



Lakeside Hospital



Community Health Needs Assessment 2022

Report adopted by the Board of Directors in June 2022.

Contents

Executive Summary	5
Community Definition	9
Service Area	9
Community Need Index	10
Assessment Process and Methods	13
Secondary Data Collection	13
Primary Data Collection	13
Public Comment	14
Project Oversight	14
Consultants.....	14
Community Demographics	16
Population.....	16
Race/Ethnicity.....	17
Language.....	19
Veteran Status.....	20
Citizenship	21
Social Determinants of Health.....	22
Social and Economic Factors Ranking	22
Poverty	22
Unemployment.....	24
Vulnerable Populations.....	25
Economically Disadvantaged Students.....	25
Households.....	26
Households by Type.....	26
Homelessness	29
Community Input –Homelessness	30
Public Program Participation	30
Food Security.....	31
Educational Attainment.....	31

High School Graduation Rates	32
Preschool Enrollment.....	32
Crime and Violence	33
Health Care Access.....	34
Health Insurance Coverage	34
Regular Source of Care	35
Unmet Medical Need	36
Primary Care Physicians	37
Access to Primary Care Community Health Centers	37
Dental Care	38
Mental Health Providers	38
Community Input – Access to Health Care	39
Birth Indicators	40
Births	40
Teen Birth Rate.....	41
Prenatal Care.....	41
Low Birth Weight.....	42
Preterm Births.....	42
Maternal Smoking During Pregnancy	42
Infant Mortality	43
Breastfeeding Initiation	43
Community Input – Birth Indicators.....	43
Mortality/Leading Causes of Death	45
Life Expectancy at Birth	45
Mortality Rates.....	45
Leading Causes of Death	45
Cancer Mortality.....	46
Unintentional Injuries	47
Community Input – Unintentional Injuries	47
Drug Overdose Deaths	47
COVID-19.....	49

Community Input – COVID-19	51
Chronic Disease	52
Diabetes	52
Heart Disease and Stroke.....	53
High Blood Pressure and High Cholesterol	54
Cancer	55
Asthma	56
Tuberculosis	57
Disability	57
Community Input – Chronic Disease	57
Health Behaviors.....	59
Health Behaviors Ranking	59
Overweight and Obesity	59
Youth Body Dysmorphia and Dieting.....	60
Community Input – Overweight and Obesity	61
Physical Activity	61
Exercise Opportunities.....	64
Community Walkability	64
Soda Consumption	65
Fruit and Vegetable Consumption	66
Youth Sexual Behaviors	66
Sexually Transmitted Infections.....	66
HIV.....	67
Mental Health	68
Frequent Mental Distress.....	68
Youth Mental Health	69
Community Input – Mental Health.....	69
Substance Use and Misuse.....	71
Cigarette Smoking	71
Alcohol Use	71
Youth Drug Use	73

Community Input – Substance Use	74
Preventive Practices.....	75
Flu and Pneumonia Vaccines	75
Immunization of Children	76
Mammograms.....	76
Pap Smears	77
Colorectal Cancer Screening.....	77
Community Input – Preventive Practices	77
Prioritized Description of Significant Health Needs	79
Resources to Address Significant Health Needs	81
Impact of Actions Taken Since the Preceding CHNA.....	82
Attachment 1: Benchmark Comparisons	83
Attachment 2: Community Stakeholder Interviewees	84
Attachment 3: Community Stakeholder Interview Responses	85

Executive Summary

Purpose Statement

The purpose of this Community Health Needs Assessment (CHNA) is to identify and prioritize significant health needs of the community served by St. Luke's Health – Lakeside Hospital. The priorities identified in this report help to guide the hospital's community health improvement programs and community benefit activities, as well as its collaborative efforts with other organizations that share a mission to improve health. This CHNA report meets requirements of the Patient Protection and Affordable Care Act that nonprofit hospitals conduct a CHNA at least once every three years.

CommonSpirit Health Commitment and Mission Statement

The hospital's dedication to engaging with the community, assessing priority needs, and helping to address them with community health program activities is in keeping with its mission. As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

CHNA Collaborators

This CHNA was conducted in partnership with St. Luke's Health – Patients Medical Center, St. Luke's Health – The Vintage Hospital, St. Luke's Health – The Woodlands Hospital, St. Luke's Health – Springwoods Village Hospital, St. Luke's Health – Sugar Land Hospital, and Baylor St. Luke's Medical Center. The hospital engaged Biel Consulting, Inc. to conduct the CHNA.

Community Definition

St. Luke's Health – Lakeside Hospital is located at 17400 St. Luke's Way, The Woodlands, Texas, 77384. The population of the service area is 832,737. Children and youth, ages 0-17, make up 27.2% of the population, 60.9% are adults, ages 18-64, and 11.9% of the population are seniors, ages 65 and older. 56.5% of the population in the service area identifies as non-Hispanic White, and 25.6% of the population identifies as Hispanic/Latino. 11.1% of the population identifies as Black/African-American, 4.4% of the population as Asian, and 1.8% of individuals identify as multiracial (two-or-more races). 0.3% of residents identify as American Indian/Alaskan Natives, 0.2% as of a race/ethnicity not listed, and Native Hawaiians/Pacific Islanders represent 0.1% of the service area population. In the service area, 75% of the population, 5 years and older, speak only English in the home. Among the area population, 19.4% speak Spanish, 2.6% speak an Indo-European language and 2.4% speak an Asian/Pacific Islander language in the home.

Among the residents in the service area, 9% are at or below 100% of the federal poverty level (FPL) and 24.5% are at 200% of FPL or below. Those who spend more than 30% of their income on housing are said to be “cost burdened.” In the service area, 28.8% of owner and renter occupied households spend 30% or more of their income on housing. Educational attainment is a key driver of health. In the hospital service area, 10.2% of adults, ages 25 and older, lack a high school diploma. 36.2% of area adults have a Bachelor’s degree or higher degree.

Assessment Process and Methods

Secondary data were collected from local, county, and state sources to present community demographics, social determinants of health, health care access, birth indicators, leading causes of death, COVID-19, chronic disease, health behaviors, mental health, substance use and misuse and preventive practices. Where available, these data are presented in the context of Montgomery County and Texas, framing the scope of an issue as it relates to the broader community. The report includes benchmark comparison data, comparing community data findings with Healthy People 2030 objectives.

Interviews with community stakeholders were conducted to obtain input on health needs, barriers to care and resources available to address the identified health needs. Ten (10) interviews were conducted from December 2021 to March 2022. Community stakeholders identified by the hospital were contacted and asked to participate in the interviews. Interviewees included individuals who are leaders and representatives of medically underserved, low-income, and minority populations, or local health or other departments or agencies that have “current data or other information relevant to the health needs of the community served by the hospital facility.”

Process and Criteria to Identify and Prioritize Significant Health Needs

Significant health needs were identified from an analysis of the primary and secondary data sources. Interviews with community stakeholders were used to gather input and prioritize the significant health needs. The following criteria were used to prioritize the health needs:

- The perceived severity of a health or community issue as it affects the health and lives of those in the community.
- Improving or worsening of an issue in the community.
- Availability of resources to address the need.
- The level of importance the hospital should place on addressing the issue.

The key informant stakeholders were asked to prioritize the health needs according to the highest level of importance in the community.

List of Prioritized Significant Health Needs

Access to care, mental health, birth indicators, chronic diseases, and overweight and obesity were identified as priority needs by the community stakeholders.

Access to health care – Health insurance coverage is considered a key component to ensure access to health care. The Healthy People 2030 objective for health insurance is 92.1% coverage. 86.6% of the population in the service area has health insurance and 91.2% of children, ages 18 and younger, have health insurance coverage in the service area. A community stakeholder noted when people lost their jobs during COVID, they lost health insurance and coverage for medical care.

Mental health – Frequent mental distress is defined as 14 or more bad mental health days in the last month. In the hospital service area, the rate of mental distress among adults was 12.9%. Community stakeholders noted there is a stigma to talking about mental health issues. Often people experiencing mental health crises end up at the local Emergency Department.

Birth indicators – 60.4% of pregnant women in Montgomery County entered prenatal care on time – during the first trimester. This is a lower rate of entry to on-time prenatal care than found in the state (68.9%). The rate of teen births to females, ages 15-19, in Montgomery County (6.4% of live births) was more than double the Healthy People 2030 objective for teen births (3.1%).

Chronic disease – Leading causes of death in the service area are heart disease and cancer. 10.6% of area adults have been diagnosed with diabetes, 31.2% have high blood pressure and 8.5% of adults have been diagnosed with asthma. Stakeholders commented that diabetes and its co-morbidities are on the rise among all populations.

Overweight and obesity – Over a third of adults in the service area (34.9%) are obese and 33% are overweight. Community stakeholders noted that obesity is a growing epidemic, especially among youth. Obesity is tied to chronic diseases and unhealthy eating habits.

Resources Potentially Available to Address Needs

Community stakeholders identified community resources potentially available to address the identified community needs. A partial list of community resources can be found in the CHNA report.

Report Adoption, Availability and Comments

This CHNA report was adopted by the Lakeside Hospital Board of Directors in June 2022. The Lakeside Hospital report is available to the public on the web site at <https://www.stlukeshealth.org/about-st-lukes-health/healthy-communities>. A paper copy of the report is available for inspection upon request at the Mission Office, St. Luke's Health, 6720 Bertner Avenue MC 4-18, Houston, TX 77030. Please send comments or questions about this report to Fawn Preuss at Fawn.Preuss@commonspirit.org.

Community Definition

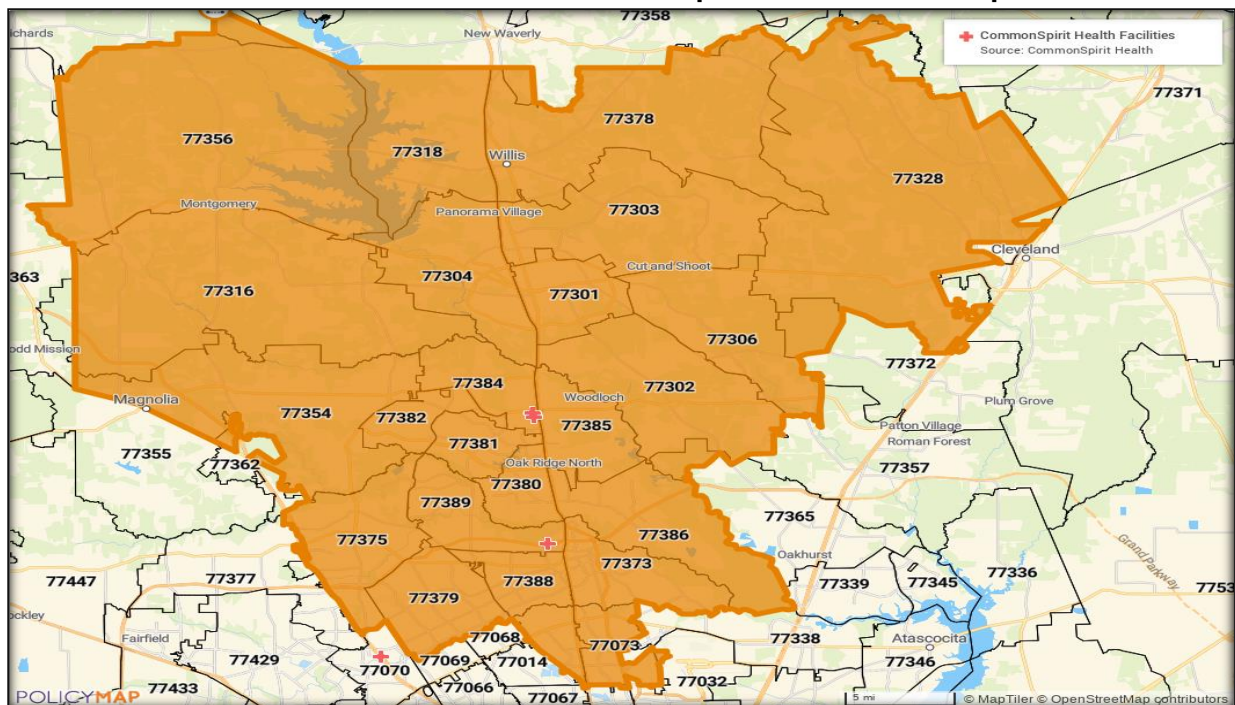
Service Area

St. Luke’s Health – Lakeside Hospital is located at 17400 St. Luke’s Way, The Woodlands, TX, 77384. The hospital tracks ZIP Codes of origin for all patient admissions and includes all who received care without regard to insurance coverage or eligibility for financial assistance. The hospital determined the community definition by using the ZIP Codes of the top 75% of inpatient and outpatient visits in 2020. For the purposes of this report, the service area includes 24 ZIP Codes, in 9 cities or communities, located primarily in Montgomery County, with seven ZIP Codes in Harris County. For the purposes of this report, Montgomery County data were reported.

St. Luke’s Health – Lakeside Hospital Service Area

Place	ZIP Code	County
Cleveland	77328	San Jacinto, Montgomery and Liberty
Conroe	77301, 77302, 77303, 77304, 77306, 77384, 77385	Montgomery
Houston	77073, 77090	Harris
Magnolia	77354	Montgomery
Montgomery	77316, 77356	Montgomery
Spring	77373, 77379, 77386, 77388, 77389	Harris and Montgomery
The Woodlands	77380, 77381, 77382	Montgomery
Tomball	77375	Harris
Willis	77318, 77378	Montgomery and San Jacinto

St. Luke’s Health – Lakeside Hospital Service Area Map



The population of the service area is 832,737. Children and youth, ages 0-17, make up 27.2% of the population, 60.9% are adults, ages 18-64, and 11.9% of the population are seniors, ages 65 and older. 56.5% of the population in the service area identifies as non-Hispanic White, and 25.6% of the population identifies as Hispanic/Latino. 11.1% of the population identifies as Black/African-American, 4.4% of the population as Asian, and 1.8% of individuals identify as multiracial (two-or-more races). 0.3% of residents identify as American Indian/Alaskan Natives, 0.2% as of a race/ethnicity not listed, and Native Hawaiians/Pacific Islanders represent 0.1% of the service area population. In the service area, 75% of the population, 5 years and older, speak only English in the home. Among the area population, 19.4% speak Spanish, 2.6% speak an Indo-European language and 2.4% speak an Asian/Pacific Islander language in the home.

Among the residents in the service area, 9% are at or below 100% of the federal poverty level (FPL) and 24.5% are at 200% of FPL or below. Those who spend more than 30% of their income on housing are said to be “cost burdened.” In the service area, 28.8% of owner and renter occupied households spend 30% or more of their income on housing. Educational attainment is a key driver of health. In the hospital service area, 10.2% of adults, ages 25 and older, lack a high school diploma. 36.2% of area adults have a Bachelor’s degree or higher degree.

Montgomery County is designated as a Health Professional Shortage Areas (HPSAs) for mental health care and as a Medically Underserved Area (MUA) for primary care.

Community Need Index

One tool used to assess health need is the Community Need Index (CNI). The CNI analyzes data at the ZIP Code level on five factors known to contribute or be barriers to health care access: income, culture/language, education, housing status, and insurance coverage. Scores from 1.0 (lowest barriers) to 5.0 (highest barriers) for each factor are averaged to calculate a CNI score for each ZIP Code in the community. The mean CNI score for the Lakeside Hospital service area is 3.4. Conroe 77301 has the highest CNI score in the service area (4.8), followed by Houston 77090 and Willis (4.6), and Spring 77389 has the lowest CNI score (2.2). Research has shown that communities with the highest CNI scores (those between 4.2 and 5.0) experience twice the rate of hospital admissions for ambulatory care sensitive conditions as those with the lowest scores (1.0 to 1.7).

