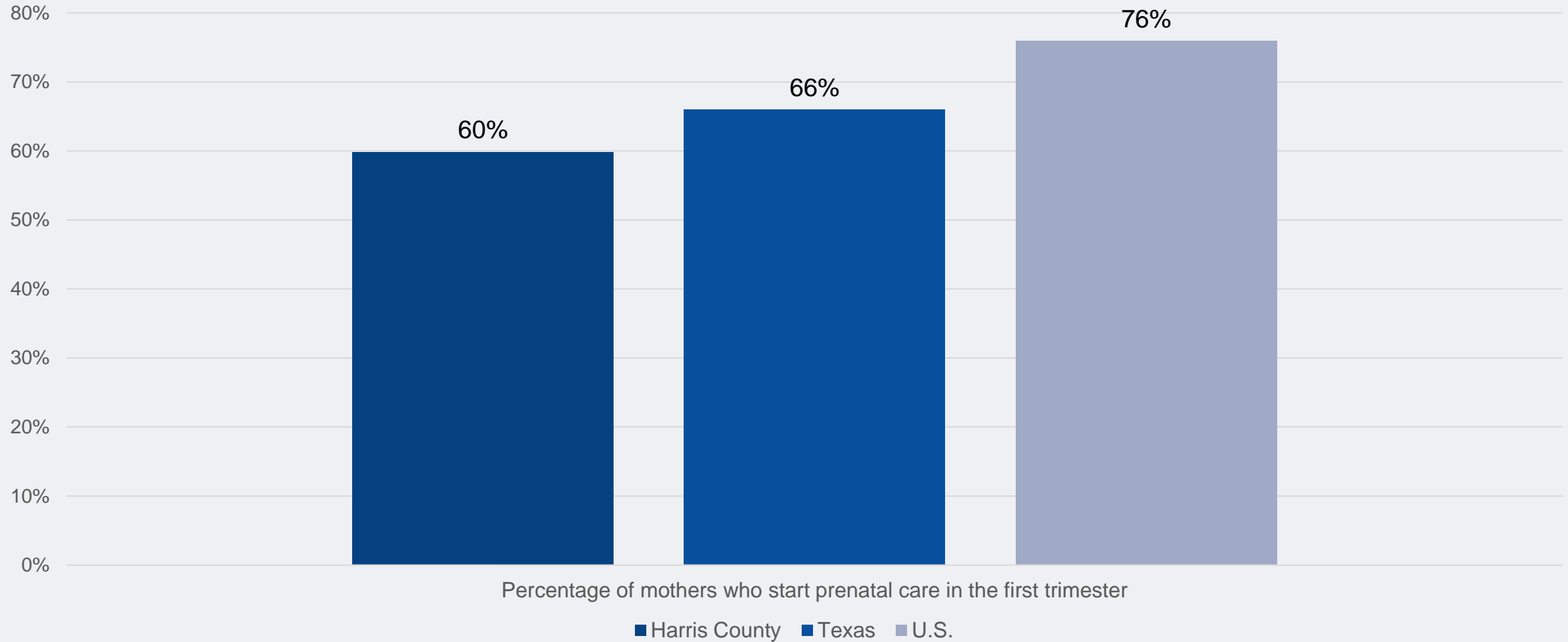
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Maternal mortality not the same for all race/ethnic groups in US



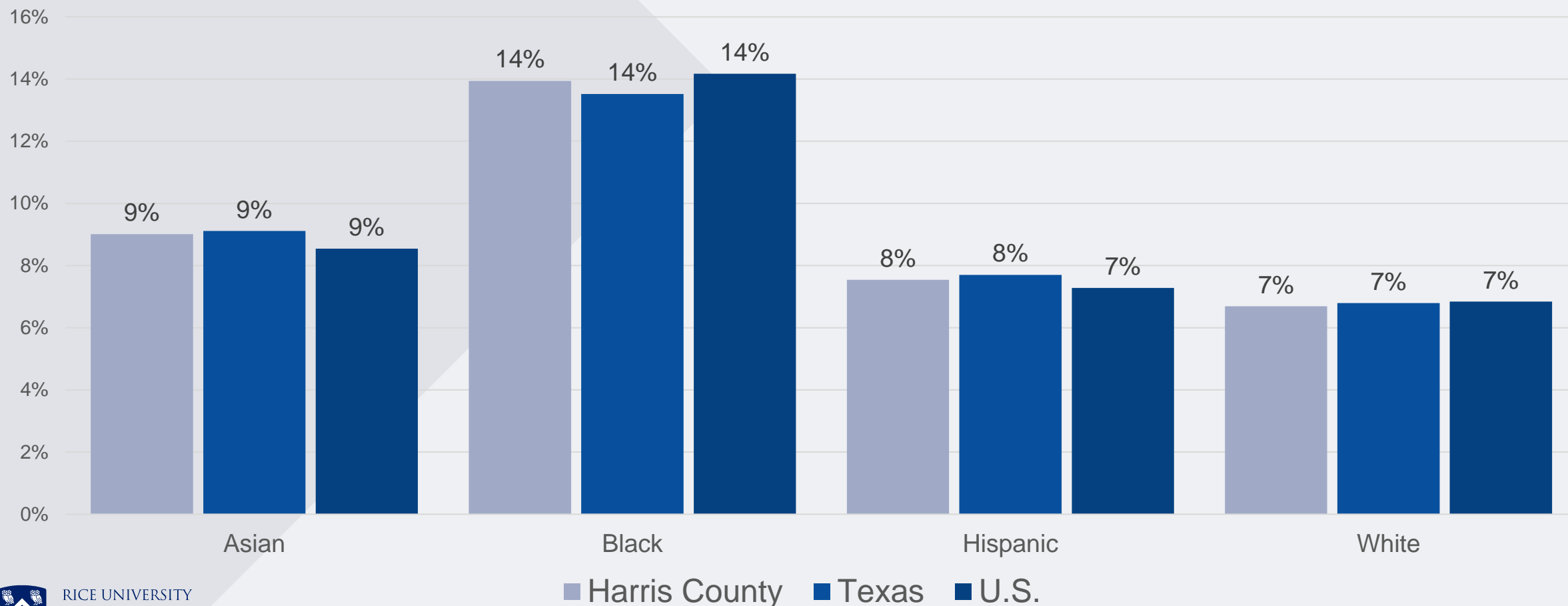
Note: Maternal mortality rates per 100,000 live births. Maternal mortality is defined as an individual who is pregnant or within 42 days after delivering at time of death.
Source: <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2022/maternal-mortality-rates-2022.pdf>

