

Critical Health Issues in Texas

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Texans' Experiences with and Perspectives on
Type 2 Diabetes Prevention

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Annual Texas Health Tracking Survey – 2023



EPISCOPAL HEALTH
FOUNDATION

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Executive Summary

As the state of Texas continues to grow in size and diversity a number of challenges continue to impact the health of residents. The Episcopal Health Foundation and SSRS conducted the sixth wave of the *Texas Health Tracking Survey* with a representative sample of Texas adult residents from October 18 through December 19, 2023 to understand residents' experiences and perspectives on diabetes prevention.

Two thirds of Texans view diabetes as a major problem in the state (66%) with another 28 percent viewing it as a minor problem. Overall, one in every ten Texas adults reports currently having type II diabetes. Another 15 percent report having prediabetes. In all, almost half of Texas adults (46%) have diabetes experience in their household meaning they themselves or someone in their household has type II diabetes or prediabetes. Households with diabetes experience are also more likely to have difficulty paying for medical care.

When asked about a number of actions officials could take to prevent diabetes in Texas, those involving expanded access to health care and screening were more likely to receive votes of being very effective. Additionally, majorities believe that doctors and nurses (76%), food companies (70%), health insurance companies (67%), Texas state government agencies (65%), county and local government agencies (62%), and pharmaceutical companies (57%) should all have a major role in helping to reduce the rates of diabetes in the state.

Texans' Experiences with Diabetes

One health issue that is heavily influenced by diet and healthy eating is diabetes. Two thirds of Texans view diabetes as a major problem in the state (66%) with another 28 percent viewing it as a minor problem. A majority of Texas adults are also aware that diabetes tends to affect underserved populations at a higher rate. Fifty-five percent can correctly indicate that Black and Hispanic individuals are more likely to have diabetes than those of other races and ethnicities. Sixty percent can correctly indicate that lower income individuals are more likely to have diabetes than those with higher incomes.

Overall, one in every ten Texas adults report currently having type II diabetes. Another 15 percent report having prediabetes. In all, almost half of Texas adults (46%) have diabetes experience in their household meaning they themselves or someone in their household has type II diabetes or prediabetes (charts 1 & 2).