Lowest Need

1 - 1.7 Lowest

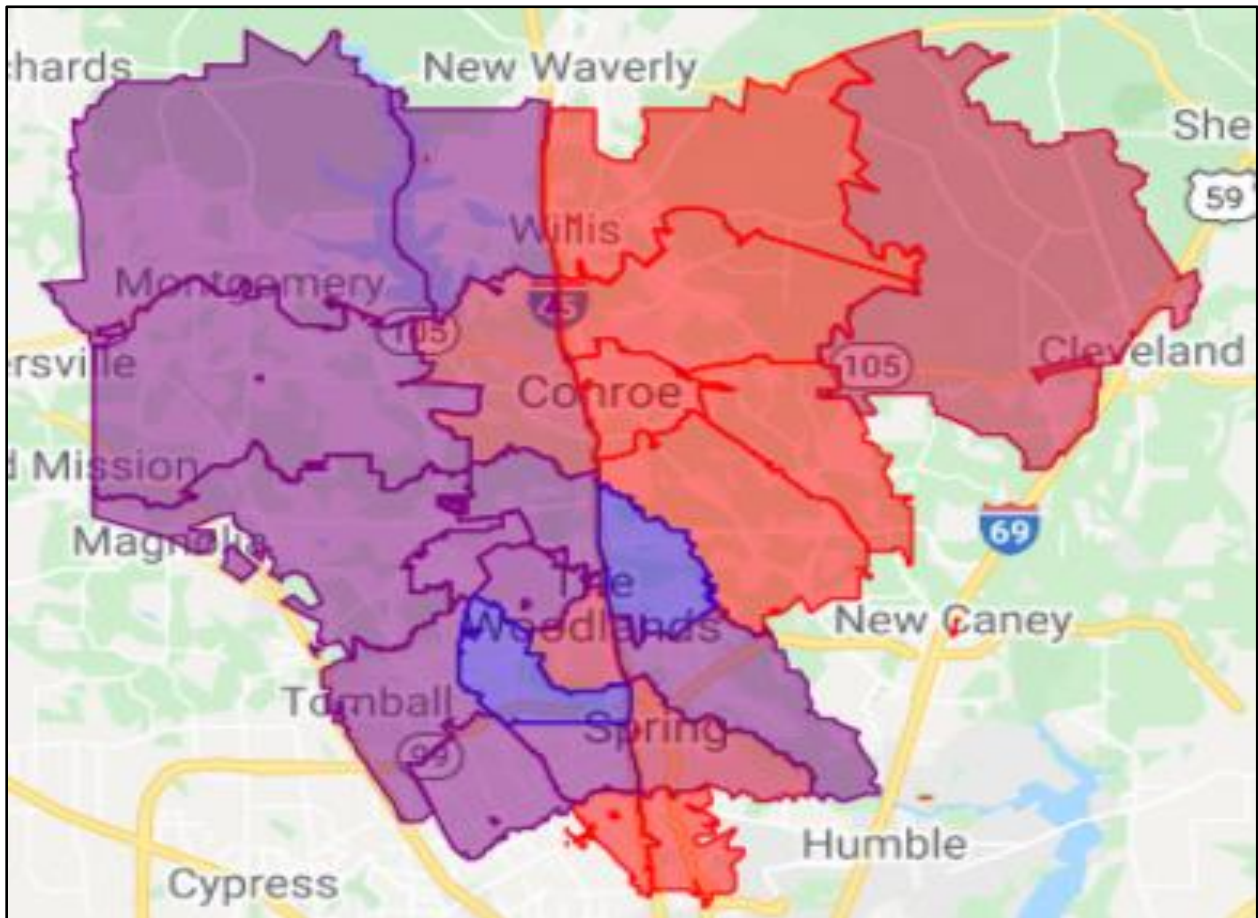
1.8 - 2.5 2nd Lowest

2.6 - 3.3 Mid

3.4 - 4.1 2nd Highest

4.2 - 5 Highest

Highest Need



Mean(zipcode): 3.4 / Mean(person): 3.3

CNI Score Median: 3.2

CNI Score Mode: 2.6

Zip Code	CNI Score	Population	City	County	State
77073	4.4	44515	Houston	Harris	Texas
77090	4.6	41912	Houston	Harris	Texas
77301	4.8	40181	Conroe	Montgomery	Texas
77302	4.2	22247	Conroe	Montgomery	Texas
77303	4.2	20876	Conroe	Montgomery	Texas
77304	3.8	35263	Conroe	Montgomery	Texas
77306	4.4	15195	Conroe	Montgomery	Texas
77316	3.2	27931	Montgomery	Montgomery	Texas
77318	2.8	18666	Willis	Montgomery	Texas
77328	3.8	18420	Cleveland	Montgomery	Texas
77354	3	44659	Magnolia	Montgomery	Texas
77356	2.6	34017	Montgomery	Montgomery	Texas
77373	3.8	67033	Spring	Harris	Texas
77375	3.2	60546	Tomball	Harris	Texas
77378	4.6	19458	Willis	Montgomery	Texas
77379	2.6	85825	Spring	Harris	Texas
77380	3.6	29121	Spring	Montgomery	Texas
77381	2.8	37224	Spring	Montgomery	Texas
77382	2.6	43388	Spring	Montgomery	Texas
77384	3	26589	Conroe	Montgomery	Texas
77385	2.4	27386	Conroe	Montgomery	Texas
77386	2.6	55869	Spring	Montgomery	Texas
77388	2.8	53688	Spring	Harris	Texas
77389	2.2	31521	Spring	Harris	Texas

Assessment Process and Methods

Secondary Data Collection

Secondary data were collected from a variety of local, county, and state sources to present community demographics, social determinants of health, health care access, birth indicators, leading causes of death, COVID-19, chronic disease, health behaviors, mental health, substance use and misuse and preventive practices. Where available, these data are presented in the context of Montgomery County and Texas, framing the scope of an issue as it relates to the broader community.

The report includes benchmark comparison data, comparing community data findings with Healthy People 2030 objectives (Attachment 1). Texas is divided into 11 Public Health Regions, and this distinction is used in some of the data tables in this report. Montgomery County is part of Health Service Region (HSR) 6, along with the following counties: Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Walker, Waller, and Wharton.

Primary Data Collection

The hospital conducted interviews with community stakeholders to obtain input on health needs, barriers to care and resources available to address the identified health needs.

Interviews

Ten (10) telephone interviews were conducted from December 2021 through March 2022. Interview participants included a broad range of stakeholders concerned with health and wellbeing within the service area. The hospital identified stakeholders who were invited by email to participate in a phone interview. Appointments for the interviews were made on dates and times convenient to the stakeholders. At the beginning of each interview, the purpose of the interview in the context of the assessment was explained, the stakeholders were assured their responses would remain confidential, and consent to proceed was given. Attachment 2 lists the stakeholder interview respondents, their titles and organizations.

A review of health data and needs in the service area was conducted prior to the interviews in order to develop an interview framework. The interview asked questions to identify the major health issues impacting the community and the social determinants of health contributing to poor health outcomes. Interviewees were asked to identify populations least likely to receive or seek services. They were also asked to reflect on the impact that COVID-19 had on the health issues in the community. Key stakeholders shared their perspectives on the issues, challenges, and barriers relative to the

identified community needs (What makes each need a significant issue in the community? What are the challenges and barriers people face in addressing these needs?). They also identified potential resources to address the community needs, such as services, programs and/or community efforts. Stakeholder responses to the questions from the interviews are detailed in Attachment 3.

Analysis of the primary data occurred through a process that compared and combined responses to identify themes. The interviews focused on these significant health needs:

- Access to health care
- Birth indicators
- Chronic diseases (asthma, cancer, heart disease, lung disease, Parkinson's disease)
- COVID-19
- Homelessness
- Mental health
- Overweight and obesity
- Preventive practices (vaccines, screenings)
- Substance use
- Unintentional injury (accidents, falls)

Public Comment

In compliance with IRS regulations 501(r) for charitable hospitals, a hospital CHNA and Implementation Strategy are to be made widely available to the public and public comment is to be solicited. These documents are posted on the web site where they are widely available to the public. The Lakeside Hospital report is available to the public on the hospital's web site at <https://www.stlukeshealth.org/about-st-lukes-health/healthy-communities>. No written comments have been received.

Project Oversight

The CHNA process was overseen by:

Tyler Whipkey, MDiv, MBA, BCC

Director – Mission & Spiritual Care

St. Luke's Health – The Woodlands, Lakeside, and Springwoods Village Hospitals

Consultants

Biel Consulting, Inc. conducted the CHNA. Melissa Biel, MSN, DPA was joined by Denise Flanagan, BA and Smruti Shah, MPH. Biel Consulting, Inc. is an independent consulting firm that works with hospitals, clinics and community-based nonprofit organizations. Biel Consulting, Inc. has over 25 years of experience conducting hospital

CHNAs and working with hospitals on developing, implementing, and evaluating community benefit programs. www.bielconsulting.com

Community Demographics

Population

The population of the St. Luke’s Health – Lakeside Hospital (LH) service area is 832,737. From 2014 to 2019, the population increased by 15.9%, which is a higher rate of growth than the state (8.3%), but lower than a 17.4% rate of growth in Montgomery County.

Total Population and Change in Population

	LH Service Area	Montgomery County	Texas
Total population	832,737	571,949	28,260,856
Change in population, 2014-2019	15.9%	17.4%	8.3%

Source: U.S. Census Bureau, American Community Survey, 2010-2014 & 2015-2019, DP05. <http://data.census.gov>

While data from the 2020 U.S. Census are not yet available at the city or ZIP Code level, the population for Montgomery County shows a 36.1% increase in population over the 2010 Census, more than double the state rate of growth (15.9%).

Total Population and Change in Population, 2010-2020

	Montgomery County	Texas
Total population	620,443	29,145,505
Change in population, 2010-2020	36.1%	15.9%

Source: U.S. Census Bureau, U.S. Decennial Census, 2010-2020. <https://www.census.gov/library/visualizations/interactive/2020-population-and-housing-state-data.html>

The service area population is 50.8% female and 49.2% male.

Population, by Gender

	LH Service Area	Montgomery County	Texas
Male	49.2%	49.5%	49.7%
Female	50.8%	50.5%	50.3%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP05. <http://data.census.gov>

Children and youth, ages 0-17, make up 27.2% of the population, 60.9% are adults, ages 18-64, and 11.9% of the population are seniors, ages 65 and older. The service area population has a larger percentage of children, ages 0 to 17, and adults, age 25 to 44, and a smaller percentage of adults, ages 45 and older, than Montgomery County.

Population, by Age

	LH Service Area		Montgomery County		Texas	
	Number	Percent	Number	Percent	Number	Percent
Age 0-4	58,757	7.1%	38,701	6.8%	1,999,803	7.1%
Age 5-17	167,304	20.1%	112,628	19.7%	5,338,642	18.9%
Age 18-24	68,040	8.2%	47,246	8.3%	2,790,857	9.9%

	LH Service Area		Montgomery County		Texas	
	Number	Percent	Number	Percent	Number	Percent
Age 25-44	232,269	27.9%	151,276	26.4%	7,977,267	28.2%
Age 45-64	207,177	24.9%	148,746	26.0%	6,691,760	23.7%
Age 65+	99,190	11.9%	73,352	12.8%	3,462,527	12.3%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP05. <http://data.census.gov/>

When the service area is examined by ZIP Code, Spring 77389 (33.1%) has the highest percentage of children and youth. The Woodlands 77380 has the lowest percentage of children and youth in the service area (17.2%). Montgomery 77356 has the highest percentage of seniors, ages 65 and older (24.4%). Spring 77386 (6.6%) has the lowest percentage of seniors in the service area.

Population, by Youth, Ages 0-17, and Seniors, Ages 65 and Older

	ZIP Code	Total Population	Youth Ages 0 – 17	Seniors Ages 65+
Cleveland	77328	14,438	29.5%	14.6%
Conroe	77301	34,169	26.8%	9.9%
Conroe	77302	18,658	28.0%	14.1%
Conroe	77303	20,655	28.3%	9.6%
Conroe	77304	33,364	23.6%	15.2%
Conroe	77306	13,569	30.5%	9.8%
Conroe	77384	19,467	20.9%	19.1%
Conroe	77385	25,160	27.7%	10.2%
Houston	77073	39,939	29.6%	7.1%
Houston	77090	40,761	29.9%	6.4%
Magnolia	77354	37,058	27.3%	13.2%
Montgomery	77316	26,119	28.5%	12.7%
Montgomery	77356	26,987	18.0%	24.4%
Spring	77373	61,501	25.9%	10.1%
Spring	77379	81,368	26.2%	14.0%
Spring	77386	57,421	32.2%	6.6%
Spring	77388	50,701	26.3%	11.8%
Spring	77389	38,222	33.1%	9.2%
The Woodlands	77380	25,761	17.2%	13.8%
The Woodlands	77381	36,160	23.5%	17.9%
The Woodlands	77382	41,581	31.9%	8.9%
Tomball	77375	55,759	28.0%	10.3%
Willis	77318	16,303	19.3%	21.8%
Willis	77378	17,616	30.9%	12.6%
Lakeside Hospital Service Area		832,737	27.1%	11.9%
Montgomery County		571,949	26.5%	12.8%
Texas		28,260,856	26.0%	12.3%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP05. <http://data.census.gov/>

Race/Ethnicity

56.5% of the population in the service area identifies as non-Hispanic White, and 25.6% of the population identifies as Hispanic/Latino. 11.1% of the population identifies as Black/African-American, 4.4% of the population as Asian, and 1.8% of individuals

identify as multiracial (two-or-more races). 0.3% of residents identify as American Indian/Alaskan Natives, 0.2% as of a race/ethnicity not listed, and Native Hawaiians/Pacific Islanders represent 0.1% of the service area population. Compared to Montgomery County, the service area has a larger percentage of Black, Asian, and Hispanic residents, and a smaller percentage of White residents.

Race/Ethnicity

	LH Service Area	Montgomery County	Texas
White	56.5%	66.0%	42.0%
Hispanic or Latino	25.6%	24.1%	39.3%
Black/African American	11.1%	4.8%	11.8%
Asian	4.4%	2.9%	4.7%
Multiracial	1.8%	1.8%	1.7%
American Indian/AK Native	0.3%	0.2%	0.3%
Some other race	0.2%	0.1%	0.2%
Native HI/Pacific Islander	0.1%	0.04%	0.08%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP05. <http://data.census.gov/>

When race/ethnicity is examined by ZIP Code, Montgomery 77356 (84.2%) has the highest percentage of Whites. Conroe 77301 (52.1%) has the highest percentage of the population identifying as Hispanic/Latino. Houston 77090 (46.8%) has the highest percentage of Blacks/African Americans in the service area. Spring 77379 (11.2%) has the highest percentage of Asians in the service area.

Race/Ethnicity, by ZIP Code

	ZIP Code	White	Hispanic/Latino	Black	Asian
Cleveland	77328	71.6%	23.7%	1.3%	0.4%
Conroe	77301	35.4%	52.1%	10.3%	1.0%
Conroe	77302	71.5%	23.4%	1.3%	1.7%
Conroe	77303	61.8%	32.3%	3.8%	1.2%
Conroe	77304	70.5%	19.3%	5.8%	2.9%
Conroe	77306	52.3%	44.8%	1.4%	0.5%
Conroe	77384	73.3%	9.3%	7.4%	8.1%
Conroe	77385	61.5%	26.1%	4.9%	5.5%
Houston	77073	14.7%	51.0%	31.3%	1.9%
Houston	77090	14.7%	33.2%	46.8%	2.4%
Magnolia	77354	69.6%	20.2%	3.4%	2.4%
Montgomery	77316	83.6%	13.4%	1.2%	0.7%
Montgomery	77356	84.2%	6.8%	5.6%	1.7%
Spring	77373	40.4%	31.9%	22.0%	2.9%
Spring	77379	58.0%	19.2%	9.3%	11.2%
Spring	77386	61.7%	21.3%	10.7%	4.5%
Spring	77388	52.7%	23.8%	11.5%	8.5%
Spring	77389	57.6%	27.0%	5.9%	5.5%
The Woodlands	77380	64.6%	19.1%	8.5%	5.6%
The Woodlands	77381	77.9%	14.1%	1.6%	4.1%
The Woodlands	77382	68.6%	17.4%	5.0%	6.9%
Tomball	77375	51.4%	29.3%	12.0%	4.8%

	ZIP Code	White	Hispanic/Latino	Black	Asian
Willis	77318	76.8%	20.0%	0.9%	1.2%
Willis	77378	50.8%	37.2%	8.7%	0.4%
Lakeside Hospital Service Area		56.5%	25.6%	11.1%	4.4%
Montgomery County		66.0%	24.1%	4.8%	2.9%
Texas		42.0%	39.3%	11.8%	4.7%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP05. <http://data.census.gov/>

Language

In the service area, 75% of the population, 5 years and older, speak only English in the home. Among the area population, 19.4% speak Spanish in the home, 2.6% speak an Indo-European language, and 2.4% speak an Asian/Pacific Islander language in the home. 0.5% of the population speak some other language.

Language Spoken at Home for the Population, Ages 5 and Older

	LH Service Area	Montgomery County	Texas
Population, 5 years and older	773,980	533,248	26,261,053
English only	75.0%	77.0%	64.5%
Speaks Spanish	19.4%	19.0%	29.3%
Speaks non-Spanish Indo-European language	2.6%	2.0%	2.2%
Speaks Asian or Pacific Islander language	2.4%	1.7%	3.0%
Speaks other language	0.5%	0.4%	1.0%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP02. <http://data.census.gov/>

There are three ZIP Codes within the service area where more than one-third of households speak Spanish in the home: Conroe 77301 (46.7%) and 77306 (37.1%), and Houston 77073 (40.2%). Conroe 77384 has the highest percentage of households that speak and Indo-European language in the home (7.5%). Spring 77379 and 77388 (5.7%) have the highest percentage of Asian/Pacific-Islander language households. Montgomery 77356 (94.9%) has the highest percentage of English-only speaking households.

Language Spoken at Home, by ZIP Code

	ZIP Code	English	Spanish	Non-Spanish Indo European	Asian/Pacific Islander
Cleveland	77328	78.1%	21.0%	0.3%	0.5%
Conroe	77301	51.9%	46.7%	0.4%	0.8%
Conroe	77302	80.3%	17.0%	1.8%	0.8%
Conroe	77303	71.9%	27.2%	0.1%	0.6%
Conroe	77304	85.4%	11.5%	1.2%	1.5%
Conroe	77306	60.8%	37.1%	1.6%	0.0%
Conroe	77384	82.5%	7.6%	7.5%	2.2%
Conroe	77385	75.9%	17.8%	3.5%	2.8%
Houston	77073	55.5%	40.2%	2.4%	0.8%
Houston	77090	67.4%	27.7%	2.4%	1.6%
Magnolia	77354	79.3%	17.7%	0.9%	1.8%

	ZIP Code	English	Spanish	Non-Spanish Indo European	Asian/Pacific Islander
Montgomery	77316	90.4%	8.9%	0.4%	0.4%
Montgomery	77356	94.9%	2.4%	1.1%	1.0%
Spring	77373	73.9%	22.0%	1.3%	2.3%
Spring	77379	74.7%	13.4%	5.5%	5.7%
Spring	77386	81.0%	12.1%	2.4%	3.5%
Spring	77388	74.6%	15.1%	3.5%	5.7%
Spring	77389	72.6%	19.8%	5.1%	2.1%
The Woodlands	77380	76.8%	15.1%	3.0%	3.5%
The Woodlands	77381	83.3%	10.4%	3.9%	2.4%
The Woodlands	77382	74.5%	17.8%	4.6%	2.5%
Tomball	77375	71.8%	22.9%	2.2%	2.7%
Willis	77318	82.2%	16.7%	0.9%	0.2%
Willis	77378	70.4%	29.4%	0.2%	0.0%
Lakeside Hospital Service Area		75.0%	19.4%	2.6%	2.4%
Montgomery County		77.0%	19.0%	2.0%	1.7%
Texas		64.5%	29.3%	2.2%	3.0%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP02. <http://data.census.gov/>

Among area school districts, the percentage of students classified as Limited English Proficient and English Language Learners ranges from 2.2% in the Montgomery Independent School District, to 47% of Cleveland Independent School District students.

