



## WHY SOUTH TEXAS?

Our state's border region is rich in culture, history and opportunity. Its lush, tropical climate and friendly atmosphere make it a warm and diverse region for families to grow, but its uniqueness also poses critical health challenges. Healthy South Texas extends solutions to meet underserved health needs in your community. As a result, you and your family will feel better now and get to enjoy healthier, more vibrant lives for generations to come.

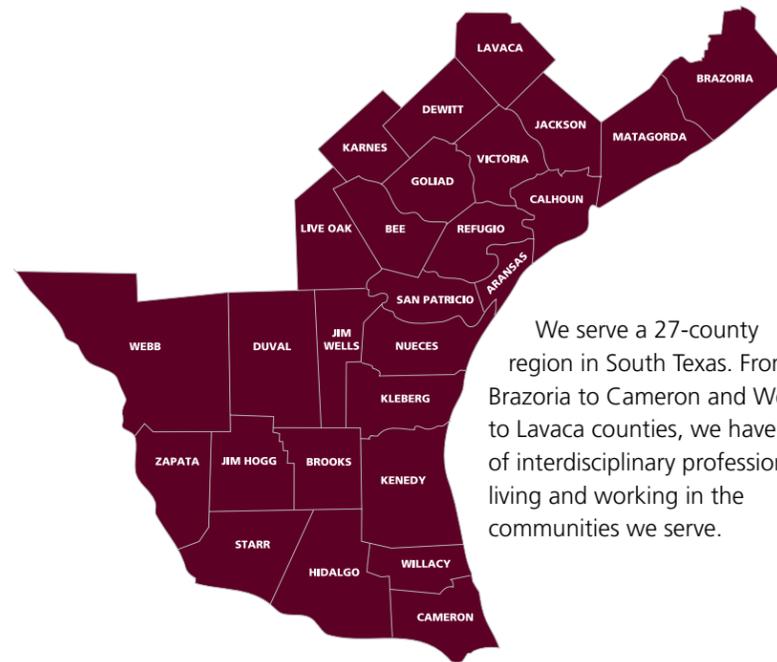
## WHO ARE WE?

Healthy South Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to provide you with knowledge and resources to take control of your health. It's a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. Our comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes.

We are health care professionals, educators, extension agents, community health workers, scientists and specialists who work, play and raise our families in the communities we serve.



## WHERE ARE WE?



We serve a 27-county region in South Texas. From Brazoria to Cameron and Webb to Lavaca counties, we have teams of interdisciplinary professionals living and working in the communities we serve.

*find*

a Healthy South Texas event near you at  
[healthytexas.tamu.edu](http://healthytexas.tamu.edu)

Or give us a call!  
**(361) 561-8588**

Prefer email? We have that, too:  
[healthysouthtexas@tamu.edu](mailto:healthysouthtexas@tamu.edu)



[facebook.com/healthysouthtexas](https://facebook.com/healthysouthtexas)



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Healthy Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to promote preventive health at the most local level of the community, improving the well-being of Texans for generations to come. "Healthy South Texas," the pilot program of Healthy Texas, is a novel effort to reduce the highest impact diseases and their consequences, including diabetes, asthma and infectious disease, throughout a 27-county region in South Texas. This comprehensive, multi-disciplinary team engages families, enhances education, promotes behavior change, and improves quality of medical care and health outcomes. Learn more at [healthytexas.tamu.edu](http://healthytexas.tamu.edu).



# HEALTHY SOUTH TEXAS



## DIABETES

### Challenges

- **1 in 10** people has diabetes
- **73%** of South Texans are at risk for developing it
- In Texas, diabetes is the **7th leading cause of death**

### Symptoms

- Frequent urination
- Extreme thirst
- Hunger, even after eating
- Extreme fatigue
- Blurry vision
- Slow healing cuts or bruises
- Tingling, pain, numbness in hands/feet

### Complications

- Heart attack or stroke
- Nerve damage
- Kidney damage or failure
- Blindness
- Toe, foot or leg amputation
- Fungal infections
- Hearing problems
- Alzheimer's disease

### Solutions

- **Get screened** by visiting a Healthy South Texas Diabetes Education location near you or taking part in our community outreach events
- **Learn how** to combat and control diabetes by participating in our proven diabetes education courses
- **Eat well** by attending our healthy cooking schools, nutrition education classes, gardening programs and farmers' markets
- **Move more** by engaging in our physical activity programs
- **Take your medications** (if you can't afford them, we can help)

### Results

- **Less** diabetes-related complications
- **Fewer** hospitalizations
- **Lower** medical costs
- **Longer**, happier life



## ASTHMA

### Challenges

- **1 in 5** adults with asthma visits the ER each year due to asthma
- **1 in 14** children in Texas has asthma
- **HALF** of children with asthma miss school due to their illness

### Symptoms

- Coughing, especially at night, during exercise or when laughing
- Difficulty breathing
- Chest tightness
- Shortness of breath
- Wheezing

### Complications

- Sick days from school or work
- Poor sleep
- Lack of physical activity
- Permanent lung damage
- Hospitalization
- Respiratory failure

### Solutions

- **Get screened** by visiting a Healthy South Texas Asthma Education location near you or taking part in our community outreach events
- **Learn how** to control asthma by participating in our proven asthma education courses
- **Have a plan** by working with your health care team on an asthma action plan
- **Breathe easier** by learning how to make your home a trigger-free environment
- **Take your medications** (if you can't afford them, we can help)

### Results

- **Fewer** emergency-room visits and hospitalizations
- **Reduced** absence from school and work
- **Lower** medical costs
- **More** active, symptom-free life



## INFECTIOUS DISEASE

### Challenges

- Texas has the **second lowest vaccination rate** in the country of children under 3 years old
- **Between 177–488 Texans died each week** from flu or pneumonia in 2015
- Texas has **85 known species of mosquitoes**, including those that can transmit Dengue, Malaria, Chikungunya, West Nile and Zika

### Symptoms

- Fever
- Diarrhea
- Fatigue
- Muscle aches
- Coughing

### Complications

- Long-term illness
- Hospitalization
- Disability
- Premature death

### Solutions

- **Get vaccinated** at one of our partner providers near you
- **Learn about** infectious diseases by talking with our health educators
- **Beat mosquitoes** and other disease-carrying creatures by attending a vector control course
- **Protect yourself** by washing your hands, traveling with precautions and preparing food safely

### Results

- **Avoid** long-term complications and death related to preventable diseases
- **Prevent** outbreaks of infectious diseases
- **Improve** childhood and adult immunization rates

Fostering health,  
at all stages of life:



WELL BABY

YOUTH AMBASSADORS

WALK ACROSS TEXAS!

DINNER TONIGHT! HEALTHY COOKING SCHOOLS

DIABETES CONTROL PROGRAM

ASTHMA CONTROL PROGRAM

INFECTIOUS DISEASE EDUCATION

MASTER WELLNESS VOLUNTEER PROGRAMS

PUBLIC HEALTH EDUCATION & TRAINING

WELLNESS RESOURCE & OUTREACH