CHART 1: ALMOST HALF OF TEXAS ADULTS LIVE IN A HOUSEHOLD EXPERIENCING DIABETES OR PREDIABETES

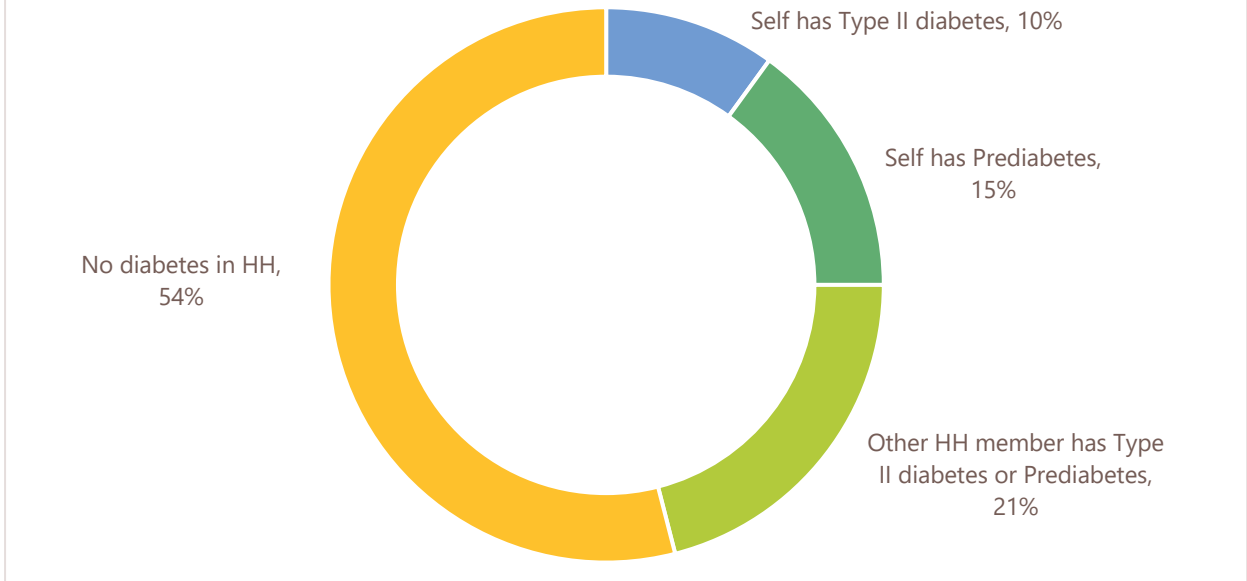
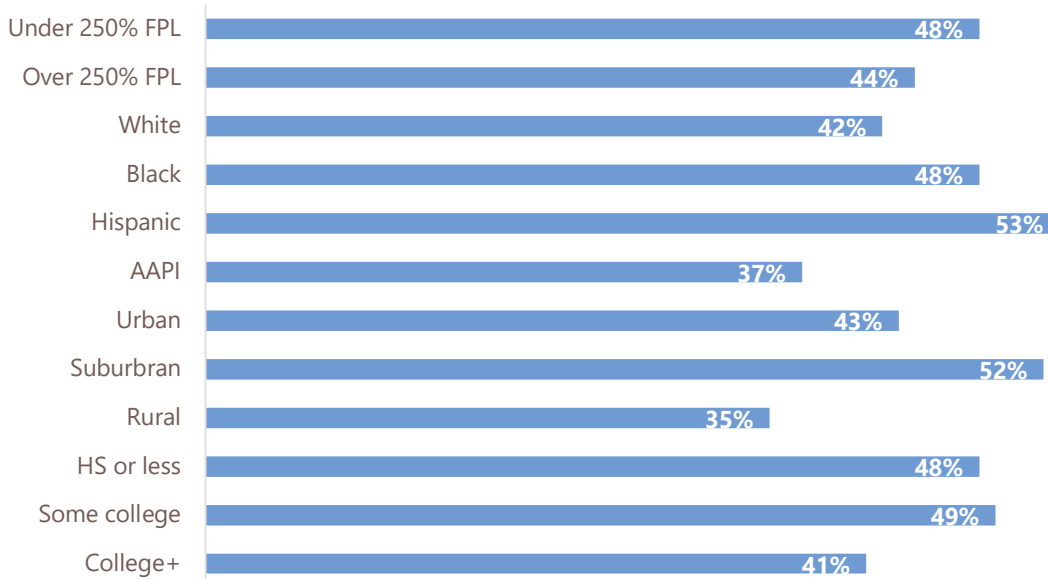
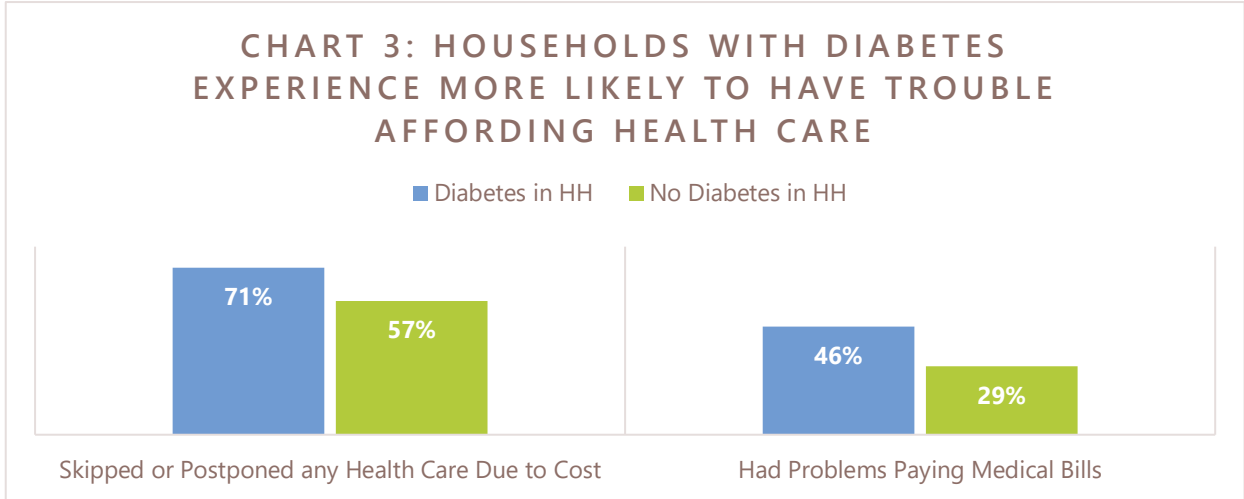