English Language Learner Students, by School District

	Number	Percent
Cleveland Independent School District	3,553	47.0%
Conroe Independent School District	9,871	15.3%
Klein Independent School District	9,175	17.0%
Magnolia Independent School District	2,156	16.3%
Montgomery Independent School District	198	2.2%
Spring Independent School District	9,880	28.0%
Tomball Independent School District	1,823	10.0%
Willis Independent School District	1,156	14.8%
Montgomery County	19,156	16.6%
Texas	1,112,588	20.3%

Source: Texas Education Agency, Snapshot 2020 (2019-2020). <https://rptsvr1.tea.texas.gov/perfreport/snapshot2020/index.html>

Veteran Status

In the service area, 6.9% of the civilian population, 18 years and older, are veterans. This is below Montgomery County (7.5%) rates of veterans.

Veteran Status, Civilian Population, Ages 18 and Older

	ZIP Code	Percent
Cleveland	77328	7.2%
Conroe	77301	4.7%
Conroe	77302	10.4%
Conroe	77303	7.7%
Conroe	77304	9.1%

	ZIP Code	Percent
Conroe	77306	7.8%
Conroe	77384	9.8%
Conroe	77385	6.7%
Houston	77073	5.5%
Houston	77090	4.5%
Magnolia	77354	7.5%
Montgomery	77316	8.8%
Montgomery	77356	9.3%
Spring	77373	5.9%
Spring	77379	6.1%
Spring	77386	7.7%
Spring	77388	6.1%
Spring	77389	5.3%
The Woodlands	77380	6.4%
The Woodlands	77381	6.8%
The Woodlands	77382	6.5%
Tomball	77375	7.1%
Willis	77318	8.3%
Willis	77378	7.5%
Lakeside Hospital Service Area		6.9%
Montgomery County		7.5%
Texas		7.0%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP02. <http://data.census.gov>

Citizenship

In the service area, 15.4% of the population is foreign-born, which is higher than the Montgomery County (13.5%) rate. Of the foreign-born, 57.3% are not citizens. It is important to note that not being a U.S. citizen does not indicate an illegal resident status within the U.S.

Foreign-Born Residents and Citizenship

	LH Service Area	Montgomery County	Texas
Foreign born	15.4%	13.5%	17.0%
Of the foreign born, not a U.S. citizen	57.3%	64.6%	62.5%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP02. <http://data.census.gov>

Social Determinants of Health

Social and Economic Factors Ranking

The County Health Rankings ranks counties according to health factors data. Social and economic indicators are examined as a contributor to the health of a county’s residents. Texas has 254 counties, 243 of which are ranked from 1 to 243 according to social and economic factors. A ranking of 1 is the county with the best factors and a ranking of 243 is the county with the poorest factors. This ranking examines: high school graduation rates, unemployment, children in poverty, social support, and others. Montgomery County is ranked 28 among ranked counties in Texas, according to social and economic factors, placing it in the top quartile of Texas ranked counties.

Social and Economic Factors Ranking

	County Ranking (out of 243)
Montgomery County	28

Source: County Health Rankings, 2021 <http://www.countyhealthrankings.org>

Poverty

Poverty thresholds are used for calculating official poverty population statistics. They are updated each year by the Census Bureau. For 2019, the federal poverty level (FPL) for one person was \$13,011 and for a family of four \$25,926. Among the residents in the service area, 9% are at or below 100% of the federal poverty level (FPL) and 24.5% are at 200% of FPL or below. The highest poverty rates in the service area are found in Houston 77090, where 21.6% of the population lives in poverty. Houston 77090 also has the highest rate of low-income residents (52%).

Income below 100% and 200% of Federal Poverty Level, by ZIP Code

	ZIP Code	<100% FPL	<200% FPL
Cleveland	77328	15.3%	35.9%
Conroe	77301	19.0%	51.3%
Conroe	77302	12.3%	26.8%
Conroe	77303	13.3%	38.5%
Conroe	77304	7.9%	25.9%
Conroe	77306	16.2%	45.6%
Conroe	77384	5.7%	12.0%
Conroe	77385	5.7%	18.4%
Houston	77073	12.6%	43.1%
Houston	77090	21.6%	52.0%
Magnolia	77354	11.4%	24.2%
Montgomery	77316	5.2%	15.8%
Montgomery	77356	6.7%	16.3%
Spring	77373	9.8%	27.0%
Spring	77379	5.6%	14.6%

	ZIP Code	<100% FPL	<200% FPL
Spring	77386	4.4%	13.2%
Spring	77388	6.6%	17.4%
Spring	77389	5.3%	14.2%
The Woodlands	77380	8.0%	23.6%
The Woodlands	77381	5.6%	15.1%
The Woodlands	77382	2.4%	10.8%
Tomball	77375	7.5%	21.8%
Willis	77318	9.3%	26.4%
Willis	77378	20.0%	48.6%
Lakeside Hospital Service Area		9.0%	24.5%
Montgomery County		9.3%	25.0%
Texas		14.7%	34.3%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, S1701. <http://data.census.gov/>

The rate of poverty among children in the service area is 12.3%. The rate of poverty among seniors in the service area is 6.5%. The rate of poverty for female heads-of-household (HoH), living with their own children, under the age of 18, is 29.3% in the service area. The highest rates of poverty in children in the service area is found in Houston 77090 (33%) and the lowest rate is in The Woodlands 77382 (2.1%). The rate of poverty among female heads-of-household living with children, under 18 years of age, is highest in Conroe 77302 (57.6%) and lowest in Willis 77318 (7.4%). The rate of poverty among seniors, ages 65 and older, is highest in Conroe 77301 (14.1%) and lowest in Tomball (2.7%).

Poverty Levels of Children, Under Age 18, Seniors, Ages 65 and Older, and Female HoH

	ZIP Code	Children	Seniors	Female HoH with Children*
Cleveland	77328	20.3%	8.6%	36.0%
Conroe	77301	27.0%	14.1%	42.6%
Conroe	77302	22.3%	6.7%	57.6%
Conroe	77303	20.2%	3.8%	36.7%
Conroe	77304	8.8%	5.3%	33.7%
Conroe	77306	18.9%	11.8%	28.2%
Conroe	77384	4.7%	8.8%	15.8%
Conroe	77385	5.1%	10.5%	9.3%
Houston	77073	15.0%	11.7%	21.7%
Houston	77090	33.0%	9.1%	41.5%
Magnolia	77354	14.4%	13.5%	19.4%
Montgomery	77316	4.3%	6.3%	34.0%
Montgomery	77356	7.4%	4.9%	27.6%
Spring	77373	15.3%	8.8%	27.5%
Spring	77379	7.5%	4.4%	18.5%
Spring	77386	5.6%	3.3%	26.8%
Spring	77388	7.9%	4.1%	19.4%
Spring	77389	6.7%	4.3%	33.1%

	ZIP Code	Children	Seniors	Female HoH with Children*
The Woodlands	77380	13.4%	3.8%	21.0%
The Woodlands	77381	8.0%	5.3%	26.3%
The Woodlands	77382	2.1%	3.4%	17.5%
Tomball	77375	10.4%	2.7%	18.8%
Willis	77318	9.5%	7.4%	7.4%
Willis	77378	31.3%	5.8%	56.7%
Lakeside Hospital Service Area		12.3%	6.5%	29.3%
Montgomery County		12.3%	8.4%	32.5%
Texas		20.9%	10.6%	37.6%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, S1701 & *S1702. <http://data.census.gov/>

Unemployment

The unemployment rate in the service area, averaged over 5 years, was 4.5%. Rates were lowest in Conroe 77304 (2.7%) and highest in Conroe 77306 (6.7%).

Employment Status for the Population, Ages 16 and Older

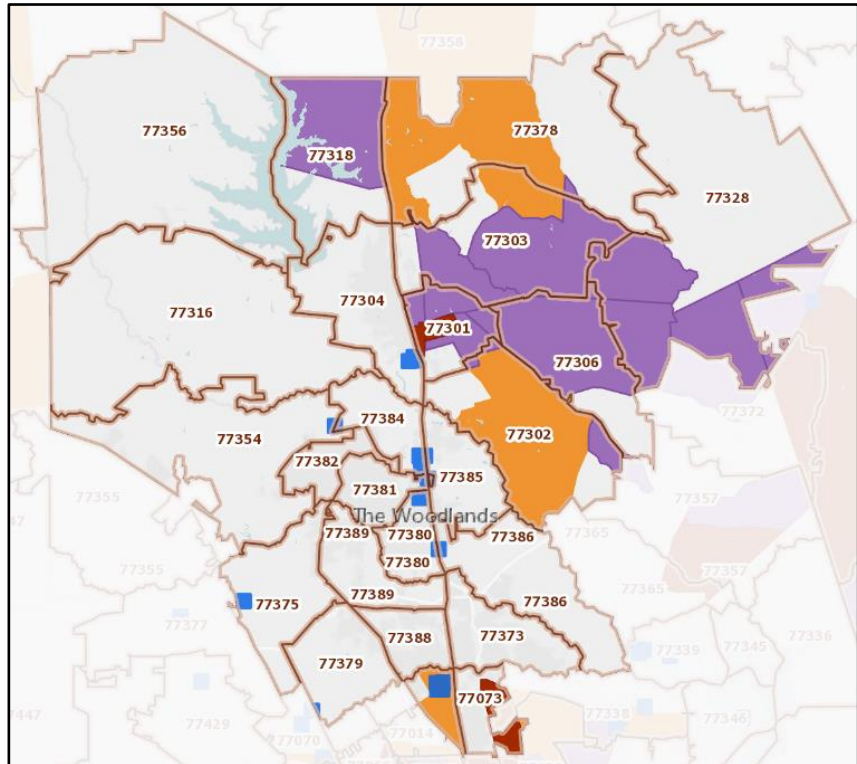
	ZIP Code	Civilian Labor Force	Unemployed	Unemployment Rate
Cleveland	77328	5,696	370	6.5%
Conroe	77301	16,530	775	4.7%
Conroe	77302	8,460	359	4.2%
Conroe	77303	10,307	471	4.6%
Conroe	77304	18,102	484	2.7%
Conroe	77306	6,200	415	6.7%
Conroe	77384	10,473	304	2.9%
Conroe	77385	13,486	532	3.9%
Houston	77073	20,707	948	4.6%
Houston	77090	21,143	1,103	5.2%
Magnolia	77354	18,268	893	4.9%
Montgomery	77316	13,031	548	4.2%
Montgomery	77356	13,441	570	4.2%
Spring	77373	32,590	1,634	5.0%
Spring	77379	41,141	2,065	5.0%
Spring	77386	30,140	968	3.2%
Spring	77388	27,622	1,521	5.5%
Spring	77389	18,695	544	2.9%
The Woodlands	77380	15,315	611	4.0%
The Woodlands	77381	16,859	494	2.9%
The Woodlands	77382	19,584	892	4.6%
Tomball	77375	29,421	1,739	5.9%
Willis	77318	7,858	433	5.5%
Willis	77378	7,541	301	4.0%
Lakeside Hospital Service Area		422,610	18,974	4.5%
Montgomery County		284,265	12,076	4.2%
Texas		13,962,458	708,827	5.1%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP03. <http://data.census.gov/>

Vulnerable Populations

When vulnerable populations in the area are mapped, pockets of poverty emerge. The map below shows the hospital service area and surrounding areas, highlighting the percentage of each ZIP Code that has more than 20% poverty (in tan) and more than 25% of the population with low education, defined as less than a high school education (in lavender). Areas above the vulnerable thresholds for both poverty and education are noted on the map in brown. Area hospitals are represented by blue squares, and Lakeside Hospital is grouped with several other hospitals in the bottom right-hand portion of ZIP Code 77384.

In the service area, parts of Houston 77090, Willis 77378, Conroe 77302 and part of Conroe 77303 show a high percentage of poverty, while much of the rest of Conroe 77303, 77301, 77306, Willis 77318, and those portions of Cleveland 77328 not in San Jacinto County show low education levels. In the service area, portions of Houston 77073 and Conroe 77301 contain a high percentage of vulnerable populations, with 25% or more of the population possessing



less than a high school education and poverty found among 20% or more of the population. Source: Center for Applied Research and Engagement Systems (CARES), Vulnerable Populations Footprint Map. https://careshq.org/map-room/?action=tool_map&tool=footprint

Economically Disadvantaged Students

The percentage of students determined by the Texas Education Agency to be 'Economically Disadvantaged' is another indicator of socioeconomic status; this classification is determined by eligibility for the national free and reduced-price meals program, or other public assistance. The rates of economic disadvantage among students enrolled in the 2019-2020 school year were 45.6% in Montgomery County, while 60.3% of students in Texas qualified as economically disadvantaged. Area rates were higher than the state in the Cleveland (90%), Spring (82.6%), and Willis (60.7%) ISDs, and lowest in the Montgomery (26.4%) and Tomball (23.8%) ISDs.

Economically Disadvantaged Students

	Percent	
	2018 - 2019	2019 - 2020
Cleveland Independent School District	86.5%	90.0%
Conroe Independent School District	40.3%	39.2%
Klein Independent School District	45.2%	45.6%
Magnolia Independent School District	47.4%	46.4%
Montgomery Independent School District	25.3%	26.4%
Spring Independent School District	70.1%	82.6%
Tomball Independent School District	24.1%	23.8%
Willis Independent School District	60.1%	60.7%
Montgomery County	46.1%	45.6%
Texas	60.6%	60.3%

Source: Texas Education Agency, Snapshots 2019 & 2020. <https://rptsvr1.tea.texas.gov/perfreport/snapshot/2020/index.html>

Households

In the service area, there are 288,548 households and 312,888 housing units. Over the last five years, the population grew by 15.9%, the number of households grew at a rate of 18%, housing units grew at a rate of 16.3%, and vacant units decreased by 0.6%. Owner-occupied housing increased by 13% and renters increased by 30.7%.

Households and Housing Units, and Percent Change

	LH Service Area			Montgomery County		
	2014	2019	Percent Change	2014	2019	Percent Change
Households	244,440	288,548	18.0%	168,279	198,649	18.0%
Owner occ.	71.6%	68.5%	13.0%	72.5%	71.0%	15.7%
Renter occ.	28.4%	31.5%	30.7%	27.5%	29.0%	24.3%
Housing units	268,927	312,888	16.3%	185,735	216,836	16.7%
Vacant	9.1%	7.8%	-0.6%	9.4%	8.4%	4.2%

Source: U.S. Census Bureau, American Community Survey, 2010-2014 & 2015-2019, DP04. <http://data.census.gov/>

Households by Type

29.1% of service area households are family households (married or cohabiting couples) with children, ages under 18, and 6% of households are households with a female as head of household with children. 6.6% of area households are seniors who live alone. Seniors living alone may be isolated and lack adequate support systems.

Households, by Type

	Total Households	Family Households* with Children Under Age 18	Female Head of Household with own Children Under Age 18	Seniors, 65 and Older, Living Alone
	Number	Percent	Percent	Percent
LH Service Area	288,548	29.1%	6.0%	6.6%
Montgomery County	198,649	29.5%	4.8%	7.5%

	Total Households	Family Households* with Children Under Age 18	Female Head of Household with own Children Under Age 18	Seniors, 65 and Older, Living Alone
	Number	Percent	Percent	Percent
Texas	9,691,647	24.6%	6.5%	8.3%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP02. <http://data.census.gov/> *Family Households refers to married or cohabiting couples with householder's children under 18.

6.3% of unmarried-partner households in the service area are same-sex couples, while 93.7% are heterosexual couples.

Unmarried Partner Households, by Gender of Partner

	Total Households	Same Gender Households		Mixed Gender Households	
	Number	Number	Percent	Number	Percent
LH Service Area	13,182	836	6.3%	12,346	93.7%
Montgomery County	9,053	582	6.4%	8,471	93.6%
Texas	513,894	33,857	6.6%	480,037	93.4%

Source: U.S. Census Bureau, American Community Survey, 2014-2018, B11009. <http://data.census.gov/>

The weighted average of the median household income in the area is \$84,987. This is above Montgomery County (\$80,902) and state (\$61,874) median household incomes. Household incomes range from \$39,808 in Houston 77090 to \$138,281 in The Woodlands 77382.