Lower percentage of women receiving prenatal care in Harris County and Texas than in the rest of the country



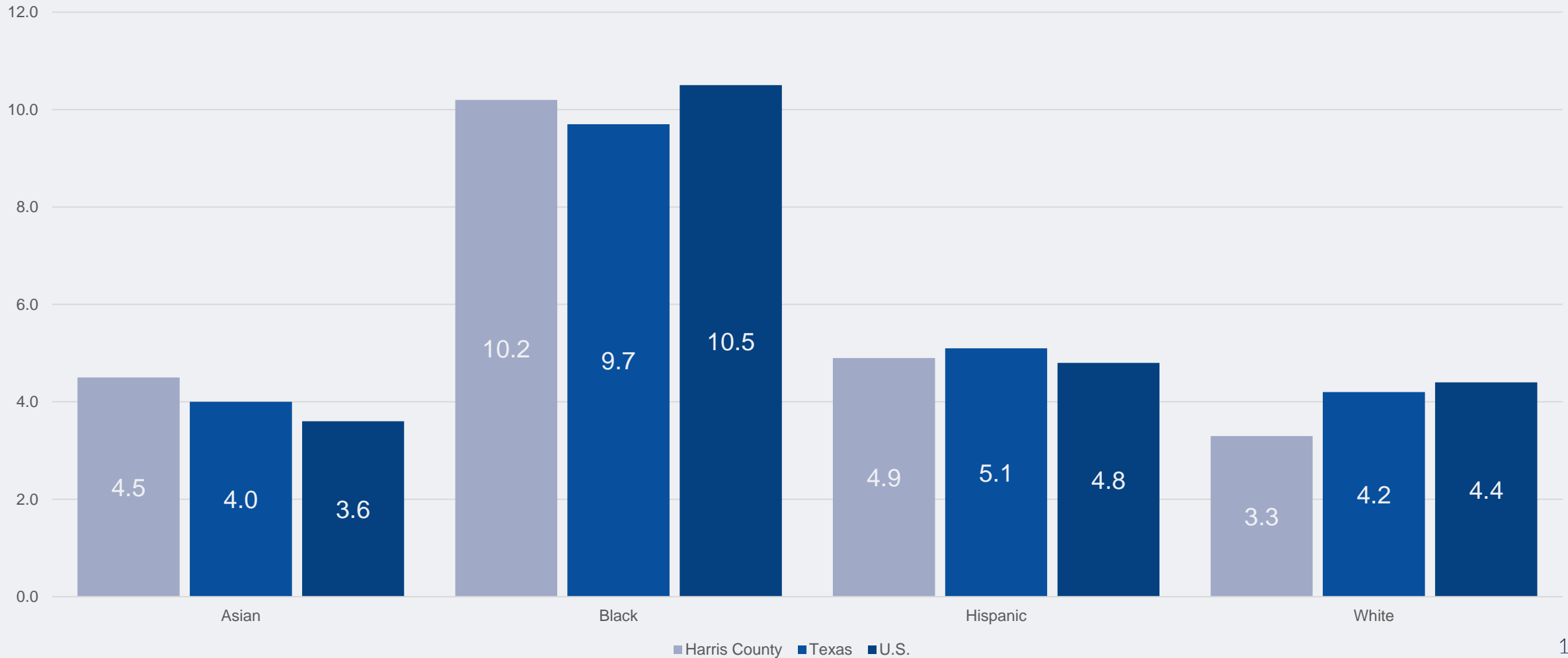
Despite health challenges for mothers in Houston and Texas, percentage of infants born with low birth weight relatively similar to rest of country, though race/ethnic differences exist

Percentage of infants born with low birth weight (i.e., less than 5.5 lbs.), 2020



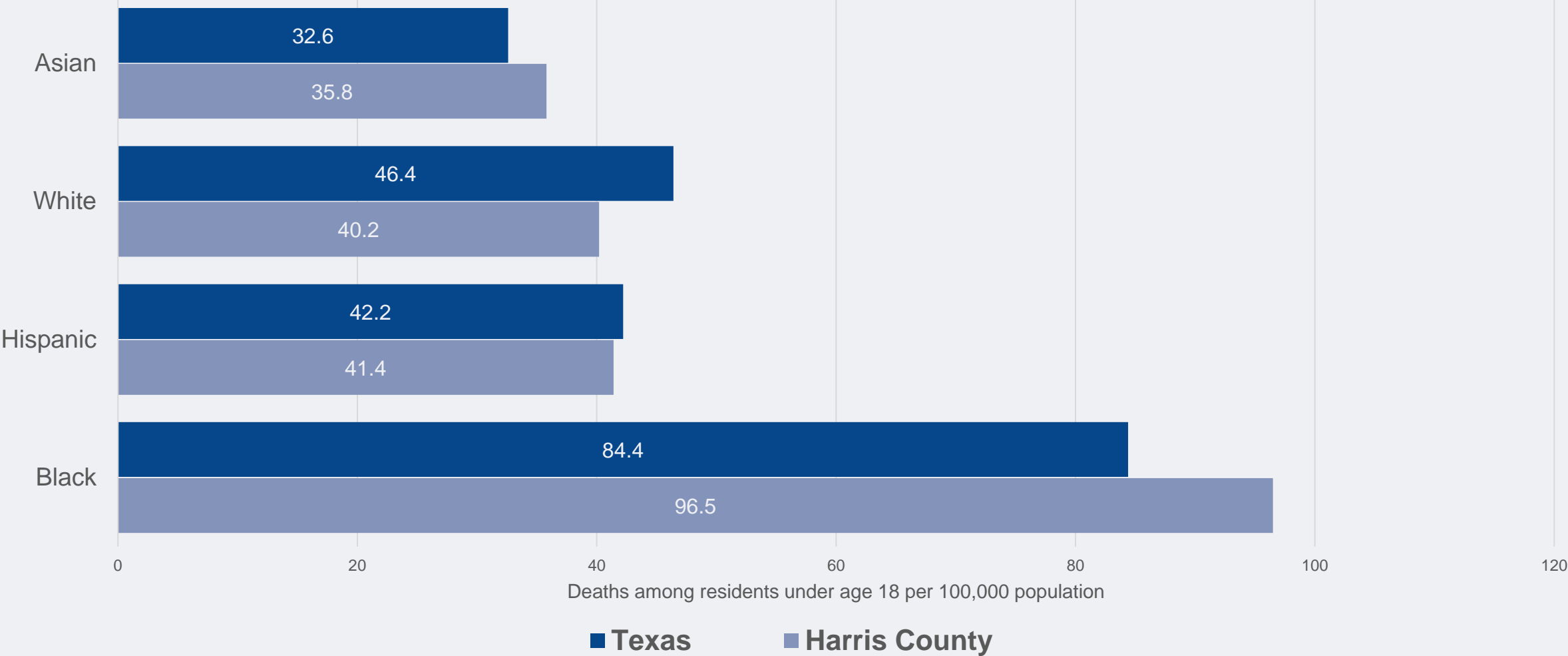
Rates of infant mortality in Houston and Texas also similar to US, but twice as high for Black infants as infants from any other race/ethnicity