CHART 2: HOUSEHOLD DIABETES EXPERIENCE MORE PREVALENT AMONG LOWER INCOME, BLACK AND HISPANIC, SUBURBAN AND LOWER EDUCATION ADULTS



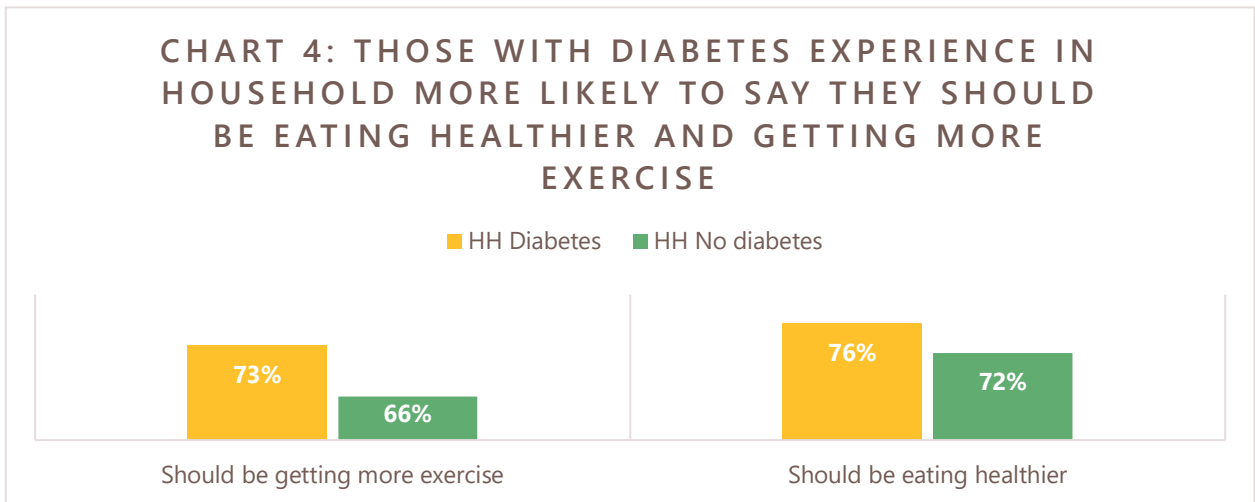
Accessing and Affording Care for Households with Diabetes

Nearly half of adults in households with diabetes experience have incomes below 250% FPL (55%). Households with diabetes experience are also more likely to have difficulty paying for medical care. Seven in ten households with diabetes experience say they have postponed or skipped some sort of health care due to the cost in the past 12 months (72%) compared to just under six in ten among those without household diabetes experience (57%) (chart 3). These individuals are also more likely to say they have had trouble paying medical bills in the past 12 months (46% vs. 29%).



Non-Medical Drivers of Health for those with Diabetes

Lack of exercise and healthy food are major drivers of diabetes. Those in households with diabetes experience are more likely to say their daily diet could be healthier (76%) compared to those in households without diabetes (72%). Similarly, those in households with diabetes are more likely to say they should be getting more physical exercise (73%) compared to those without diabetes in the household (66%) (chart 4).