Median Household Income

	ZIP Code	Households	Median Household Income
Cleveland	77328	4,559	\$53,054
Conroe	77301	10,503	\$46,875
Conroe	77302	6,283	\$77,215
Conroe	77303	6,689	\$55,311
Conroe	77304	13,149	\$64,516
Conroe	77306	4,252	\$50,045
Conroe	77384	7,879	\$87,311
Conroe	77385	8,580	\$95,126
Houston	77073	13,745	\$50,931
Houston	77090	15,927	\$39,808
Magnolia	77354	12,327	\$89,489
Montgomery	77316	8,428	\$103,875
Montgomery	77356	11,675	\$92,378
Spring	77373	20,588	\$71,424
Spring	77379	27,653	\$103,359
Spring	77386	18,181	\$114,665
Spring	77388	16,886	\$93,290
Spring	77389	12,034	\$126,473
The Woodlands	77380	11,986	\$73,457
The Woodlands	77381	13,738	\$117,661

	ZIP Code	Households	Median Household Income
The Woodlands	77382	13,380	\$138,281
Tomball	77375	18,153	\$78,164
Willis	77318	6,276	\$61,392
Willis	77378	5,677	\$55,508
Lakeside Hospital Service Area		288,548	*\$84,987
Montgomery County		198,649	\$80,902
Texas		9,691,647	\$61,874

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP03. <http://data.census.gov/> *Weighted average of the medians.

According to the US Department of Housing and Urban Development, those who spend more than 30% of their income on housing are said to be “cost burdened.” 28.8% of owner and renter occupied households in the service area spend 30% or more of their income on housing. The service area ZIP Codes where the highest percentage of households pay 30% or more of their income on housing are Houston 77073 (43.6%), and 77090 (52.8%). Residents of Conroe 77306 (19.2%), Spring 77386 (21%) and Conroe 77385 (21.2%) are the least likely to be cost burdened by their housing.

Households that Spend 30% or More of Income on Housing

	ZIP Code	Percent
Cleveland	77328	23.3%
Conroe	77301	35.7%
Conroe	77302	24.3%
Conroe	77303	26.2%
Conroe	77304	33.2%
Conroe	77306	19.2%
Conroe	77384	26.9%
Conroe	77385	21.2%
Houston	77073	43.6%
Houston	77090	52.8%
Magnolia	77354	28.2%
Montgomery	77316	23.7%
Montgomery	77356	25.1%
Spring	77373	31.1%
Spring	77379	23.1%
Spring	77386	21.0%
Spring	77388	24.6%
Spring	77389	24.1%
The Woodlands	77380	32.9%
The Woodlands	77381	23.9%
The Woodlands	77382	27.2%
Tomball	77375	26.6%
Willis	77318	31.2%
Willis	77378	35.0%
Lakeside Hospital Service Area		28.8%
Montgomery County		26.2%
Texas		30.5%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP04. <http://data.census.gov/>

Homelessness

A point-in-time count (PIT Count) of homeless people is conducted annually in every state in the nation, scheduled to occur on a single night in the third week of January, unless weather does not permit. Most of the service area is covered under The Way Home Continuum of Care (TWH CoC), which covers Harris, Fort Bend and Montgomery Counties. Montgomery County was added to the TWH CoC in 2017. An additional 215 of 254 Texas counties are counted as part of the ‘Balance of State Continuum of Care’ (BoS CoC), when reported to the U.S. Department of Housing and Development, including Montgomery County before 2017. The 2020 PIT Count for the TWH CoC occurred on January 27, 2020 with the unsheltered portion of the count conducted over a three-day period from January 28-30, 2020.

At the time of the 2020 PIT Count, there were an estimated 3,974 persons experiencing homelessness in the TWH CoC, only 145 (3.6%) of whom were in Montgomery County, with another 2% in Fort Bend County and the remainder in Harris County. Over the past three years, the homeless population has risen statewide and in the TWH CoC, while both the number and proportion of homeless who are sheltered has declined. This suggests a loss of shelter beds over that period. Both the number and proportion of homeless who are veterans has declined in the TWH CoC and in Texas.

Homeless Point-in-Time Count, 2017 and 2020

	The Way Home (Harris, Fort Bend, Montgomery Counties) CoC				Texas			
	2017		2020		2017		2020	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Total Homeless	3,605	100%	3,974	100%	23,548	100%	27,229	100%
Sheltered	2,477	68.7%	2,318	58.3%	15,055	63.9%	14,017	51.5%
Unsheltered	1,128	31.3%	1,656	41.7%	8,493	36.1%	13,212	48.5%
Chronically homeless	539	15.0%	800	20.1%	3,711	15.8%	4,033	14.8%
Veteran	405	11.2%	267	6.7%	2,200	9.3%	1,948	7.2%

Source: U.S. Department of Housing and Urban Development (HUD), Annual Homeless Assessment Report (AHAR), 2017 & 2020.
<https://www.hudexchange.info/homelessness-assistance/ahar/>

In 2020, 40.7% of the homeless counted in Montgomery County were sheltered in emergency shelters (with none in transitional shelters or Safe Havens), and 59.3% were unsheltered. This represents a decrease from 2019 in both the number and percent of persons who were homeless who were sheltered, despite a simultaneous decrease in the total number of persons who were homeless counted in the county from 2019 to 2020. The Fact Sheets noted that the TWH CoC homeless counts occur during the day and that homeless are generally found near to where daytime services are offered, and so do not represent the geographic area where the homeless sleep at night. Therefore, a reduction in services offered in an area is also likely to impact the number of

homeless counted in that area.

Homeless Point-in-Time Count, Montgomery County

	2017		2018		2019		2020	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Total Homeless	193	100%	277	100%	298	100%	145	100%
Sheltered	149	77.2%	203	73.3%	212	71.1%	59	40.7%
Unsheltered	44	22.8%	74	26.7%	86	28.9%	86	59.3%

Source: Coalition for the Homeless of Houston/Harris County, Annual Homeless Count & Survey Fact Sheets, 2017 to 2020.

<https://www.homelesshouston.org/data-and-research-archive>

Community Input – Homelessness

Stakeholder interviews identified the following issues, challenges and barriers related to homelessness. Following are their comments summarized and edited for clarity:

- People don't realize that Montgomery County has a large homeless population both in the metro and rural areas. They call it a "Houston problem."
- Many unhoused live in the rural or wooded areas of the county where the problem is not visible. We have 500 unhoused individuals living in the forest behind the junior college in Conroe.
- Many unhoused are male and a growing number of them are veterans who are dealing with mental health issues.
- Many rural parts of the county have substandard housing stock that include mold, lead, and low-quality building materials.
- The definition of housing insecurity should be expanded to include couch surfing by teens who leave a bad home situation, or individuals who can't afford to pay rent or stay in one place.
- Available services to address root causes of homelessness are insufficient to address the need.
- Reasons for homelessness could include those individuals who can't afford rent due to a spotty credit history or criminal background.

Public Program Participation

In the service area, 3.5% of residents received SSI benefits, 1.4% received cash public assistance income, and 7.5% of residents received food stamp benefits.

Household Supportive Benefits

	LH Service Area	Montgomery County	Texas
Total households	288,548	198,649	9,691,647
Supplemental Security Income (SSI)	3.5%	3.8%	4.7%
Public Assistance	1.4%	1.0%	1.4%
Food Stamps/SNAP	7.5%	6.6%	11.8%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP03. <http://data.census.gov>

Food Security

The U.S. Department of Agriculture (USDA) utilizes an 18-question Food Security Supplement module to determine food insecurity rates of households. Feeding America, the nation’s largest domestic hunger-relief organization, defines ‘Food Insecure’ as three or more affirmative responses to these questions.

In Montgomery County, 12.3% of all residents in 2019 were food insecure, while in Texas the rate was 14.1%. Of those who reported being food insecure, 48% in Montgomery County were likely eligible for SNAP benefits due to household income at or below 165% of the Federal Poverty Level (FPL). Among Montgomery County children, 15.8% were food insecure in 2019. 63% of Montgomery County’s food insecure children were likely to be eligible for federal hunger programs due to household income at or below 185% FPL.

Food Security

	Montgomery County	Texas
Food insecure population, all ages	70,560	4,092,850
Food insecure rate, all ages	12.3%	14.1%
Income eligible for SNAP, all ages, at or < 165% FPL	48%	62%
Food insecure, children	23,970	1,448,490
Food insecure rate, children	15.8%	19.6%
Income eligible for federal programs, children, at or <185% FPL	63%	66%

Source: Feeding America, Map the Meal Gap, based on Current Population Survey data, 2019.

<https://map.feedingamerica.org/county/2019/overall/texas>

Educational Attainment

Educational attainment is a key driver of health. In the service area, 10.2% of adults, ages 25 and older, lack a high school diploma. 36.2% of area adults have a Bachelor’s degree or higher.

Education Levels, Population Ages 25 and Older

	LH Service Area	Montgomery County	Texas
Population 25 years and older	538,636	373,374	18,131,554
Less than 9 th grade	4.4%	5.1%	8.2%
9 th to 12 th grade, no diploma	5.8%	7.2%	8.1%
High school graduate	22.5%	22.8%	25.0%
Some college, no degree	22.9%	22.8%	21.6%
Associate’s degree	8.3%	7.5%	7.2%
Bachelor’s degree	24.2%	23.0%	19.5%
Graduate/professional degree	12.0%	11.5%	10.4%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP02. <http://data.census.gov/>

High School Graduation Rates

High school graduation rates are the percentage of high school students that graduate four years after starting 9th grade. The Healthy People 2030 objective for high school graduation is 90.7%. Among the area school districts, Spring ISD (83.5%) and Cleveland ISD (84.8%) do not meet this objective.

High School Graduation Rates

	Percent
Cleveland Independent School District	84.8%
Conroe Independent School District	96.4%
Klein Independent School District	94.1%
Magnolia Independent School District	94.2%
Montgomery Independent School District	96.4%
Spring Independent School District	83.5%
Tomball Independent School District	96.4%
Willis Independent School District	91.6%
Montgomery County	*95.2%
Texas	*92.8%

Source: Texas Education Agency, Snapshot 2020 (Class of 2019). <https://rptsvr1.tea.texas.gov/perfreport/snapshot/2020/index.html>

*County and State rates do not include Districts whose graduation rates were either suppressed or otherwise unavailable.

Preschool Enrollment

45.1% of children, ages 3 and 4, were enrolled in preschool in the service area. The enrollment rates ranged from 15.8% in Willis 77318 to 87.5% in The Woodlands 77382. The Texas Public Education Information Resource (TPEIR) website reports that among children eligible for public preschool, those who attended were more likely to graduate high school than those who did not (<https://www.texaseducationinfo.org/>).

Enrolled in Preschool, Children, Ages 3 and 4

	ZIP Code	Population, Ages 3 and 4	Percent Enrolled
Cleveland	77328	485	32.4%
Conroe	77301	1,154	37.1%
Conroe	77302	251	38.6%
Conroe	77303	401	16.7%
Conroe	77304	861	38.6%
Conroe	77306	650	43.1%
Conroe	77384	546	64.1%
Conroe	77385	729	48.4%
Houston	77073	1,241	51.7%
Houston	77090	1,327	30.1%
Magnolia	77354	975	57.7%
Montgomery	77316	772	51.2%
Montgomery	77356	484	33.7%
Spring	77373	2,007	28.6%
Spring	77379	2,054	51.0%

	ZIP Code	Population, Ages 3 and 4	Percent Enrolled
Spring	77386	2,141	43.3%
Spring	77388	1,415	39.4%
Spring	77389	1,692	51.5%
The Woodlands	77380	538	62.5%
The Woodlands	77381	915	65.8%
The Woodlands	77382	576	87.5%
Tomball	77375	1,904	53.3%
Willis	77318	317	15.8%
Willis	77378	478	17.2%
Lakeside Hospital Service Area		23,913	45.1%
Montgomery County		15,659	44.2%
Texas		823,538	43.2%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, S1401. <http://data.census.gov/>

Crime and Violence

Crime negatively impacts communities through economic loss, reduced productivity, and disruption of social services. Violent crimes include homicide, rape, robbery, and aggravated assault. Property crimes include arson, burglary, larceny theft, and motor vehicle theft.

Violent crime rates increased from 2014 to 2019 in Montgomery County and Texas. Rates of crime – particularly violent crime – for area cities should be interpreted with care, as the populations involved may be small and thus a single crime can have a large impact on rates. The rate of violent crime does appear to be higher in Cleveland and Willis than in other area cities for which data are available.

Property crime rates decreased from 2014 to 2019 in Montgomery County. Among service area cities for which data are available, property crime rates appear to be highest in Cleveland and Tomball (for which no 2019 data were reported).

Violent Crime Rates and Property Crime Rates, per 100,000 Persons

	Violent Crime Rate		Property Crime Rate	
	2014	2019	2014	2019
Cleveland P.D.	N/A	594.2	N/A	5,845.3
Conroe P.D.	N/A	237.6	N/A	2,656.8
Magnolia P.D.	N/A	315.6	N/A	901.7
Montgomery P.D.	N/A	181.5	N/A	1,542.6
Tomball P.D.	374.5	N/A	4,708.4	N/A
Willis P.D.	N/A	409.9	N/A	2,368.3
Montgomery County	178.8	197.0	1,670.3	1,365.3
Texas	406.8	418.9	3,016.6	2,386.3

Source for State and County, as well as Tomball P.D.: Federal Bureau of Investigations, Nationwide Crime Counts and Rates, via PolicyMap. <https://commonspirit.policymap.com/tables> Source for all other cities: U.S. FBI UCR program, Crime Data Explorer. <https://crime-data-explorer.fr.cloud.gov/>

Health Care Access

Health Insurance Coverage

Health insurance coverage is considered a key component to ensure access to health care. 86.6% of the population in the service area has health insurance. The Woodlands 77381 (95%) has the highest health insurance rates. Conroe 77306 (71.4%) has the lowest rates of health insurance. 91.2% of children, ages 0-18, have health insurance coverage in the service area. Spring 77389 (96.4%) has the highest health insurance rates among children, and Willis 77378 (72.7%) has the lowest percentage of children with health insurance. Among adults, ages 19-64, 81.9% in the service area have health insurance. The Woodlands 77381 has the highest insurance rate (93.3%) followed by Conroe 77384 (93.2%). Conroe 77306 (56.1%) has the lowest health insurance rates among adults, ages 19-64. The Healthy People 2030 objective is for 92.1% of the population to be covered by health insurance.

Health Insurance, Total Population, Children, Ages 0-18, and Adults, Ages 19-64

	ZIP Code	Total Population	Children, Ages 0-18	Adults, Ages 19-64
Cleveland	77328	80.2%	90.2%	69.4%
Conroe	77301	70.0%	83.7%	59.3%
Conroe	77302	87.5%	92.9%	81.5%
Conroe	77303	76.4%	88.4%	67.7%
Conroe	77304	85.4%	91.5%	79.2%
Conroe	77306	71.4%	90.5%	56.1%
Conroe	77384	93.1%	86.9%	93.2%
Conroe	77385	89.3%	93.6%	85.4%
Houston	77073	79.2%	88.4%	72.6%
Houston	77090	79.2%	86.8%	73.5%
Magnolia	77354	86.6%	91.8%	81.9%
Montgomery	77316	89.8%	94.0%	85.5%
Montgomery	77356	93.7%	95.7%	90.5%
Spring	77373	85.2%	90.0%	80.9%
Spring	77379	90.8%	93.9%	87.5%
Spring	77386	91.7%	93.9%	89.6%
Spring	77388	88.5%	92.1%	85.4%
Spring	77389	92.3%	96.4%	88.8%
The Woodlands	77380	89.3%	93.3%	86.2%
The Woodlands	77381	95.0%	95.6%	93.3%
The Woodlands	77382	92.8%	94.8%	90.5%
Tomball	77375	85.3%	88.6%	81.4%
Willis	77318	86.9%	92.1%	79.8%
Willis	77378	72.9%	72.7%	66.8%
Lakeside Hospital Service Area		86.6%	91.2%	81.9%
Montgomery County		85.9%	90.7%	80.9%
Texas		82.8%	89.2%	76.7%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP03. <http://data.census.gov/>

When examined by race/ethnicity, there are differences in the rate of health insurance coverage in the service area. In every age group, health insurance coverage is lowest among those residents who identified as some Other race than the listed races (non-Hispanic White, Asian, Black, AIAN, Hawaiian or Pacific Islander). The second-lowest rates were among Hispanic residents and for seniors, among Multiracial residents. It is important to keep in mind, however, that rates for several service area groups are based on small numbers of residents and should be interpreted with caution, particularly Native Hawaiian/Pacific Islander residents (representing just 0.1% of the area population), those who identified as a race Other than those listed (0.2% of the service area population), and AIAN residents (0.3% of the area population).

The service area average for health insurance coverage among the total population is 86.6%. The lowest rates of coverage are seen among those who identify as Other race (70.7%), Hispanic residents (74.9%), and AIAN residents (79.6%). Service area coverage in children is 91.2%. The lowest rate of coverage is seen in Other race children (80.1%), Hispanic children (85.9%), Multiracial children (91%), and Black/African-American children (92.1%). Among adults, ages 19 to 64, 81.9% have health insurance. The lowest rate is seen among adults who identify as Other race (64.8%), followed by Hispanic adults (66.5%) and AIAN adults (67.7%). The lowest rates of coverage among service area seniors, ages 65 and older, are found among Other race seniors (86.8%), Multiracial seniors (92.5%) and Hispanic seniors (93%). Asian seniors also have a below-average rate of coverage (93.6%).

Health Insurance, by Race/Ethnicity and Age Group

	Total Population	Children, Under 19	Adults, Ages 19-64	Senior Adults, 65+
Native Hawaiian/Pacific Islander	100.0%	100.0%	100.0%	100.0%
Non-Hispanic White	91.7%	94.0%	88.6%	99.8%
Asian	91.1%	94.8%	89.3%	93.6%
Multiracial	86.2%	91.0%	79.8%	92.5%
Black/African American	85.2%	92.1%	80.0%	98.4%
American Indian/Alaskan Native	79.6%	92.7%	67.7%	100.0%
Hispanic	74.9%	85.9%	66.5%	93.0%
Other race	70.7%	80.1%	64.8%	86.8%
Lakeside Hospital Service Area	86.6%	91.2%	81.9%	98.5%

Source: U.S. Census Bureau, American Community Survey, 2015-2019, C27001B thru C27001I. <http://data.census.gov/>

Regular Source of Care

Access to a medical home and a primary care provider improve continuity of care and decrease unnecessary emergency room visits. 29.9% of adults in the service area do not have a usual primary care provider, which is a higher rate than in Montgomery

County (29.3%). Rates are lowest in The Woodlands 77381 (22.6%) and highest in Houston 77073, where 40.3% of the population has no usual primary care provider.