Infant Mortality Rates by Race/Ethnicity (2019-2021)



Source: National Center for Health Statistics, period linked birth/infant death data, 2019-2021. Retrieved August 28, 2024, from www.marchofdimes.org/peristats.

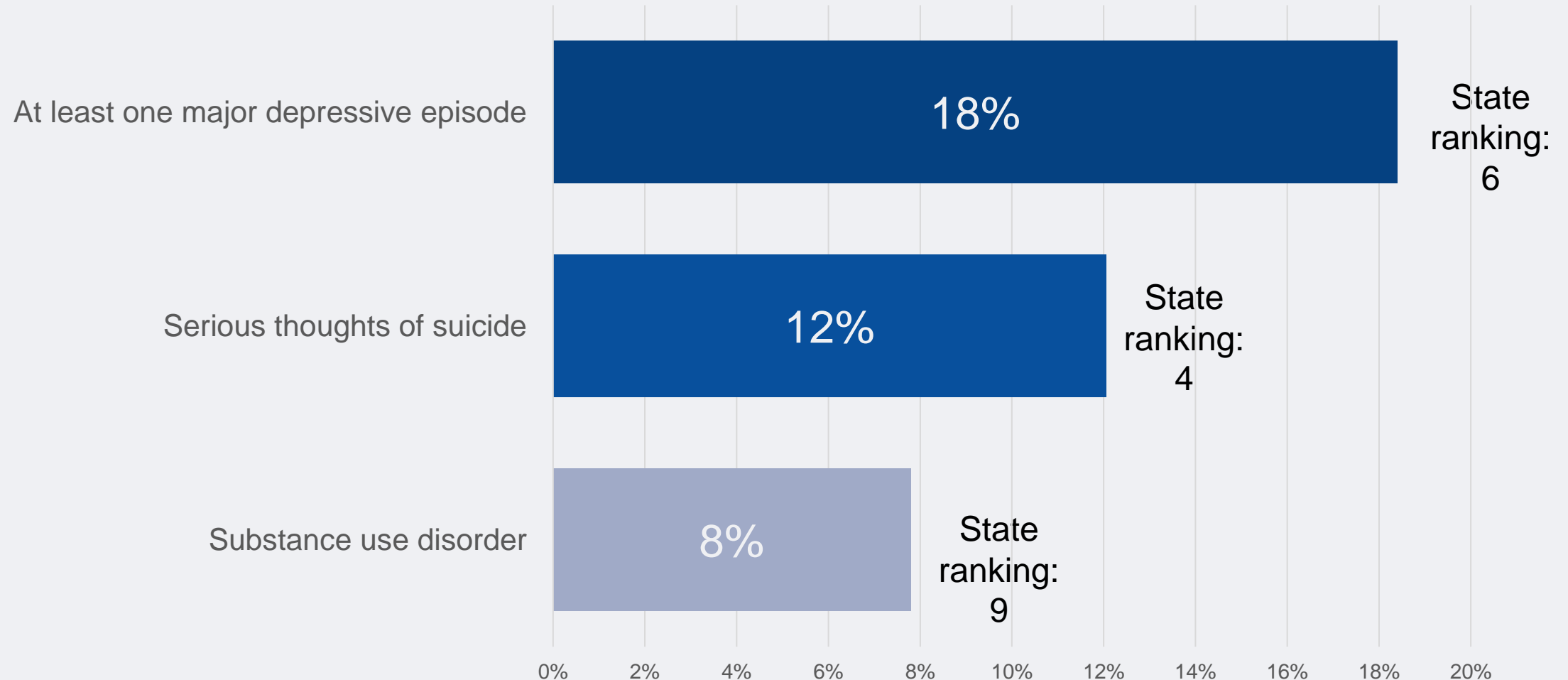
Black children also more than twice as likely to die in Harris County than children from any other race/ethnic group



Source: 2022 County Health Rankings, National Center for Health Statistics - Mortality Files, 2017-2020, retrieved from https://www.understandinghouston.org/topic/health/maternal-and-child-health-houston/#child_mortality