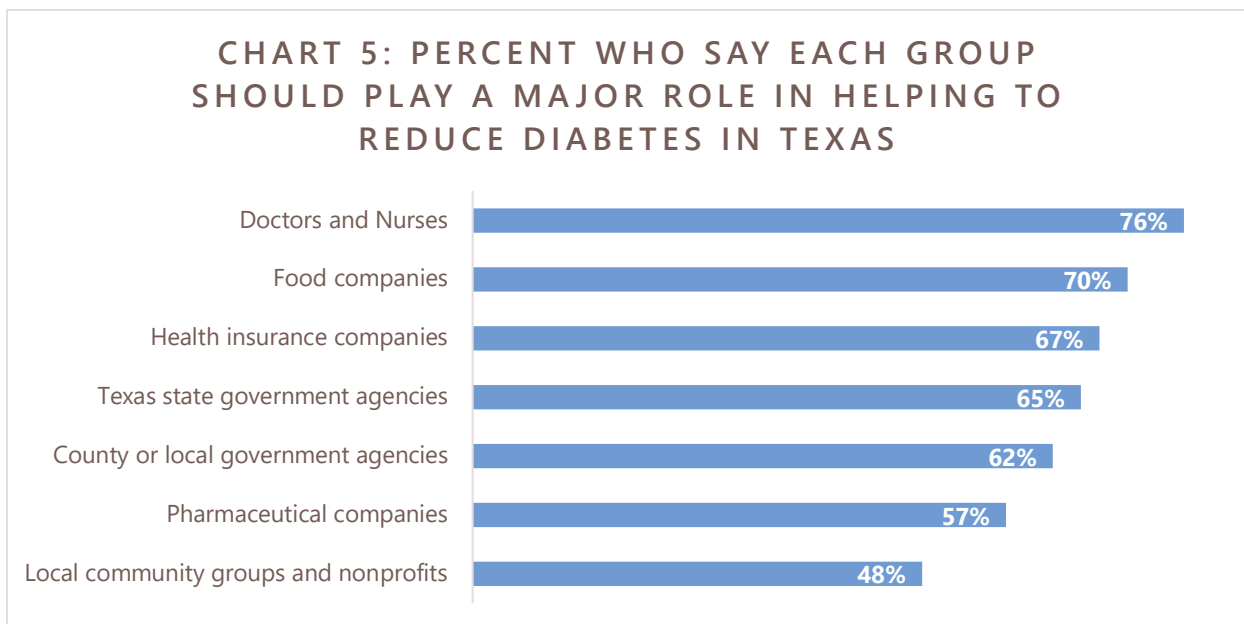


While many Texas adults in households with diabetes experience recognize that they should be exercising more and eating healthier, access to resources for this such as places to exercise, grocery stores, and other places to get healthy food

does not seem to differ for this group. A similar number of adults in households with and without diabetes experience note their communities lack places to walk, play, and exercise and say it is difficult to travel to these places.

Views on Proposals for Diabetes Prevention

When it comes to the groups and organizations in the state that may have an impact on reducing rates of diabetes, majorities believe that doctors and nurses (76%), food companies (70%), health insurance companies (67%), Texas state government agencies (65%), county and local government agencies (62%), and pharmaceutical companies (57%) should all have a major role. The only group that did not have majority say they should play major role is local community groups and nonprofits (48%) (chart 5).



When asked about a number of actions officials could take to prevent diabetes in Texas, those involving expanded access to health care and screening were more likely to receive votes of being very effective actions to take. Two thirds say increasing access to preventative health care including screenings for diabetes would be very effective (66%). A majority also say providing free or reduced cost health insurance to low-income Texans would be very effective (59%).