No Usual Primary Care Provider

	ZIP Code	Percent
Cleveland	77328	30.0%
Conroe	77301	39.5%
Conroe	77302	31.1%
Conroe	77303	34.0%
Conroe	77304	28.2%
Conroe	77306	34.0%
Conroe	77384	24.6%
Conroe	77385	33.1%
Houston	77073	40.3%
Houston	77090	35.2%
Magnolia	77354	28.4%
Montgomery	77316	26.6%
Montgomery	77356	23.6%
Spring	77373	32.2%
Spring	77379	27.2%
Spring	77386	31.9%
Spring	77388	28.6%
Spring	77389	28.6%
The Woodlands	77380	27.7%
The Woodlands	77381	22.6%
The Woodlands	77382	25.2%
Tomball	77375	30.0%
Willis	77318	25.3%
Willis	77378	32.5%
Lakeside Hospital Service Area*		29.9%
Montgomery County		29.3%
Texas		31.8%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates.

Unmet Medical Need

17.9% of adults in Health Service Region 6 reported an unmet medical need as a result of not being able to afford care. The Healthy People 2030 objective is 3.3% of the population.

Unmet Medical Need Due to Cost, Adults

	Percent
Health Service Region 6	17.9%
Texas	16.8%

Source: Texas Department of State Health Services, Texas Behavioral Risk Factor Surveillance System Dashboard, 2018. <http://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Primary Care Physicians

The ratio of the population to primary care physicians in Montgomery County is 1,670 persons per primary care provider.

Primary Care Physicians, Number and Ratio

	Montgomery County	Texas
Number of primary care physicians	353	17,476
Ratio of population to primary care physicians	1,670:1	1,640:1

Source: County Health Rankings, 2018. <http://www.countyhealthrankings.org>

Access to Primary Care Community Health Centers

Community Health Centers provide primary care (including medical, dental and mental health services) for uninsured and medically underserved populations. Using ZCTA (ZIP Code Tabulation Area) data for the service area and information from the Uniform Data System (UDS)¹, 24.6% of the population in the service area is low-income (200% of Federal Poverty Level) and 9% of the population are living in poverty. There are several Section 330-funded grantees (Federally Qualified Health Centers – FQHCs and FQHC Look-Alikes) located in the service area.

Even with Section 330 funded Community Health Centers serving the area, there are a number of low-income residents who are not served by one of these clinic providers. The FQHCs have a total of 41,043 patients in the service area, which equates to 20.2% penetration among low-income patients and 4.9% penetration among the total population. From 2018-2020, the Community Health Center providers added 4,185 patients for an 11.4% increase in patients served by Community Health Centers in the service area. However, there remain 162,239 low-income residents, 79.8% of the population at or below 200% FPL, which are not served by an FQHC.

¹ The UDS is an annual reporting requirement for grantees of HRSA primary care programs:

- Community Health Center, Section 330 (e)
- Migrant Health Center, Section 330 (g)
- Health Care for the Homeless, Section 330 (h)
- Public Housing Primary Care, Section 330 (i)

Low-Income Patients Served and Not Served by FQHCs

Low-Income Population	Patients served by Section 330 Grantees In Service Area	Penetration among Low-Income Patients	Penetration of Total Population	Low-Income Not Served	
				Number	Percent
203,282	41,043	20.2%	4.9%	162,239	79.8%

Source: UDS Mapper, 2020, 2015-2019 population numbers. <http://www.udsmapper.org>

Dental Care

The Healthy People 2030 objective among adults, ages 18 and older is for 45% of the population, ages 2 years and older, to have a dental visit within the prior 12 months (55% who do not access dental care). Among Montgomery County adults, 37.2% did not access dental care in the prior year.

Did Not Access Dental Care, Prior Year, Adults

	Crude Rate
Montgomery County	37.2%
Texas*	42.2%

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020, 2018 data. <https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-unfb>

*Weighted average of Texas county rates.

The ratio of residents to dentists in Montgomery County is 2,020:1, which is fewer dentists per capita than the state rate of 1,680 residents per dentist.

Dentists, Number and Ratio

	Montgomery County	Texas
Number of dentists	300	17,293
Ratio of population to dentists	2,020:1	1,680:1

Source: County Health Rankings, 2019 <http://www.countyhealthrankings.org>

Mental Health Providers

Mental health providers include psychiatrists, clinical psychologists, clinical social workers, psychiatric nurse specialists, and marriage and family therapists who meet certain qualifications and certifications. In Montgomery County, the ratio of residents to mental health providers is 1,150 residents per mental health provider, compared to 830 persons per mental health provider in the state of Texas.

Mental Health Providers, Number and Ratio

	Montgomery County	Texas
Number of mental health providers	526	35,039
Ratio of population to mental health providers	1,150:1	830:1

Source: County Health Rankings, 2020. <http://www.countyhealthrankings.org>

Community Input – Access to Health Care

Stakeholder interviews identified the following issues, challenges and barriers related to access to health care. Following are their comments summarized and edited for clarity:

- There are a lack of mass transportation options spanning the county.
- Many of our clients lack knowledge or the health literacy to navigate the health system and insurance.
- Many patients lack technology access (smartphones and internet) to make medical appointments or go on line to seek out health information. Everything is on line now and not having access is a definite barrier to managing health.
- There is a language barrier (mostly Spanish) and a lack of bilingual and bicultural providers, especially for mental health issues.
- When people lost their jobs, they lost insurance and coverage for medical care.
- Many low-income individuals have Medicaid, which is not accepted by all providers, especially specialists.
- HCAP is indigent health care program that covers some costs, but people still struggle to pay for rent and food.
- You have to meet very stringent requirements to get health coverage in Texas.
- Health providers can't always spend time to help change medication or discuss issues if a patient's insurance doesn't cover service.
- People tend to seek medical care only when the situation gets very bad.
- Many people do not trust health care providers due to a lack of familiarity and historical issues of discrimination.

Birth Indicators

Births

In 2019, the number of births in Montgomery County was 7,395. The average annual births from 2015 to 2019 was 7,315.

Total Births

	2015	2016	2017	2018	2019
Montgomery County	7,338	7,347	7,139	7,355	7,395
Texas	403,618	398,047	382,050	378,624	377,599

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2015-2019, on CDC WONDER. <https://wonder.cdc.gov/natality-current.html>

From 2013 to 2017, births to mothers in the service area averaged 10,893.6 per year. The highest number of births was to mothers in Spring 77379 (873.2 births per year). Willis 77318 had, on average, 185.4 births per year.

Births, by ZIP Code, Five-Year Average

	ZIP Code	Average Annual Live Births
Cleveland	77328	222.4
Conroe	77301	623.6
Conroe	77302	259.2
Conroe	77303	284.2
Conroe	77304	382.6
Conroe	77306	216.2
Conroe	77384	192.2
Conroe	77385	372.4
Houston	77073	789.6
Houston	77090	761.6
Magnolia	77354	448.8
Montgomery	77316	278.4
Montgomery	77356	238.8
Spring	77373	857.0
Spring	77379	873.2
Spring	77386	845.0
Spring	77388	593.6
Spring	77389	492.8
The Woodlands	77380	319.4
The Woodlands	77381	309.6
The Woodlands	77382	252.0
Tomball	77375	861.4

	ZIP Code	Average Annual Live Births
Willis	77318	185.4
Willis	77378	234.2
Lakeside Hospital Service Area		10,893.6
Montgomery County		7,083.0
Texas		393,781.2

Source: Texas Department of State Health Services, Texas Health Data, Live Births Dashboard, 2013-2017.
<https://healthdata.dshs.texas.gov/dashboard/births-and-deaths/live-births-2005-2017>

The race/ethnicity of mothers in Montgomery County in 2019 was 54.6% White, 33.6% Hispanic/Latina, 6.1% Black/African-American, and 4% Asian.

Births, by Mother's Race/Ethnicity

	Hispanic/Latina	White	Black/African American	Asian	Other or Unknown
Montgomery County	33.6%	54.6%	6.1%	4.0%	1.7%
Texas	47.6%	33.0%	12.5%	5.3%	1.6%

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data, 2019, on CDC WONDER. <https://wonder.cdc.gov/natality-current.html>

Teen Birth Rate

From 2013 to 2017, teen births to mothers, ages 15 to 19, occurred in Montgomery County at a rate of 63.6 per 1,000 live births (6.4% of total births). The Healthy People 2030 objective is for no more than 31.4 pregnancies per 1,000 teens, age 15 to 19.

Births to Teens, Ages 15-19, Number and Rate, per 1,000 Live Births, Five-Year Average

	Montgomery County	Texas
Births to mother ages 14 and younger	4.6	431.2
Births to mothers ages 15 – 17	116.4	9,740.0
Births to mothers ages 18 – 19	334.4	22,622.4
Births to mothers ages 19 and younger	455.4	32,793.6
Rate per 1,000 live births, mothers ages 14 and younger	0.6	1.1
Rate per 1,000 live births, mothers ages 15 - 17	16.4	24.7
Rate per 1,000 live births, mothers ages 18 - 19	47.2	57.4
Rate per 1,000 live births, mothers ages 15 to 19	63.6	82.2

Source: Texas Department of State Health Services, Texas Health Data, Live Births Dashboard, 2013-2017.
<https://healthdata.dshs.texas.gov/dashboard/births-and-deaths/live-births-2005-2017>

Prenatal Care

From 2017 to 2019, 60.4% of pregnant women in Montgomery County entered prenatal care on-time – during the first trimester – where time-of-entry was known. County and state rates of on-time prenatal care did not meet the Healthy People 2020 objective of 84.8% of women receiving on-time prenatal care (the Healthy People 2030 objective is

not comparable with data as currently reported by Texas or the CDC).

First Trimester Prenatal Care, Three-Year Average

	Percent of Births
Montgomery County	60.4%
Texas	68.9%

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/natality-current.html>

Low Birth Weight

Low birth weight is a negative birth indicator. Babies born at a low birth weight are at higher risk for disease, disability and possibly death. For this measurement, a lower rate is a better indicator. The rate of low-birth-weight babies in Montgomery County is 7.6%.

Low Birth Weight (Under 2,500 grams), Three-Year Average

	Percent of Births
Montgomery County	7.6%
Texas	8.4%

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/natality-current.html>

Preterm Births

Preterm births – those occurring before 37 weeks of gestation – have higher rates of death and disability. Between 9.8% and 9.9% of births in Montgomery County (where gestational age was known and recorded) were before 37 weeks of gestation. The exact percentage cannot be determined due to privacy constraints.

Preterm Births, Babies Born Before 37 Weeks of Gestation

	Percent of Births
Montgomery County	9.8% to 9.9%
Texas	10.8%

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/natality-current.html>

Maternal Smoking During Pregnancy

Among pregnant women, 96.5% in Montgomery County did not smoke during pregnancy, which met the Healthy People 2030 objective of 95.7% of women to abstain from cigarette smoking during pregnancy.

No Smoking during Pregnancy

	Percent of Births
Montgomery County	96.5%
Texas	97.3%

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2016-2018, on CDC WONDER. <https://wonder.cdc.gov/natality-current.html>

Infant Mortality

For the purposes of this report, the infant mortality rate is defined as deaths to infants under 1 year of age. The infant mortality rate in Montgomery County, from 2016 to 2018, was 5.27 deaths per 1,000 live births. These rates do not meet the Healthy People 2030 objective of 5.0 deaths per 1,000 live births.

Infant Mortality Rate, per 1,000 Live Births, Three-Year Average

	Rate
Montgomery County	5.27
Texas	5.69

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Linked Birth/Infant Death Records, 2016-2018, on CDC WONDER. <https://wonder.cdc.gov/lbd-current.html>

Breastfeeding Initiation

Breastfeeding has been proven to have considerable benefits to baby and mother. The American Academy of Pediatrics recommends that babies are fed only breast milk for the first six months of life. According to data from birth certificates, 90.5% of infants in Montgomery County were breastfed at some point prior to discharge from the hospital. This rate exceeds the state rate of breastfeeding prior to hospital discharge (88.2%).

Infants Breastfed at Some Point Prior to Discharge

	Percent of Births
Montgomery County	90.5%
Texas	88.2%

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER. <http://wonder.cdc.gov/natality-expanded-current.html>

Community Input – Birth Indicators

Stakeholder interviews identified the following issues, challenges and barriers related to birth indicators. Following are their comments summarized and edited for clarity:

- Pregnant women in certain communities are not aware or haven't been told by social service or medical providers that they can receive low cost or free prenatal services once they are signed up for insurance.
- Women who have not come for regular prenatal visits to a single provider will go to an ER to deliver. Sometimes that's the first visit they have made to a medical provider since becoming pregnant.
- Many of the local pregnancy care centers have religious affiliations so people will not go there because they feel judged.
- Many providers do not accept CHIP insurance, which many families qualify for.
- Many of our clients are the housekeepers and caregivers of the more affluent residents of the county. Their own providers are farther away and many times the

clients don't go for care because they don't/can't take time off from work for fear of losing income.

Mortality/Leading Causes of Death

Life Expectancy at Birth

The life expectancy at birth in Montgomery County was 79.7 years.

Life Expectancy at Birth

	Number of Years
Montgomery County	79.7
Texas	79.2

Source: County Health Rankings, 2021. Years of Data: 2017-2019. <http://www.countyhealthrankings.org>

Mortality Rates

Age-adjusted death rates are an important factor to examine when comparing mortality data. The crude death rate is a ratio of the number of deaths to the entire population. Age-adjusted death rates eliminate the bias of age in the makeup of the populations. The age-adjusted death rate in Montgomery County was 705.6 deaths annually per 100,000 persons.

Mortality Rates, per 100,000 Persons, Three-Year Average

	Deaths	Crude Rate	Age-Adjusted Rate
Montgomery County	3,986.3	675.9	705.6
Texas	201,226.3	701.9	728.2

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Mortality public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/Deaths-by-Underlying-Cause.html>

Leading Causes of Death

The top two leading causes of death in both Montgomery County and the state are heart disease and cancer. The age-adjusted heart disease mortality rate in Montgomery County is 168.8 deaths per 100,000 persons. The Healthy People 2030 objective is specific to ischemic heart disease only: 71.1 deaths per 100,000 persons. The Montgomery County rate of ischemic heart disease (77.6 deaths per 100,000 persons) does not meet the Healthy People 2030 objective.

The cancer death rate in Montgomery County is 141 per 100,000 persons, which does not meet the Healthy People 2030 objective for cancer mortality of 122.7 deaths per 100,000 persons.

In addition to heart disease and cancer, Chronic Lower Respiratory Disease, unintentional injury and stroke are among the top five causes of death in the county.

Mortality, Crude and Age-Adjusted Rates, per 100,000 Persons, Three-Year Average

	Montgomery County			Texas		
	Number	Crude Rate	Age-Adjusted	Number	Crude Rate	Age-Adjusted
All causes	3,986.3	675.9	705.6	201,226.3	701.9	728.2
Heart disease	941.3	159.6	168.8	46,082.7	160.7	167.5
Ischemic heart disease	448.0	76.0	77.6	25,823.0	90.1	93.0
All cancers	858.7	145.6	141.0	41,007.7	143.0	143.5
Stroke	200.0	33.9	37.6	10,802.3	37.7	40.2
Chronic Lower Respiratory Disease	251.0	42.6	44.7	10,737.7	37.5	39.6
Unintentional injury	233.0	39.5	40.0	10,931.0	38.1	38.7
Alzheimer's disease	166.3	28.2	33.9	9,803.0	34.2	38.5
Diabetes	80.0	13.6	13.3	6,237.3	21.8	22.0
Kidney disease	79.0	13.4	14.2	4,316.7	15.1	15.7
Chronic liver disease and cirrhosis	69.0	11.7	10.7	4,206.7	14.7	14.1
Septicemia	85.3	14.5	15.3	3,901.3	13.6	14.1
Suicide	95.0	16.1	16.2	3,866.3	13.5	13.5
Pneumonia and flu	55.3	9.4	9.9	3,209.3	11.2	11.8
Parkinson's disease	51.7	8.8	10.2	2,452.3	8.6	9.6
Essential hypertension & hypertensive renal disease	38.3	6.5	7.3	2,356.7	8.2	8.7
Homicide	24.3	4.1	4.3	1,634.7	5.7	5.7

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Mortality public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/Deaths-by-Underlying-Cause.html>

Cancer Mortality

The age-adjusted mortality rate for female breast cancer in Montgomery County was 18.1 deaths per 100,000 women, and the rate for prostate cancer deaths was 15.8 per 100,000 men in Montgomery County.

Cancer, Crude and Age-Adjusted Death Rates, per 100,000 Persons

	Female Breast Cancer			Prostate Cancer		
	Number	Crude Rate	Age-Adjusted	Number	Crude Rate	Age-Adjusted
Montgomery County	269	19.2	18.1	160	11.6	15.8
Texas	14,585	20.8	19.7	9,214	13.3	17.5

Source: Texas State Department of Health, Texas State Cancer Registry, 2014-2018. <https://www.cancer-rates.info/tx/>

The age-adjusted rate of colorectal cancer deaths in Montgomery County was 13 per 100,000 persons. The rate of lung cancer mortality in Montgomery County was 37.7 per 100,000 persons, which is higher than the rate in the state (34.0 per 100,000 persons).