Almost 1 in 5 youth in Texas has experienced a major depressive episode

Mental health issues of youth in Texas and state rank, 2024

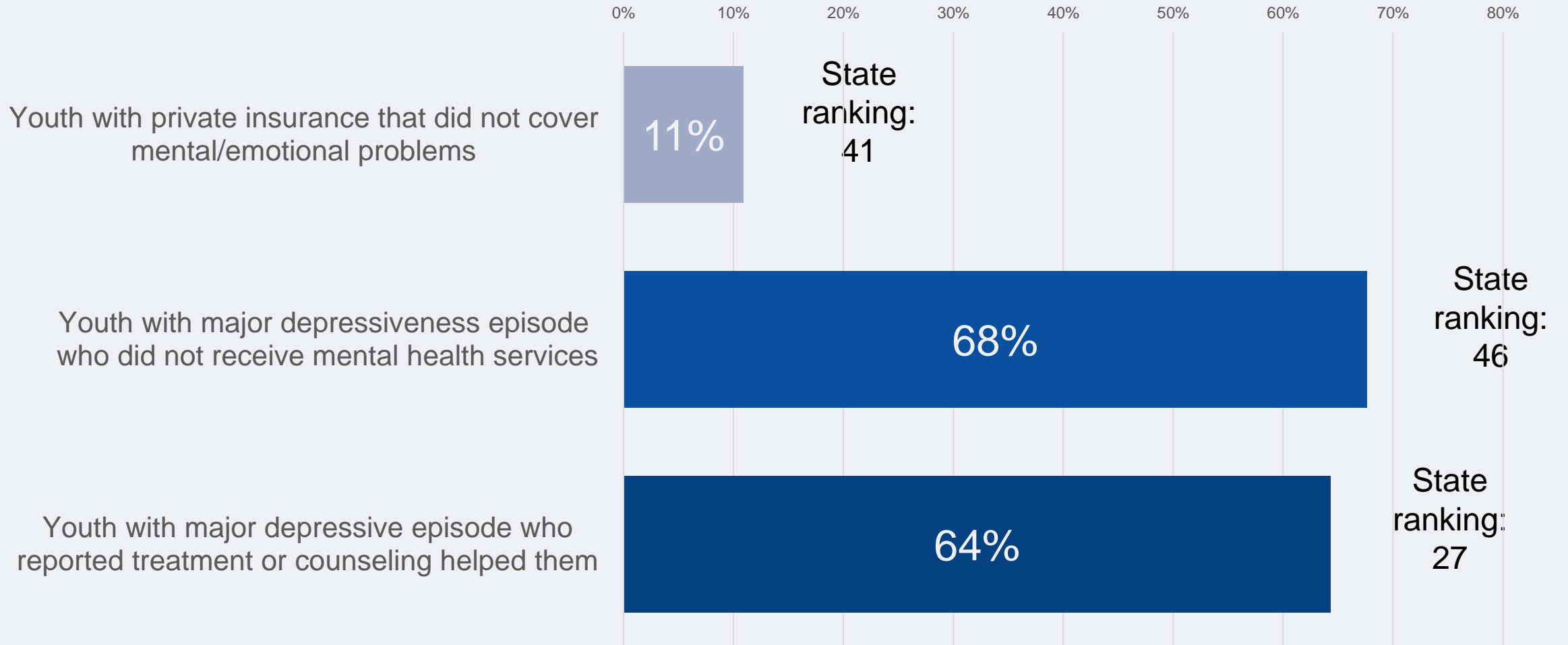


Note: Rankings indicate state rankings. Lower rankings indicate a lower percentage of negative mental health outcomes or better access to mental healthcare.

Source: <https://mhanational.org/issues/2024/mental-health-america-youth-data>

Nearly two-thirds of Texas youth who experienced a major depressive episode reported not receiving any mental health services, 2024