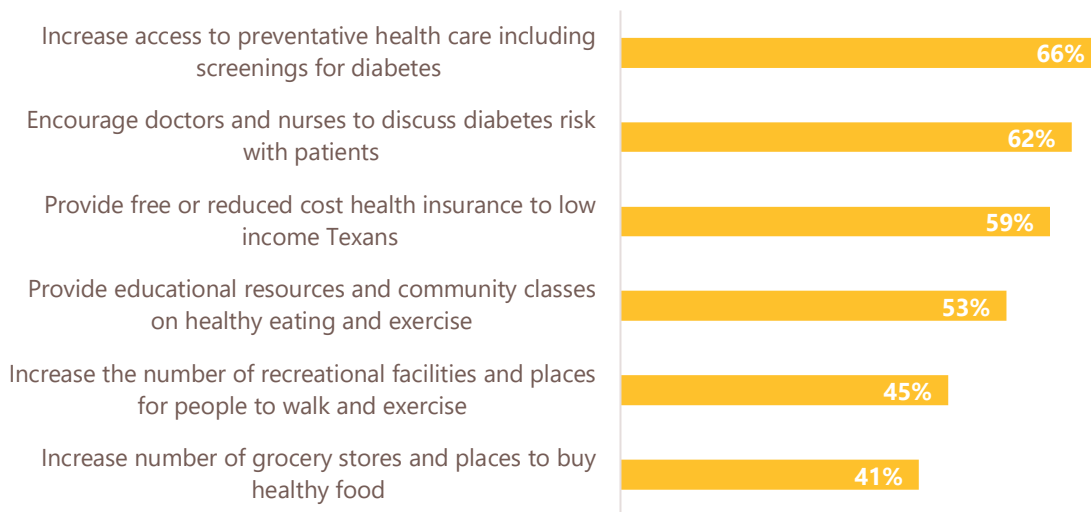
Education about diabetes from doctors and nurses as well as community resources are seen as effective by majorities as well. Six in ten say encouraging

doctors and nurses to discuss diabetes risk with patients would be very effective (62%) and about half say providing educational resources and community classing on healthy eating and exercise would be effective (53%).

Less than half of Texans view increasing recreational facilities and places to walk and exercise as an effective strategy to prevent diabetes in the state (45%). Similarly, 41 percent think that increasing access to grocery stores and places to buy healthy food would be very effective (chart 6).

CHART 6: MAJORITY BELIEVE ACCESS TO AFFORDABLE CARE AND SCREENING WOULD BE VERY EFFECTIVE FOR DIABETES PREVENTION IN STATE

Percent Who Say Each Proposal Would be Very Effective in Preventing Diabetes in Texas



About the Survey

SSRS conducted the *2023 Texas Health Tracking Survey* on behalf of the Episcopal Health Foundation (EHF) from October 18 through December 19, 2023. Similar studies have been fielded on behalf of the EHF since 2018. The 2023 survey was conducted online and by telephone with a representative sample of 1,956 Texas adults (age 18 or older). Interviews were administered in English ($n=1,843$), Spanish ($n=87$), Chinese ($n=19$) and Vietnamese ($n=7$). The sample includes 938 Texas adults reached through the SSRS Opinion Panel¹ online ($n=875$) and by phone ($n=63$) as well as adult Texas residents reached through an address-based sample (ABS) and completed the survey online ($n=937$) or by phone ($n=81$). Weighting is generally used in survey analysis to compensate for sample designs and patterns of non-response that might bias results. The survey data are weighted to match the sample demographics to estimates for the Texas adult population. The margin of sampling error for this study is +/- 3 percentage points for results based on the total sample.

About EHF

The [Episcopal Health Foundation \(EHF\)](#) is committed to transforming the health of our communities by going beyond the doctor's office. By providing millions of dollars in grants, working with congregations and community partners, and providing important research, we're supporting solutions that address the underlying causes of poor health in Texas. EHF was established in 2013, is based in Houston, and has more than \$1.2 billion in estimated assets. **#HealthNotJustHealthcare**

About SSRS

SSRS is a full-service public opinion and survey research firm with a dedicated team of critical thinkers. We have genuine enthusiasm for our work and a shared goal to connect people through research. SSRS solutions include groundbreaking approaches fit for purpose: the SSRS Opinion Panel and Omnibus, Encipher, additional online solutions, and custom research programs. Our research areas include Health Care and Health Policy, Public Opinion and Policy, Lifestyle, and Sports and Entertainment. SSRS projects include complex strategic and tactical initiatives in the US and more than 40 countries worldwide. Visit ssrs.com for more information.

¹ <https://ssrs.com/ssrs-solutions/ssrs-opinion-panel/>