Cancer, Crude and Age-Adjusted Death Rates, per 100,000 Persons

	Colorectal Cancer			Lung Cancer		
	Number	Crude Rate	Age-Adjusted	Number	Crude Rate	Age-Adjusted
Montgomery County	356	12.8	13.0	1,071	38.6	37.7
Texas	18,758	13.4	13.9	45,514	32.6	34.0

Source: Texas State Department of Health, Texas State Cancer Registry, 2014-2018. <https://www.cancer-rates.info/tx/>

Rates of death in Montgomery County from urinary bladder cancer (4.6 per 100,000 persons) and esophageal cancer (3.7 per 100,000 persons) exceed state rates for these types of cancer.

Cancer, Age Adjusted Death Rates, per 100,000 Persons

	Montgomery County	Texas
Urinary Bladder	4.6	3.7
Esophagus	3.7	3.2

Source: Texas State Department of Health, Texas State Cancer Registry, 2014-2018. <https://www.cancer-rates.info/tx/>

Unintentional Injuries

The unintentional injury death rate in Montgomery County was 40 per 100,000 persons, which was higher than the state rate of unintentional injury deaths (38.7 per 100,000 persons).

Unintentional Injury Deaths, Number and Rate, per 100,000 Persons, Three-Year Average

	Number	Rate
Montgomery County	233	40.0
Texas	10,931.0	38.7

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Mortality public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/Deaths-by-Underlying-Cause.html>

Community Input – Unintentional Injuries

Stakeholder interviews identified the following issues, challenges and barriers related to unintentional injuries. Following are their comments summarized and edited for clarity:

- A lot of people are not paying attention to what they are doing because they are focused on their phones. When they injure themselves, they are embarrassed to seek care.
- People get on disability due to injury and it leads to household stress on finances and mental health concerns. It turns into a cycle where they injure themselves more frequently and it gets worse.

Drug Overdose Deaths

Rates of death by drug overdose, whether unintentional, suicide, homicide, or undetermined intent, have been rising in Montgomery County with a rate of 15.1 per

100,000 persons in 2019. Montgomery County meets the Healthy People 2030 objective of 20.7 drug overdose deaths per 100,000 persons.

Drug Overdose, Age-Adjusted Death Rates, per 100,000 Persons

County	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2017-2019 Averaged
Montgomery	8.3	9.7	9.1	10.0	8.4	10.9	11.4	16.7	11.6	15.1	14.4
Texas	9.6	10.1	9.4	9.3	9.7	9.4	10.1	10.5	10.4	10.8	10.6

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Mortality public-use data 2009-2019, on CDC WONDER. <https://wonder.cdc.gov/Deaths-by-Underlying-Cause.html>

Opioid deaths include those from heroin, methadone, fentanyl and other synthetic opioids, and oxycodone and other natural or semi-synthetic opioids. The rate of opioid drug overdoses in Montgomery County was 8.5 per 100,000 persons. This rate is higher than the state (5 opioid overdose deaths per 100,000 persons) but meets the Healthy People 2030 objective of a maximum of 13.1 deaths from opioids per 100,000 persons.

Fatal Opioid Overdoses, Age-Adjusted Rates, per 100,000 Persons, Three-Year Average

	Number	Rate
Montgomery County	51.3	8.5
Texas	1,452.3	5.0

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Multiple Cause Death public-use data 2017-2019, on CDC WONDER. <https://wonder.cdc.gov/mcd.html>

From 2015 through 2019 combined, drug overdose deaths in Texas were highest among men (64.4% of deaths). Non-Hispanic Whites have the highest rates of drug overdose deaths (14.7 deaths per 100,000 persons), followed by Blacks (11.5 deaths per 100,000 deaths), and American Natives (8.3 deaths per 100,000 deaths). Non-Hispanic Asians had the lowest rate of drug overdose deaths (1.9 deaths per 100,000 persons).

Drug Overdoses, Age-Adjusted Death Rates, per 100,000 Texas Residents, by Race and Ethnicity, Five Years Combined

	Number	Rate
Asian, non-Hispanic	149	1.9
Hispanic	3,174	6.0
American Indian/Alaskan Native	44	8.3
Black, non-Hispanic	2,023	11.5
White, non-Hispanic	9,087	14.7
Texas, all races	14,549	10.3

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Mortality public-use data 2015-2019, on CDC WONDER. <https://wonder.cdc.gov/Deaths-by-Underlying-Cause.html>

COVID-19

In Montgomery County, there have been 138,887 confirmed or probable cases of the Coronavirus known as COVID-19 reported as of April 4, 2022. This represents a rate of 22,385.1 cases per 100,000 persons, which is below the statewide average of 22,909 confirmed or probable cases per 100,000 persons. As of the same date, according to the Texas Department of State Health, 1,285 persons have died in Montgomery County due to COVID-19 complications, a rate of 207.1 deaths per 100,000 persons, which is lower than the state COVID death rate of 295.3 deaths per 100,000 persons.

COVID-19, Cases and Crude Death Rates, per 100,000 Persons, 4/4/22

	Montgomery County		Texas	
	Number	Rate *	Number	Rate *
Confirmed or probable cases	138,887	22,385.1	6,676,958	22,909.0
Deaths	1,285	207.1	86,075	295.3

Source: Texas Department of State Health Services, Updated April 4, 2022. *Calculated based on 2020 U.S. Census data.
<https://dshs.texas.gov/coronavirus/>

The Montgomery County Public Health District stopped providing COVID-19 case data by ZIP Code as of November 9, 2022 and at the county level as of March 9, 2022. As of November 9, 2021, in the service area, there had been 115,088 confirmed cases of COVID-19 and 620 confirmed deaths from COVID. This rate of infection (13,820.4 cases per 100,000 persons) was lower than the Montgomery County rate of 15,484.9 cases. The rate of confirmed deaths due to COVID in the service area (74.5 per 100,000 persons) as of that date was lower than the Montgomery County rate (87.9 deaths per 100,000 persons).

The highest rate of infection and death in the service area as of November 9, 2021, was in Conroe 77301. Data are subject to delays and errors, and care should be taken when interpreting rates as with relatively small numbers a single case or death could substantially affect rates.

COVID-19, Cases and Crude Death Rates, per 100,000 Persons, 11/9/21

	ZIP Codes	Total Reported Cases		Deaths	
		Number	Rate***	Number	Rate***
Cleveland	77328	767	5,312.4	5	34.6
Conroe	77301	6,740	19,725.5	50	146.3
Conroe	77302	2,779	14,894.4	13	69.7
Conroe	77303	2,920	14,137.0	12	58.1
Conroe	77304	5,349	16,032.3	42	125.9
Conroe	77306	2,128	15,682.8	13	95.8
Conroe	77384	3,443	17,686.3	21	107.9

	ZIP Codes	Total Reported Cases		Deaths	
		Number	Rate***	Number	Rate***
Conroe	77385	4,066	16,160.6	16	63.6
Houston*	77073	6,105	15,285.8	32	80.1
Houston*	77090	4,860	11,923.2	51	125.1
Magnolia**	77354	6,128	16,536.2	29	78.3
Montgomery	77316	4,334	16,593.3	18	68.9
Montgomery	77356	4,311	15,974.4	20	74.1
Spring**	77373	7,917	12,873.0	58	94.3
Spring**	77379	9,205	11,312.8	33	40.6
Spring**	77386	8,308	14,468.6	30	52.2
Spring*	77388	5,912	11,660.5	21	41.4
Spring*	77389	4,430	11,590.2	17	44.5
The Woodlands**	77380	3,779	14,669.5	10	38.8
The Woodlands**	77381	4,294	1,875.0	18	49.8
The Woodlands**	77382	5,041	12,123.3	12	28.9
Tomball*	77375	7,547	13,535.0	69	123.7
Willis	77318	2,241	13,745.9	13	79.7
Willis	77378	2,484	14,100.8	17	96.5
Lakeside Hospital Service Area		115,088	13,820.4	620	74.5
Montgomery County		88,566	15,484.9	503	87.9

Source: Montgomery County Public Health District, Updated November 9, 2021. <https://coronavirus-response-moco.hub.arcgis.com/>
 *Source: Harris County Public Health, November 10, 2021. <https://covid-harriscounty.hub.arcgis.com/> **Source: Both County Public Health Dept's ***Rates calculated using 2015-2019 ACS Population Estimates.

In Montgomery County, 69.8% of the population, ages 5 and older, and 93.4% of the population, ages 65 and older, have received at least one vaccine dose.

COVID-19 Vaccinations, Partial and Full, Ages 5 and Older and Seniors, 4/3/22

	Montgomery County		Texas	
	Partially Vaccinated	Completed	Partially Vaccinated	Completed
Population 5+	9.5%	60.3%	12.0%	64.7%
Population 65+	9.6%	83.9%	10.6%	84.6%

Source: Texas Department of State Health Services, Vaccine Dashboard. Updated April 4, 2022. <https://dshs.texas.gov/coronavirus/>

In Montgomery County, White residents make up 66% of the population. But only 58.5% of persons vaccinated in Montgomery County are Whites.

Montgomery County Vaccinations for COVID-19, by Race, 4/3/22

	Percent of Population*	Percent of People Vaccinated**
White	66.0%	58.5%
Hispanic or Latino	24.1%	31.9%
Black/African American	4.8%	5.6%
Asian	2.9%	4.1%

Source: Texas Department of State Health Services, Vaccine Dashboard. Updated April 4, 2022. *ACS 2015-2019 data. **Where ethnicity of the vaccinated was known/recorded. <https://dshs.texas.gov/coronavirus/>

Community Input – COVID-19

Stakeholder interviews identified the following issues, challenges and barriers related to COVID-19. Following are their comments summarized and edited for clarity:

- A lot of misinformation was out in the community about the vaccine and its effectiveness.
- County health and the National Guard teamed up to set up vaccine clinics.
- There was a lot of fear from essential workers about passing COVID to their families.
- We had to pivot to provide services for immediate needs like rent support, utilities, and food.
- Different communities and ethnic groups had different opinions and barriers to COVID precautions and that took a lot of time to overcome.

Chronic Disease

Diabetes

10.6% of adults in the service area had been diagnosed with diabetes by a health professional. Rates of adult diabetes were lowest in The Woodlands 77382 (9%) and highest in Montgomery 77356 (13.7%).

Diabetes Diagnoses, Adults

	ZIP Code	Percent
Cleveland	77328	11.9%
Conroe	77301	11.3%
Conroe	77302	11.5%
Conroe	77303	11.0%
Conroe	77304	11.4%
Conroe	77306	11.2%
Conroe	77384	11.0%
Conroe	77385	9.9%
Houston	77073	10.3%
Houston	77090	9.9%
Magnolia	77354	10.6%
Montgomery	77316	11.3%
Montgomery	77356	13.7%
Spring	77373	10.3%
Spring	77379	10.6%
Spring	77386	9.2%
Spring	77388	11.1%
Spring	77389	10.1%
The Woodlands	77380	9.3%
The Woodlands	77381	10.9%
The Woodlands	77382	9.0%
Tomball	77375	9.7%
Willis	77318	12.8%
Willis	77378	11.4%
Lakeside Hospital Service Area*		10.6%
Montgomery County		10.8%
Texas		12.6%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

Heart Disease and Stroke

3.8% of service area adults report being told by a health professional they have heart disease. The rate of heart disease diagnosis was highest in Montgomery 77356 (6.1%) and lowest in Houston 77073 (2.3%). 2.9% of service area adults reported being told by a health professional they have had a stroke. The prevalence of stroke diagnoses was highest in Montgomery 77356 (4.3%) and lowest in Houston 77073 (2.3%).

Heart Disease and Stroke Prevalence, Adults

	ZIP Code	Heart Disease	Stroke
Cleveland	77328	4.6%	3.6%
Conroe	77301	3.6%	3.1%
Conroe	77302	4.4%	3.4%
Conroe	77303	4.0%	3.2%
Conroe	77304	4.9%	3.6%
Conroe	77306	4.0%	3.2%
Conroe	77384	4.7%	3.3%
Conroe	77385	3.4%	2.8%
Houston	77073	2.3%	2.3%
Houston	77090	2.7%	2.4%
Magnolia	77354	4.1%	3.1%
Montgomery	77316	4.6%	3.4%
Montgomery	77356	6.1%	4.3%
Spring	77373	3.1%	2.5%
Spring	77379	3.6%	2.6%
Spring	77386	3.2%	2.6%
Spring	77388	3.7%	2.7%
Spring	77389	3.5%	2.6%
The Woodlands	77380	3.8%	2.7%
The Woodlands	77381	4.6%	3.3%
The Woodlands	77382	3.3%	2.5%
Tomball	77375	3.4%	2.5%
Willis	77318	5.6%	4.0%
Willis	77378	4.2%	3.4%
Lakeside Hospital Service Area*		3.8%	2.9%
Montgomery County		4.2%	3.2%
Texas		3.8%	3.7%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

6.1% of service area adults reported having been diagnosed with angina or coronary heart disease, or a heart attack (Myocardial Infarction). Rates were lowest in Houston 77073 (4.1%) and highest in Montgomery 77356 (9.5%).

Heart Disease or Heart Attack, Adults

	ZIP Code	Percent
Cleveland	77328	7.5%
Conroe	77301	6.1%
Conroe	77302	7.3%
Conroe	77303	6.6%
Conroe	77304	7.6%
Conroe	77306	6.7%
Conroe	77384	7.3%
Conroe	77385	5.7%
Houston	77073	4.1%
Houston	77090	4.5%
Magnolia	77354	6.5%
Montgomery	77316	7.3%
Montgomery	77356	9.5%
Spring	77373	5.0%
Spring	77379	5.7%
Spring	77386	5.3%
Spring	77388	6.0%
Spring	77389	5.7%
The Woodlands	77380	5.8%
The Woodlands	77381	7.1%
The Woodlands	77382	5.3%
Tomball	77375	5.5%
Willis	77318	8.8%
Willis	77378	6.9%
Lakeside Hospital Service Area*		6.1%
Montgomery County		6.7%
Texas		6.7%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

High Blood Pressure and High Cholesterol

Co-morbidity factors for diabetes and heart disease are high blood pressure (hypertension) and high blood cholesterol. The percent of adults who reported being diagnosed with high blood pressure in the service area was 31.2%. Rates of high blood pressure diagnosis were highest in Willis 77318 (37.2%), and lowest in Spring 77386

(28.1%). Rates of high cholesterol diagnosis were highest in Montgomery 77356 (37.8%) and lowest in Houston 77073 (24.3%).

High Blood Pressure and High Cholesterol

	ZIP Code	Hypertension	High Cholesterol
Cleveland	77328	33.6%	32.4%
Conroe	77301	30.3%	28.0%
Conroe	77302	32.8%	31.9%
Conroe	77303	31.1%	30.0%
Conroe	77304	33.7%	32.3%
Conroe	77306	31.0%	30.5%
Conroe	77384	33.4%	33.6%
Conroe	77385	29.0%	28.4%
Houston	77073	28.5%	24.3%
Houston	77090	30.2%	24.9%
Magnolia	77354	31.6%	31.7%
Montgomery	77316	33.7%	33.2%
Montgomery	77356	39.2%	37.8%
Spring	77373	30.1%	27.9%
Spring	77379	31.3%	31.1%
Spring	77386	28.1%	27.9%
Spring	77388	31.9%	31.0%
Spring	77389	30.4%	30.2%
The Woodlands	77380	29.2%	30.1%
The Woodlands	77381	33.5%	34.5%
The Woodlands	77382	28.5%	30.6%
Tomball	77375	29.3%	28.4%
Willis	77318	37.2%	35.9%
Willis	77378	32.3%	30.7%
Lakeside Hospital Service Area*		31.2%	30.3%
Montgomery County		31.7%	31.4%
Texas		32.5%	34.0%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2017 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates.

Cancer

In Montgomery County, the age-adjusted rate of cancer incidence was 396.5 per 100,000 persons, The rate of incidence of melanoma, urinary bladder, lung and bronchus, and esophageal cancers is higher in Montgomery County than in the state.

Cancer, Age Adjusted Incidence Rates, per 100,000 Persons

	Montgomery County	Texas
All sites	396.5	410.7
Breast (female)	106.5	114.1
Prostate	89.1	97.5
Lung and Bronchus	56.3	49.4
Colon and Rectum	33.0	37.8
Urinary Bladder	16.7	14.9
Leukemia	13.7	14.2
Melanoma of the skin	21.9	13.4
Esophagus	4.9	3.5

Source: Texas State Department of Health, Texas State Cancer Registry, 2014-2018. <https://www.cancer-rates.info/tx/>

Asthma

8.5% of adults in the service area have been diagnosed with asthma. Rates of asthma diagnosis were highest in Houston 77090 (9.3%) and lowest in The Woodlands 77380 and 77382 (7.8%).

Asthma Prevalence, Adults

	ZIP Code	Percent
Cleveland	77328	8.8%
Conroe	77301	8.8%
Conroe	77302	8.7%
Conroe	77303	8.7%
Conroe	77304	8.5%
Conroe	77306	8.6%
Conroe	77384	8.1%
Conroe	77385	8.5%
Houston	77073	8.9%
Houston	77090	9.3%
Magnolia	77354	8.4%
Montgomery	77316	8.5%
Montgomery	77356	8.7%
Spring	77373	8.7%
Spring	77379	8.3%
Spring	77386	8.4%
Spring	77388	8.5%
Spring	77389	8.4%
The Woodlands	77380	7.8%
The Woodlands	77381	8.0%
The Woodlands	77382	7.8%
Tomball	77375	8.3%
Willis	77318	8.6%

	ZIP Code	Percent
Willis	77378	8.8%
Lakeside Hospital Service Area*		8.5%
Montgomery County		8.4%
Texas		7.4%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonsense.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

Asthma hospitalization in children, under age 18, occurred at a rate of 8.4 hospitalizations per 10,000 children in HSR 6. This rate was lower than the state rate of 10.9 hospitalizations per 10,000 children.