Access to mental health care services for youth in Texas and state rank, 2024

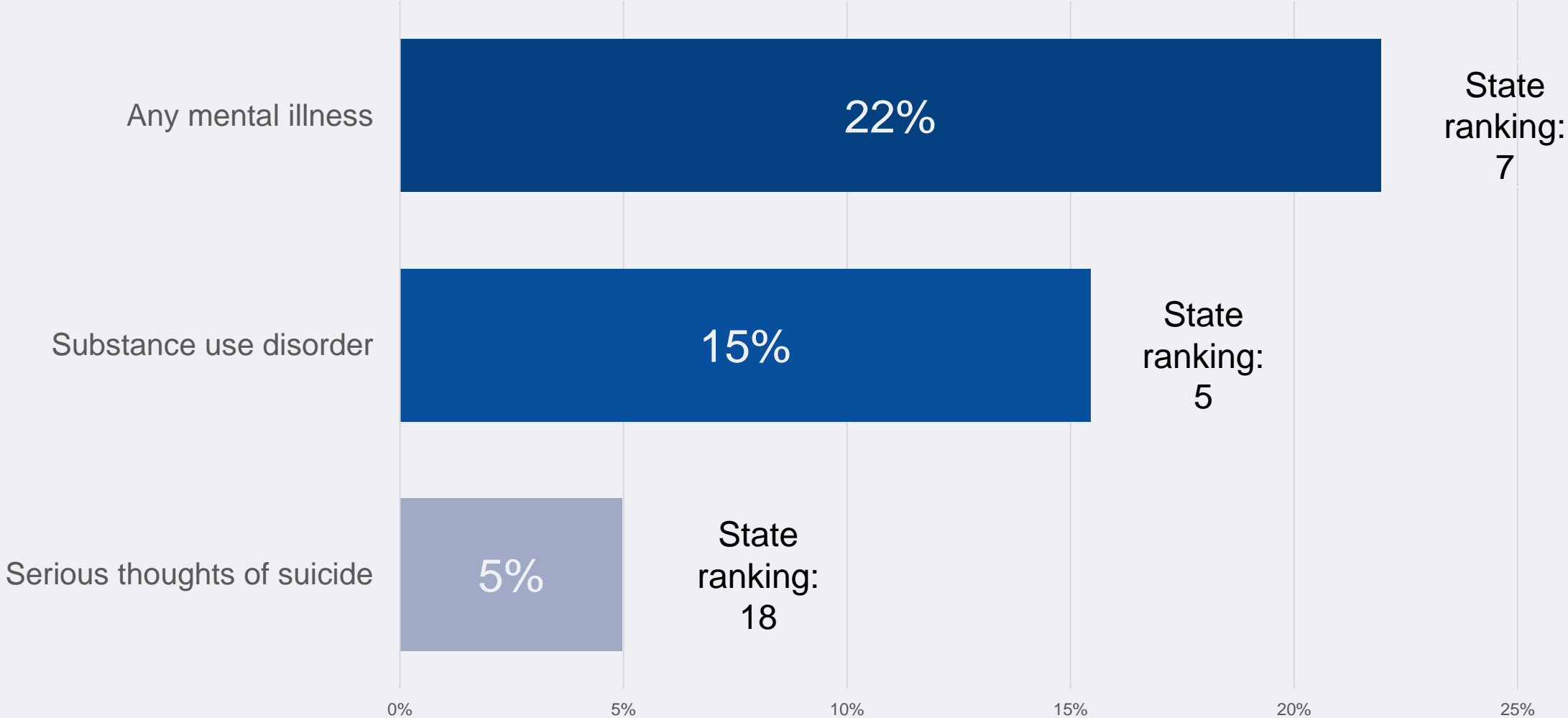


Note: Lower-numbered state rankings indicate a lower percentage of negative mental health outcomes or better access to mental health care.

Source: <https://mhanational.org/issues/2024/mental-health-america-youth-data>

More than 1 in 5 Texas adults reported having some type of mental health illness, 2024

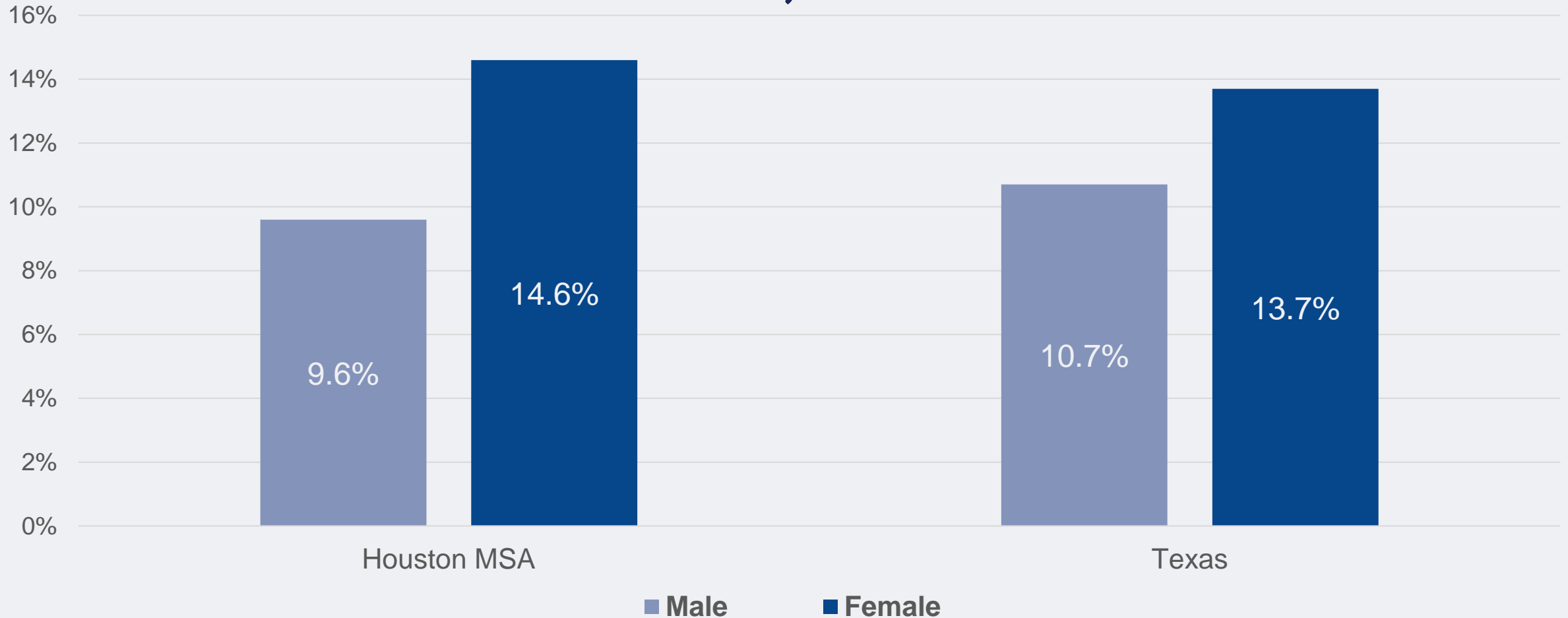
Mental health issues of adults in Texas and state rank, 2024



Note: Lower-numbered state rankings indicate a lower percentage of negative mental health outcomes or better access to mental health care.

Source: <https://mhanational.org/issues/2024/mental-health-america-adult-data>

Higher percentage of women than men reported having 14 or more days of poor mental health in the past month in Houston and Texas, 2019

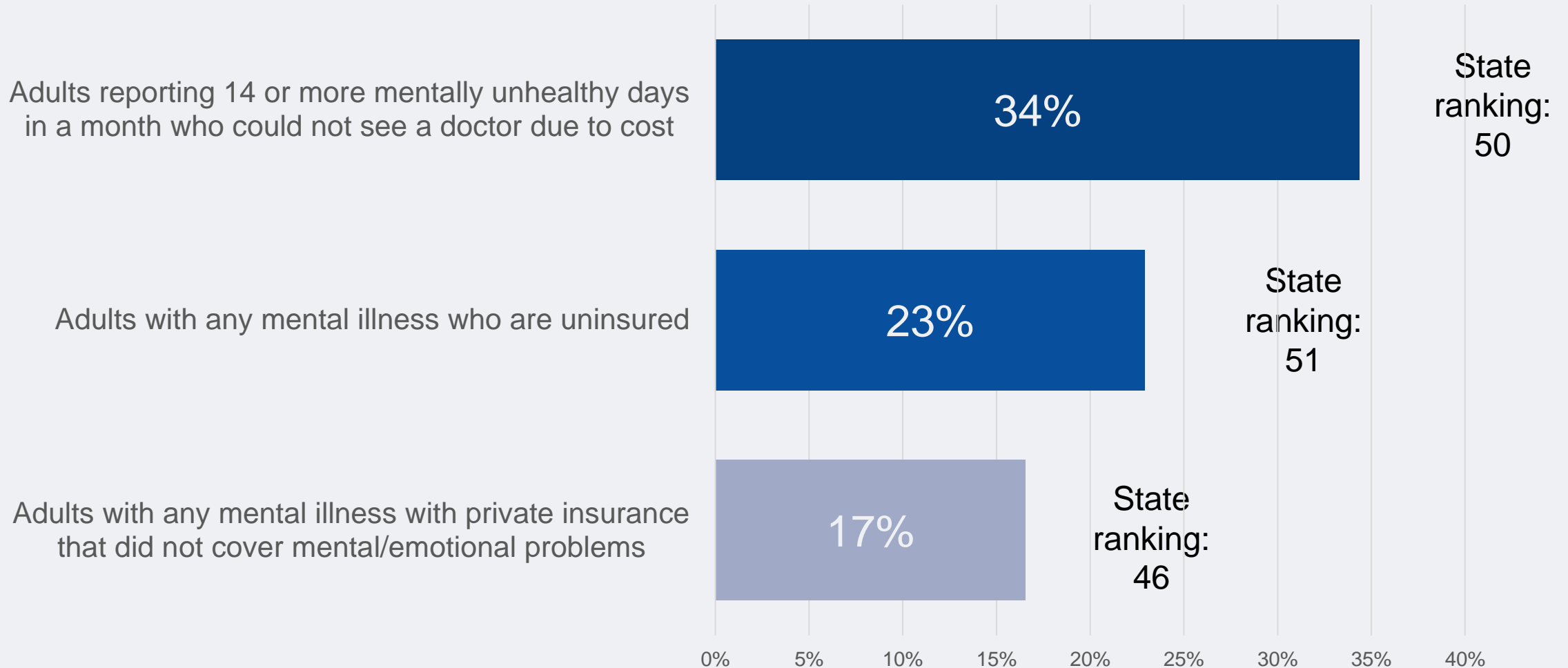


Note: Houston MSA encompasses the nine-county region.

Source: Houston MSA: Centers for Disease Control and Prevention, SMART: BRFSS; Texas: Centers for Disease Control and Prevention, SMART: BRFSS Prevalence & Trends Data, retrieved from https://www.understandinghouston.org/topic/health/mental-health#frequent_mental_distress

More than 1 in 4 adults with a mental illness are uninsured in Texas – worst performing state in the nation, 2024

Adult mental illness and access to care in Texas (2024)

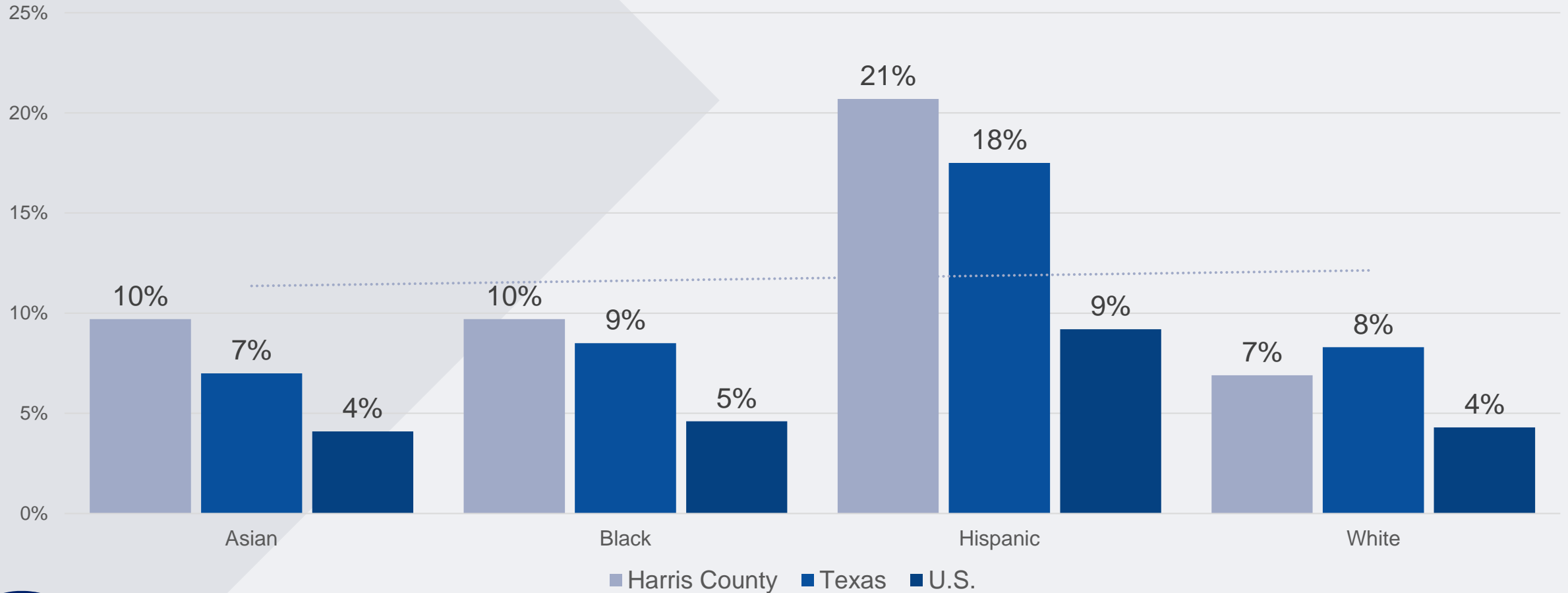


Note: Lower-numbered state rankings indicate a lower percentage of negative mental health outcomes or better access to mental health care.