Asthma Hospitalizations, Age-Adjusted Rate, per 10,000 Children, Ages 0-17

	Number	Rate
Health Service Region 6	1,469	8.4
Texas	7,736	10.9

Source: Texas Department of State Health Services, 2016 Child Asthma Fact Sheet, March 2016. <https://www.dshs.texas.gov/asthma/data.aspx>

Tuberculosis

In 2019, there were 11 cases of TB diagnosed in Montgomery County (1.8 per 100,000 persons) compared to Texas rate of 4 cases per 100,000 persons.

Tuberculosis, Number and Crude Rates, per 100,000 Persons

	2015		2016		2017		2018		2019	
	No.	Rate	No.	Rate	No.	Rate	No.	Rate	No.	Rate
Montgomery County	9	1.7	13	2.3	12	2.1	5	0.8	11	1.8
Texas	1,334	4.9	1,250	4.5	1,127	4.0	1,129	3.9	1,159	4.0

Source: Texas Department of State Health Services, TB Surveillance Report, 2019. <https://www.dshs.texas.gov/idcu/disease/tb/statistics/>

Disability

In the service area, 9.6% of the non-institutionalized civilian population identified as having a disability, which is below Montgomery County (9.9%) and state (11.5%) rates of disability.

Disability, Five-Year Average

	Percent
Lakeside Hospital Service Area	9.6%
Montgomery County	9.9%
Texas	11.5%

Source: U.S. Census Bureau, 2015-2019 American Community Survey, S1810. <http://data.census.gov>

Community Input – Chronic Disease

Stakeholder interviews identified the following issues, challenges and barriers related to

chronic disease. Following are their comments summarized and edited for clarity:

- There is a lack of health literacy on how to manage chronic disease, especially in monolingual Hispanic populations.
- The high cost of medication leads to rationing of pills or stopping treatment early, which leads to ongoing disease.
- Diabetes and its co-morbidities are on the rise among all populations.
- COVID exacerbated respiratory illnesses. We are seeing the long-term cumulative effects of asthma, pollution, and exposure to pollutants.
- Better health education is needed around food choices and how it impacts disease management.
- Different cultures have varying beliefs about how and when to address chronic diseases and providers need to understand how to adjust their care plans accordingly.
- Many people don't take the time to focus on preventive care.
- More needs to be done to coordinate with medical providers and social services to help patients address lifestyle issues related to chronic disease.

Health Behaviors

Health Behaviors Ranking

The County Health Ranking examines healthy behaviors and ranks counties according to health behavior data. Texas has 254 counties, 243 of which are ranked from 1 (healthiest) to 243 (least healthy) based on indicators that include: adult smoking, obesity, physical inactivity, excessive drinking, sexually transmitted infections, and others. A ranking of 13 for Montgomery County puts it in the top 10% of Texas counties for healthy behaviors.

Health Behaviors Ranking

	County Ranking (out of 243)
Montgomery County	13

Source: County Health Rankings, 2021. <http://www.countyhealthrankings.org>

Overweight and Obesity

Over a third of adults in the service area (34.9%) are obese and 33% are overweight. Rates of obesity in service area cities ranged from 32% in The Woodlands 77380 and 32.8% in 77381 to 38.1% in Houston 77073. Combined rates of overweight and obesity were lowest in The Woodlands 77380 (65.6%) and highest in Houston 77073 (70.3%)

Overweight and Obesity, Adults

	ZIP Code	**Overweight	Obese	Combined
Cleveland	77328	32.8%	36.6%	69.4%
Conroe	77301	32.4%	36.9%	69.3%
Conroe	77302	32.7%	36.4%	69.1%
Conroe	77303	32.6%	36.5%	69.1%
Conroe	77304	32.7%	34.2%	66.9%
Conroe	77306	32.6%	36.7%	69.3%
Conroe	77384	33.7%	33.2%	66.9%
Conroe	77385	32.3%	35.8%	68.1%
Houston	77073	32.2%	38.1%	70.3%
Houston	77090	31.7%	36.5%	68.2%
Magnolia	77354	33.0%	35.7%	68.7%
Montgomery	77316	33.1%	35.8%	68.9%
Montgomery	77356	33.6%	36.1%	69.7%
Spring	77373	32.5%	36.0%	68.5%
Spring	77379	33.4%	33.1%	66.5%
Spring	77386	32.5%	35.4%	67.9%
Spring	77388	33.2%	34.3%	67.5%
Spring	77389	33.3%	34.3%	67.6%

	ZIP Code	**Overweight	Obese	Combined
The Woodlands	77380	33.6%	32.0%	65.6%
The Woodlands	77381	34.1%	32.8%	66.9%
The Woodlands	77382	33.9%	33.3%	67.2%
Tomball	77375	33.0%	33.1%	66.1%
Willis	77318	33.3%	35.7%	69.0%
Willis	77378	32.4%	36.8%	69.2%
Lakeside Hospital Service Area*		33.0%	34.9%	67.9%
Montgomery County		33.1%	35.1%	68.2%
Texas		34.7%	34.8%	69.5%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates. **Calculated by subtracting percentage of those with BMI of 30 or more from the percentage of total population with a BMI over 24.9.

34.7% of Texas high school students and 38.3% of high school students in Houston are overweight (85th percentile or above for BMI by age and sex, but below the 95th percentile) or obese (95th percentile or above for BMI by age and sex).

Overweight and Obese, 9th - 12th Grade Youth

	Overweight	Obese	Combined
Houston	18.8%	19.5%	38.3%
Texas	17.8%	16.9%	34.7%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. <https://nccd.cdc.gov/youthonline/app/default.aspx>

Youth Body Dysmorphia and Dieting

33.1% of students surveyed in the *Texas Youth Risk Behavior Survey* described themselves as slightly or very overweight – less than the percentage who were classified as overweight or obese (34.7%). This apparent lack of self-awareness varied by gender, with 30.1% of boys viewing themselves as overweight when 34.8% were actually overweight or obese. Among females, 36.2% viewed themselves as overweight while only 34.6% of them were classified as overweight or obese. Black students were most likely to underestimate their rates of overweight: 27.5% of Black students said they were overweight versus 37.6% being classified as overweight or obese.

Despite only 33.1% of students describing themselves as overweight, and 34.7% of the total surveyed population being classified as overweight or obese, 51.3% of students described themselves as currently trying to lose weight. Girls were more likely to describe themselves as trying to lose weight (61%), despite only 34.6% being actually classified as overweight or obese and only 36.2% describing themselves as overweight. 41.8% of boys said they were trying to lose weight, despite only 34.8% of them being classified as overweight or obese and only 30.1% describing themselves as overweight.

This dieting despite not being overweight or obese – and not describing themselves as either slightly or very overweight – was most common among non-White, non-Black, non-Hispanic students, 53.9% of whom were trying to lose weight despite only 31.2% being classified as overweight or obese.

Describes Self as Overweight, and Trying to Lose Weight, 9th - 12th Grade Youth

	Describe Self as Overweight	Combined Overweight & Obese (see above chart)	Trying to Lose Weight
Texas	33.1%	34.7%	51.3%

Source: Texas Youth Risk Behavior Survey (YRBS), 2019. <http://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/youth-risk-behavior-survey>

Community Input – Overweight and Obesity

Stakeholder interviews identified the following issues, challenges and barriers related to overweight and obesity. Following are their comments summarized and edited for clarity:

- Overweight and obesity is a growing epidemic, especially among youth.
- The type of food that is cheap and most easily available in Montgomery County is usually fried and fast food.
- Many working poor live in neighborhoods where they shop at small mom and pop stores or gas station mini markets. They don't feel safe crossing the highway to the other side of town where the larger grocery stores are.
- There are no large grocery stores on the east side of town (Conroe).
- Overweight and obesity is tied to chronic disease and unhealthy eating habits.
- Comorbidities exacerbate chronic disease conditions creating a vicious circle.
- There are definite food deserts/food swamps that contribute to the lack of healthy foods in Montgomery County. Many people lack nutrition knowledge (how to cook, what to choose when shopping and how to incorporate other good habits). There are very few or no classes that teach this information.
- There is a lack of regular exercise and physical activity.
- Although food pantries meet a great need, sometimes the food there is not healthy.

Physical Activity

The CDC recommendation for adult physical activity is 30 minutes of moderate activity five times a week or 20 minutes of vigorous activity three times a week, and strength training exercises that work all major muscle groups at least 2 times per week. In the service area, 83.5% of adults do not meet these recommendations. Adults in The Woodlands were the most likely to have met the recommendations (those three ZIP Codes ranged from 81.2% to 81.8% of the population who had not met the recommendations).

Physical Activity Recommendations Not Met, Adults

	ZIP Code	Percent
Cleveland	77328	85.2%
Conroe	77301	85.5%
Conroe	77302	85.5%
Conroe	77303	85.4%
Conroe	77304	84.0%
Conroe	77306	85.7%
Conroe	77384	82.4%
Conroe	77385	84.7%
Houston	77073	84.6%
Houston	77090	83.0%
Magnolia	77354	84.0%
Montgomery	77316	84.2%
Montgomery	77356	85.3%
Spring	77373	83.6%
Spring	77379	82.5%
Spring	77386	83.7%
Spring	77388	83.5%
Spring	77389	82.8%
The Woodlands	77380	81.2%
The Woodlands	77381	81.8%
The Woodlands	77382	81.3%
Tomball	77375	82.4%
Willis	77318	85.0%
Willis	77378	85.4%
Lakeside Hospital Service Area*		83.5%
Montgomery County		83.9%
Texas		83.0%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2017 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

34.7% of adults in the service area were sedentary and did not participate in any leisure-time physical activity in the previous month. Adults in Conroe 77301 (40.4%) were the most likely to report not participating in any leisure-time physical activities, while those in The Woodlands 77382 (29%) were least likely to be sedentary.

Sedentary Adults

	ZIP Code	Percent
Cleveland	77328	38.3%
Conroe	77301	40.4%
Conroe	77302	38.4%

	ZIP Code	Percent
Conroe	77303	38.8%
Conroe	77304	35.6%
Conroe	77306	39.1%
Conroe	77384	31.9%
Conroe	77385	36.4%
Houston	77073	39.1%
Houston	77090	36.0%
Magnolia	77354	34.8%
Montgomery	77316	35.1%
Montgomery	77356	37.4%
Spring	77373	35.3%
Spring	77379	32.2%
Spring	77386	34.5%
Spring	77388	34.4%
Spring	77389	32.9%
The Woodlands	77380	29.8%
The Woodlands	77381	30.5%
The Woodlands	77382	29.0%
Tomball	77375	32.7%
Willis	77318	36.9%
Willis	77378	38.7%
Lakeside Hospital Service Area*		34.7%
Montgomery County		35.1%
Texas		38.1%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2017 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

30.4% of adults in Health Service Region 6 limited their activities for at least 5 of the prior 30 days due to poor mental or physical health, and 14.7% limited them for at least 14 of the prior 30 days.

Limited Activity Due to Poor Health, Days Per Month, Adults

	> = 5 days	> = 14 days
Health Service Region 6	30.4%	14.7%
Texas	26.6%	17.0%

Source for Texas: Texas Department of State Health Services, Texas Behavioral Risk Factor Surveillance System Dashboard, 2018. <http://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

The CDC recommendation for youth physical activity is 60 minutes or more each day. Among Houston youth, 82.6% of high school students did not meet this activity recommendation, which was worse than the 77.1% seen statewide. 31.3% of student

were active for at least 60 minutes on at least 5 of the past 7 days (compared to 41.8% for Texas). 23.2% of Houston’s high school students surveyed indicated there was not one day in the previous week where they got at least an hour of exercise. In all categories, girls were less active than boys.

Physical Activity, 9th - 12th Grade Youth

	Houston	Texas
Active for 60+ minutes, 7 of past 7 days	17.4%	22.9%
Boys	21.8%	29.9%
Girls	13.0%	15.9%
Active for 60+ minutes, at least 5 of past 7 days	31.3%	41.8%
Boys	35.8%	49.5%
Girls	26.8%	34.0%
Active for 60+ minutes, 0 of past 7 days	23.2%	20.1%
Boys	19.3%	18.0%
Girls	27.3%	22.4%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx>

Exercise Opportunities

Proximity to exercise opportunities can increase physical activity in a community. 84% of Montgomery County residents live in close proximity to exercise opportunities.

Adequate Access to Exercise Opportunities, 2010 and 2019 Combined

	Percent
Montgomery County	84%
Texas	81%

Source: County Health Rankings, 2020 ranking, utilizing 2010 and 2019 combined data. <http://www.countyhealthrankings.org>

Community Walkability

WalkScore.com ranks over 2,500 cities in the United States (over 10,000 neighborhoods) with a walk score. The walk score for a location is determined by its access to amenities. Many locations are sampled within each city and an overall score is issued for the walkability of that city (scores for smaller towns, however, may be based on a single location). A higher score indicates an area is more accessible to walking while a lower score indicates a more vehicle-dependent location.

WalkScore.com has established the range of scores as follows:

0-24: Car Dependent (Almost all errands require a car)

25-49: Car Dependent (A few amenities within walking distance)

50-69: Somewhat Walkable (Some amenities within walking distance)

70-89: Very Walkable (Most errands can be accomplished on foot)

90-100: Walker's Paradise (Daily errands do not require a car)

Based on this scoring method, all but one of the ZIP Codes in the service area are classified as “Car Dependent”. The Woodlands 77380 (with a score of 54) qualifies as “Somewhat Walkable”.

Walkability

	ZIP Code	Walk Score
Cleveland	77328	0
Conroe	77301	33
Conroe	77302	0
Conroe	77303	2
Conroe	77304	29
Conroe	77306	3
Conroe	77384	0
Conroe	77385	8
Houston	77073	10
Houston	77090	43
Magnolia	77354	0
Montgomery	77316	0
Montgomery	77356	3
Spring	77373	20
Spring	77379	47
Spring	77386	27
Spring	77388	18
Spring	77389	13
The Woodlands	77380	54
The Woodlands	77381	19
The Woodlands	77382	15
Tomball	77375	0
Willis	77318	5
Willis	77378	0

Source: WalkScore.com, 2021.

Soda Consumption

Houston high school students were less likely to consume soda than students statewide. 28.4% of Houston teens drank no soda in the past week.

Daily Soda Consumption, Past Week, 9th - 12th Grade Youth

	Houston	Texas
Drank soda at least once per day, past 7 days	14.4%	19.5%

Drank soda at least twice per day, past 7 days	8.5%	10.6%
Drank no soda, past 7 days	28.4%	23.6%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx>

Fruit and Vegetable Consumption

13.4% in high school students in Houston said they ate no vegetables, including salads, carrots, potatoes (excluding fried potatoes, chips or fries) or other vegetables, during the 7 days prior to the survey. 8% of Houston students said they ate no fruit and drank no 100% fruit juice (such as orange, apple or grape juice but excluding all fruit-flavored or sweetened drinks) in the 7 days prior to the survey. Cost and access must be considered as factors that may affect fruit and vegetable consumption, not solely personal preference.

Consumed No Vegetables, Fruit or 100% Fruit Juice, Past Week, 9th - 12th Grade Youth

	Houston	Texas
Consumed no vegetables, past 7 days	13.4%	11.5%
Did not consume fruit or 100% fruit juice	8.0%	8.8%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx>

Youth Sexual Behaviors

Among Houston high-school students surveyed in the *Texas Youth Risk Behavior Survey*, 32.7% of 10th graders and 53% of 12th graders have had sex. These rates were lower than the statewide rates of sexual activity. 43.9% of Texas 10th graders who had sex during the prior three months did not use a condom during their last sexual encounter, and 54.4% of 12th graders did not use a condom during their last sexual encounter.

Sexual Behaviors, Youth

	Has had Sex		Did Not Use a Condom During Last Sexual Encounter	
	10 th Grade	12 th Grade	10 th Grade	12 th Grade
Houston	32.7%	53.0%	N/A	53.7%
Texas	38.3%	65.7%	43.9%	54.4%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx> N/A = suppressed due to sample size too small for statistical validity.

Sexually Transmitted Infections

Chlamydia occurred at a rate of 269.9 cases per 100,000 persons in Montgomery County, and the rate of gonorrhea was 60.8 cases per 100,000 persons. Primary and Secondary syphilis occurred at a rate of 3.7 cases per 100,000 persons in Montgomery County. Rates of STIs were lower in Montgomery County than in the state.

Sexually Transmitted Infection Rates, per 100,000 Persons

	Montgomery County	Texas
Chlamydia	269.9	508.2
Gonorrhea	60.8	163.6
Syphilis (primary & secondary)	3.7	8.8

Source: Texas Department of State Health Services, Texas STD Surveillance Report, 2018. <https://www.dshs.texas.gov/hivstd/>

HIV

The rate of newly-diagnosed cases of HIV rose from 2014 to 2019 in Montgomery County, from 6.0 per 100,000 persons in 2014 to 8.9 per 100,000 persons in 2019.

Newly Diagnosed HIV Cases, Annual Count and Rates, per 100,000 Persons

	2014	2015	2016	2017	2018	2019	2019 Rate
Montgomery County	31	41	45	44	51	54	8.9
Texas	4,462	4,551	4,548	4,368	4,419	4,203	14.5

Source: Texas Department of State Health Services, Texas HIV Surveillance Report, 2019 and Interactive Data Dashboard.