Source: <https://mhanational.org/issues/2024/mental-health-america-adult-data>

About 1 in 5 Hispanic children in Harris County are without health insurance, compared to fewer than 1 in 10 nationwide

Percentage of children under 18 without health insurance by race/ethnicity





Greater Houston Community Panel



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Greater Houston Community Panel

Longitudinal, cohort study of more than 7,000 community residents in Houston and Harris County

Surveys administered online every quarter since Winter 2023

- Winter, Spring, Summer, and Fall

Survey offered in English and Spanish

Respondents are provided an incentive for each survey they complete



Greater Houston Community Panel

Most surveys have more than 5,000 residents respond, and sample is weighted to be representative of Harris County's demographics

30 neighborhood areas created to be able to examine patterns within different areas of the city and county

Topics include social connectedness, fear of and experiences with crime, parks and greenspace, civic engagement and participation, disaster preparedness, collective efficacy, the energy transition, artificial intelligence, and climate change, along with an array of sociodemographic information and measures of numerous non-medical drivers of health



Two health surveys have been administered

Spring 2023 health survey

- About 4,200 residents
- Main topics included:
 - General health rating
 - Chronic health conditions
 - Health insurance and health care access
 - Psychological distress (i.e., Kessler 6)
 - Long COVID
 - Employment, financial, and personal experiences during the pandemic
 - Vaccine hesitancy

Spring 2024 health survey

- About 5,200 residents
- Main topics included:
 - Physical and mental health rating
 - Chronic health conditions
 - Mental health (i.e., PHQ4) and well-being
 - Physical activity
 - Health care access
 - Sleep quality
 - Food insecurity
 - Children's vaccines



Select findings from the Spring 2024 health survey

1 in 5 Houston-area women rates their physical health as poor or fair

4.4 days

of "not good" physical health per month

1 in 5 Houston-area women rates their mental health as poor or fair

5.7 days

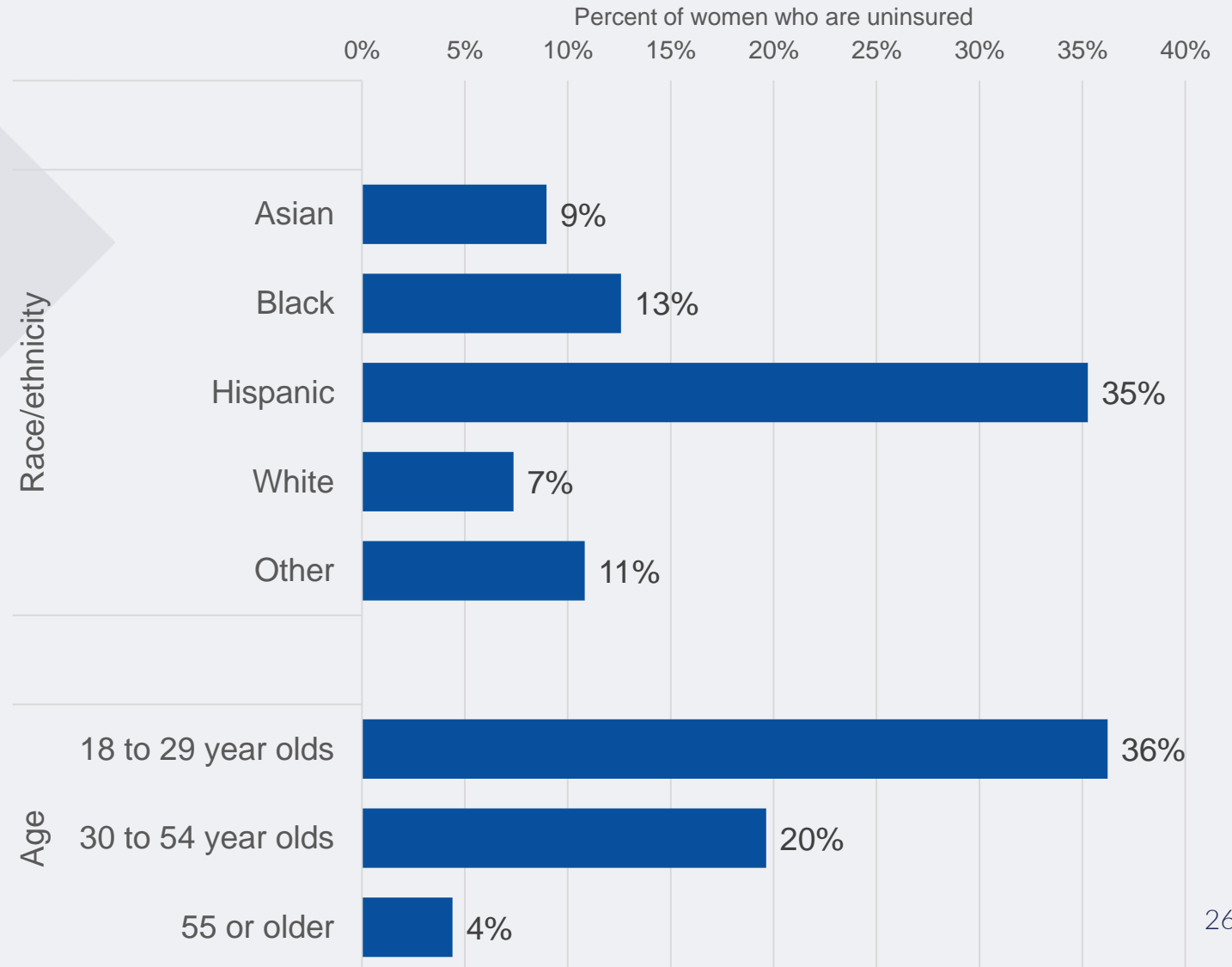
of "not good" mental health per month



Health insurance and needing help but not getting it

About **1 in 5 Houston-area women do not have health insurance**, and this varies significantly by race/ethnicity and age

About **4 in 10 women** say they felt like they **needed health care in the past year but did not get it**

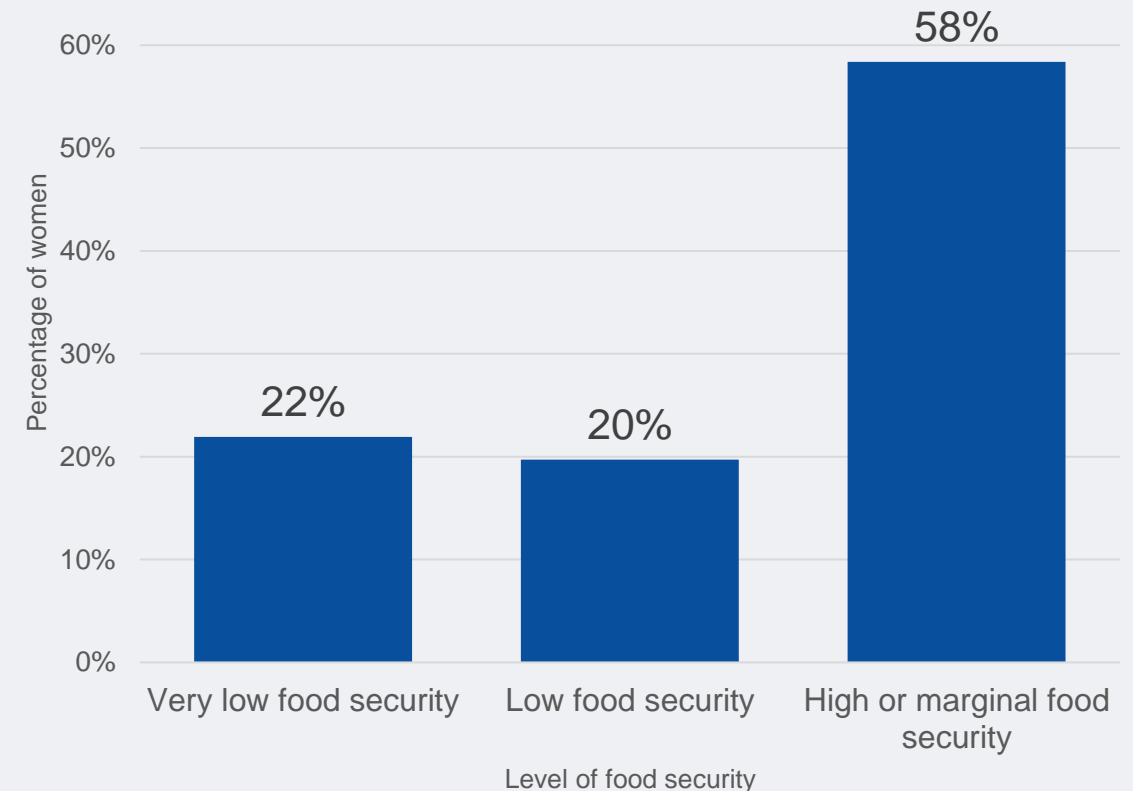


Experiences with non-medical drivers of health

More than **5 in 10 women** report being **worried they will be unable to pay for their housing**

54% worried about paying for housing

More than **1 in 5 women** experienced **very low food security** in the past year



Additional non-medical drivers of health

More than **4 in 10 women** belonged to **zero social, cultural, or political groups**

43%

no group
memberships

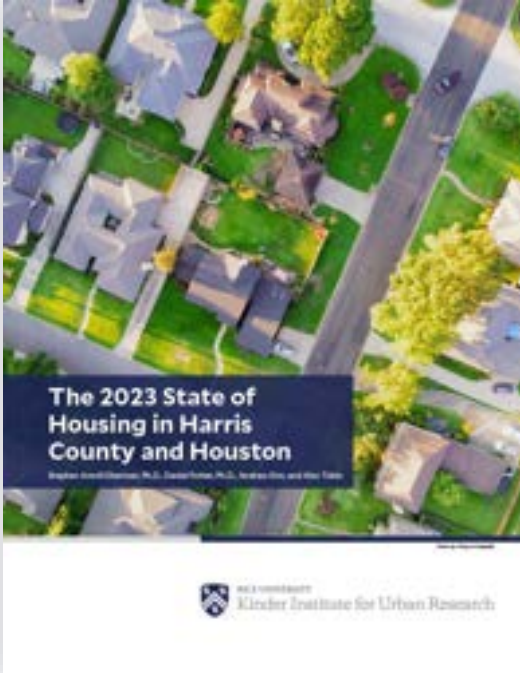
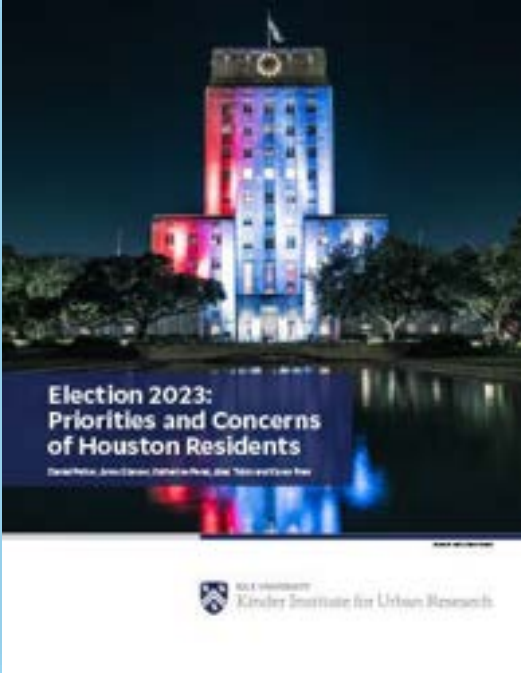
More than **1 in 5 women** get **zero days** of moderate or vigorous **physical activity** in a typical week

23%

no exercise



All of the Kinder Institute's research is available for free



Explore more at <https://kinder.rice.edu/research>



Thank you!

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