<https://www.dshs.texas.gov/hivstd/>

The incidence of HIV (annual new cases) in Montgomery County over five years was 8.2 cases per 100,000 persons. The prevalence of HIV/AIDS (those living with HIV/AIDS regardless of when they might have been diagnosed or infected) was 146.5 cases per 100,000 persons in Montgomery County.

HIV Incidence and HIV/AIDS Prevalence Rates, per 100,000 Persons

	5-Year Average Incidence Rate, 2015-2019	2019 Prevalence
Montgomery County	8.2	146.5
Texas	15.6	337.4

Source: Texas Department of State Health Services, Texas HIV Surveillance Report, 2019 and Interactive Data Dashboard.

<https://www.dshs.texas.gov/hivstd/>

Mental Health

Frequent Mental Distress

Frequent Mental Distress is defined as 14 or more bad mental health days in the last month. In the service area the rate of mental distress among adults was 12.9%. Adults in Conroe 77301 (14.7%) were the most likely to report frequent mental distress while those in The Woodlands 77381 (10.7%) and 77382 (10.8%) were the least likely to report mental distress.

Frequent Mental Distress, Adults

	ZIP Code	Percent
Cleveland	77328	14.0%
Conroe	77301	14.7%
Conroe	77302	14.1%
Conroe	77303	14.3%
Conroe	77304	13.0%
Conroe	77306	14.4%
Conroe	77384	11.3%
Conroe	77385	13.9%
Houston	77073	14.2%
Houston	77090	13.8%
Magnolia	77354	12.9%
Montgomery	77316	12.9%
Montgomery	77356	12.7%
Spring	77373	13.4%
Spring	77379	12.1%
Spring	77386	13.4%
Spring	77388	12.7%
Spring	77389	12.7%
The Woodlands	77380	11.1%
The Woodlands	77381	10.7%
The Woodlands	77382	10.8%
Tomball	77375	12.3%
Willis	77318	12.9%
Willis	77378	14.2%
Lakeside Hospital Service Area*		12.9%
Montgomery County		12.9%
Texas		11.7%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

Youth Mental Health

Among Texas high school students, 38.3% had experienced depression in the previous year, described as 'feeling so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities'.

Depression, Past 12 Months, 9th - 12th Grade Youth

	Percent
Texas	38.3%

Source: Texas Youth Risk Behavior Survey (YRBS), 2019. <http://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/youth-risk-behavior-survey>

19.6% of high school students in Texas said they had considered suicide in the past year, while 10% said they had attempted suicide in the past year.

Considered and Attempted Suicide, Past 12 Months, 9th - 12th Grade Youth

	Seriously Considered Suicide	Attempted Suicide
Texas	18.9%	10.0%

Source: Texas Youth Risk Behavior Survey (YRBS), 2019. <http://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/youth-risk-behavior-survey>

Experiencing physical or sexual violence from someone they were dating during the prior year was a concern for youth beginning in at least the 9th grade, rising by grade level. 9.3% of Houston teens and 8.3% of Texas teens said they were physically hurt on purpose by someone they were dating during the past 12 months.

6.5% of Houston teens and 15.4% of Texas teens said they were forced to do sexual things by someone they were dating during the past 12 months.

Dating Violence, in the Past 12 Months, 9th - 12th Grade Youth

	Physical Dating Violence	Sexual Dating Violence
Houston	9.3%	6.5%
Texas	8.3%	15.4%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. <https://nccd.cdc.gov/youthonline/app/default.aspx>

Community Input – Mental Health

Stakeholder interviews identified the following issues, challenges and barriers related to mental health. Following are their comments summarized and edited for clarity:

- There is a lack of bilingual and bicultural case workers in the county. Sam Houston University used to send bilingual case workers/counselors as part of their community counseling program but the program ended.
- Many members of the Hispanic community or elderly individuals feel a stigma in seeking mental health care.
- Often people experiencing mental health crises end up at the local ED where the

staff is already overwhelmed and might not have the right provider or services readily available.

- There is a need for more providers (counselors, therapists, residential facilities) for all types of mental health problems.
- Shelter space dedicated to people who struggle with mental health issues is lacking in the county.
- The mental health provider community was not equipped to handle the surge in needs associated with COVID.
- People prefer to access telehealth services in order to stay anonymous. Initially it works, but then the patients do not follow up.
- Mental health co-pays are usually not enough to cover the complete cost of services, if it's covered at all.
- There is a lack of time for students and working individuals to access care as most appointments are during class/work times.
- Waiting lists to see a provider for non-emergency situations are 3-4 months long.
- The real question that needs a response is where to send people with mental health needs?
- The minimum wait time for a mental health provider in non-surge times is up a month. It was even worse during COVID.

Substance Use and Misuse

Cigarette Smoking

The Healthy People 2030 objective is for 5% of the population to smoke cigarettes. 15.6% of Montgomery County adults were current smokers in 2018.

Smoking, Adults

	Crude Rate
Montgomery County	15.6%
Texas	*16.0%

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. <https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb>
*Weighted average of Texas county rates.

Vapor products are now the most common nicotine product used by youth. 3.8% of high school students surveyed in Houston smoked cigarettes in the prior 30 days, 3.1% used smokeless tobacco in the prior 30 days, and 11.1% had used vapor products. These rates were lower than the statewide rates of tobacco use.

Tobacco Use, Past 30 Days, 9th - 12th Grade Youth

	Smokes Cigarettes	Used Smokeless Tobacco	Used Vapor Products
Houston	3.8%	3.1%	11.1%
Texas	4.9%	3.4%	18.7%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. <https://nccd.cdc.gov/youthonline/app/default.aspx>

Alcohol Use

Binge drinking is defined as consuming a certain amount of alcohol within a set period of time. For males this is five or more drinks per occasion and for females it is four or more drinks per occasion. Among service area adults, 18.5% reported having engaged in binge drinking in the previous 30 days. Rates of binge drinking were reported to be highest in Spring 77386 (20.2%) and lowest in Montgomery 77356 (16.1%).

Binge Drinking, Past 30 Days, Adults

	ZIP Code	Percent
Cleveland	77328	18.6%
Conroe	77301	18.9%
Conroe	77302	18.5%
Conroe	77303	19.3%
Conroe	77304	17.8%
Conroe	77306	19.0%
Conroe	77384	17.5%

	ZIP Code	Percent
Conroe	77385	19.7%
Houston	77073	18.6%
Houston	77090	18.2%
Magnolia	77354	18.9%
Montgomery	77316	18.3%
Montgomery	77356	16.1%
Spring	77373	18.8%
Spring	77379	17.9%
Spring	77386	20.2%
Spring	77388	17.9%
Spring	77389	19.0%
The Woodlands	77380	19.0%
The Woodlands	77381	17.1%
The Woodlands	77382	18.9%
Tomball	77375	18.8%
Willis	77318	16.8%
Willis	77378	18.8%
Lakeside Hospital Service Area*		18.5%
Montgomery County		18.6%
Texas		17.4%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

Alcohol use among youth increased by age. 28.9% of 12th grade youth in Houston had consumed at least one alcoholic drink on one or more occasions in the past 30 days. Consumption of alcohol was seen in 25.9% of 11th graders, 14.7% of 10th graders and 16% of 9th graders. Rates of reported alcohol use were lower in Houston than in the state.

Alcohol Use, Past 30 Days, Youth

	9th Grade	10th Grade	11th Grade	12th Grade
Houston	16.0%	14.7%	25.9%	28.9%
Texas	16.1%	28.1%	28.6%	39.9%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. <https://nccd.cdc.gov/youthonline/app/default.aspx>

Binge drinking was described in the *Texas Youth Risk Behavior Survey* as four or more alcoholic drinks in a row for female students or five or more drinks in a row for male students, within a couple of hours, on at least one day during the previous month. Extreme binge drinking was described as ten or more alcoholic drinks in a row, within a couple of hours, regardless of gender, on at least one occasion in the prior month.

Reported rates of binge drinking (not extreme) among 10th graders in Houston was 3% and among 12th graders it was 8.8%. Extreme binge drinking among 10th graders in Houston was 1% and among 12th graders it was 2.1%.

Binge Drinking and Extreme Binge Drinking, in Past 30 Days, Youth

	10 th Grade		12 th Grade	
	Binge Drinking	Extreme Binge Drinking	Binge Drinking	Extreme Binge Drinking
Houston	3.0%	1.0%	8.8%	2.1%
Texas	13.6%	4.0%	18.6%	6.6%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx>

Youth Drug Use

40.3% of 12th grade youth, and 30.6% of the 10th grade youth in Houston indicated they had tried marijuana. These rates of marijuana usage were lower than state rates. Rates of marijuana use among 12th grade students in the past 30 days were higher in Houston (25.6%) than in the state (22%).

Marijuana Use, Ever and in Past 30 Days, Youth

	10 th Grade		12 th Grade	
	Ever	Past 30 Days	Ever	Past 30 Days
Houston	30.6%	13.8%	40.3%	25.6%
Texas	31.1%	15.3%	42.2%	22.0%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx>

While Houston youth were less likely to have tried or currently use tobacco or alcohol, or to binge drink, they were more likely than their statewide peers to use marijuana and to have experimented with other drugs. Among Houston 9th – 12th graders, 17.5% have used prescription pain medications obtained without a prescription, 7.6% had used inhalants, 6.8% had tried ecstasy and 6% cocaine.

Other Drug Use, Ever, 9th - 12th Grade Youth

	Houston	Texas
Rx pain meds without a prescription	17.5%	16.6%
Inhalants (glue, aerosol, paints, sprays, etc.)	7.6%	6.3%
Ecstasy	6.8%	4.0%
Cocaine (any form)	6.0%	4.8%
Steroids	4.8%	2.1%
Methamphetamines	4.5%	2.2%

	Houston	Texas
Heroin	3.8%	1.3%
Injected drugs	3.8%	1.2%

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019.
<https://nccd.cdc.gov/youthonline/app/default.aspx>

Community Input – Substance Use

Stakeholder interviews identified the following issues, challenges and barriers related to substance use. Following are their comments summarized and edited for clarity:

- While there is an increase in the use of street drugs like heroin and opioids, the amount of treatment facilities and providers has not kept pace with the demand.
- There are no inpatient treatment facilities for young people.
- Since COVID, there has been an increased dependence on alcohol and drugs to deal with stress and isolation.
- Substance use treatment options are expensive and have to be paid out-of-pocket.
- Many people don't access substance use education because they don't think it is relevant to them.
- Social service providers need to be aware of the community-based services and referrals points beyond their own network.
- The number of drug overdoses skyrocketed during COVID.
- There is a lack of public and private funding to support substance abuse treatment.
- There are a lack services and education for addiction management.
- Only two or three detox hospitals are available in the nearby area.

Preventive Practices

Flu and Pneumonia Vaccines

24.2% of adults in the service area received a flu shot. The service area rate of flu shots fell below the Healthy People 2030 objective for 70% of all adults, 18 and older, to receive a flu shot. Adults in The Woodlands 77381 (28.4%) were the most likely to be vaccinated for the flu, while those in Houston 77090 (21.4%) were least likely to receive a flu shot.

Flu Shots, Adults, Past 12 Months

	ZIP Code	Percent
Cleveland	77328	23.2%
Conroe	77301	21.7%
Conroe	77302	22.9%
Conroe	77303	21.9%
Conroe	77304	25.4%
Conroe	77306	21.9%
Conroe	77384	27.4%
Conroe	77385	21.7%
Houston	77073	19.6%
Houston	77090	21.4%
Magnolia	77354	23.8%
Montgomery	77316	24.5%
Montgomery	77356	26.7%
Spring	77373	22.7%
Spring	77379	26.2%
Spring	77386	22.1%
Spring	77388	25.0%
Spring	77389	25.1%
The Woodlands	77380	26.2%
The Woodlands	77381	28.4%
The Woodlands	77382	25.9%
Tomball	77375	25.3%
Willis	77318	26.0%
Willis	77378	22.2%
Lakeside Hospital Service Area*		24.2%
Montgomery County		24.3%
Texas		26.4%

Source: PolicyMap, utilizing the CDC's Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, <https://commonspirit.policymap.com/tables/> *Weighted average; calculated using 2015-2019 ACS adult population estimates

The state rate of pneumonia vaccination among adults, ages 65 and older, was 71.3%, which was higher than the pneumonia vaccine rate in Health Service Region 6 (70.8%).

Pneumonia Vaccine, Adults, Ages 65 and Older

	Percent
Health Service Region 6	70.8%
Texas	71.3%

Source for Texas: Texas Department of State Health Services, Texas Behavioral Risk Factor Surveillance System Dashboard, 2018. <http://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/behavioral-risk-factor-surveillance-system>

Immunization of Children

Among area school districts, rates of vaccinations among children entering Kindergarten ranged from 94.1% (for Hepatitis A in Conroe ISD) to 98.9% (for Hepatitis B in Cleveland ISD). In the service area, Magnolia and Montgomery ISDs had the lowest overall rates of vaccination for all required vaccines.

Up-to-Date Immunization Rates of Children Entering Kindergarten

	DTaP	Hep A	Hep B	MMR	Polio	Varicella
Cleveland ISD	97.9%	96.3%	98.9%	98.8%	98.1%	97.5%
Conroe ISD	95.4%	94.1%	96.3%	95.7%	95.6%	94.7%
Klein ISD	97.3%	97.6%	97.6%	97.3%	97.4%	97.2%
Magnolia ISD	94.3%	94.5%	95.9%	95.3%	95.7%	94.7%
Montgomery ISD	94.4%	94.5%	95.4%	94.4%	94.7%	94.9%
Spring ISD	95.5%	95.2%	96.7%	95.9%	95.4%	95.1%
Tomball ISD	97.2%	96.9%	96.8%	97.0%	96.9%	96.6%
Willis ISD	96.0%	95.5%	96.6%	96.5%	96.0%	96.1%
Montgomery County	95.4%	94.5%	96.2%	95.8%	95.7%	94.7%
Texas	96.6%	96.4%	97.4%	97.0%	96.8%	96.5%

Source: Texas Department of State Health Services, 2019-2020. <https://www.dshs.texas.gov/immunize/coverage/schools/>

Mammograms

The Healthy People 2030 objective for mammograms is for 77.1% of women, between the ages of 50 and 74, to have a mammogram in the past two years. This translates to a maximum of 22.9% who lack screening. Montgomery County (28.2%) and Texas (28.3%) do not meet this objective.

No Mammogram, Past Two Years, Women, Ages 50-74, Five-Year Average

	Crude Rate
Montgomery County	28.2%
Texas*	28.3%

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. <https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb>

*Weighted average of Texas county rates.

Pap Smears

The Healthy People 2030 objective is for 84.3% of women, ages 21 to 65, to have a Pap smear in the past three years. This equates to a maximum of 15.7% of women who lack screening. Texas (18.2%) and Montgomery County (17%) do not meet this objective.

No Pap Test, Past Three Years, Women, Ages 21-65

	Crude Rate
Montgomery County	17.0%
Texas*	18.2%

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. <https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb>
*Weighted average of Texas county rates.

Colorectal Cancer Screening

The Healthy People 2030 objective for adults, ages 50 to 75, is for 74.4% to obtain colorectal cancer screening (defined as a blood stool test in the past year, sigmoidoscopy in the past five years plus blood test in the past three years, or colonoscopy in the past ten years). 63.2% of Montgomery County residents, ages 50-75, met the colorectal cancer screening guidelines. The county and state did not meet the Healthy People objective.

Screening for Colorectal Cancer, Adults, Ages 50-75

	Crude Rate
Montgomery County	63.2%
Texas*	58.7%

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. <https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb>
*Weighted average of Texas county rates.

Community Input – Preventive Practices

Stakeholder interviews identified the following issues, challenges and barriers related to preventive practices. Following are their comments summarized and edited for clarity:

- Preventive visits don't happen if people lack documentation. They are too afraid of being asked to produce identification, which they don't have.
- There is a general lack of literacy on the importance of prevention.
- 90% of provider services are in English. This doesn't work for community members who speak another language.
- Persons who are undocumented will seek services where they know they don't have to show documents and they know they won't be asked about their legal status (e.g., school districts, certain clinics).
- First and second-generation foreign-born populations carry influences and choices from previous generations, especially if they are living in multigenerational families. This influences their health seeking behavior.

- If people feel mostly healthy, they don't think they need to see a provider.
- Some people rely on folk medicines or community wisdom instead of seeing a medical provider.

Prioritized Description of Significant Health Needs

The identified significant community needs were prioritized with input from the community. Interviews with community stakeholders were used to gather input on the significant needs. The following criteria were used to prioritize the significant needs:

- The perceived severity of a health or community issue as it affects the health and lives of those in the community.
- Improving or worsening of an issue in the community.
- Availability of resources to address the need.
- The level of importance the hospital should place on addressing the issue.

Each of the stakeholder interviewees was sent a link to an electronic survey (SurveyMonkey) in advance of the interview. The stakeholders were asked to rank each identified need. The percentage of responses were noted as those that identified the need as having severe or very severe impact on the community, had worsened over time, and had a shortage or absence of resources available in the community. Not all survey respondents answered every question, therefore, the response percentages were calculated based on respondents only and not on the entire sample size. COVID-19, access to health care and mental health had the highest scores for severe and very severe impact on the community. Mental health and homelessness were the top needs that had worsened over time. Homelessness, access to health care, mental health and substance use had the highest scores for insufficient resources available to address the need.

Significant Health Needs	Severe and Very Severe Impact on the Community	Worsened Over Time	Insufficient or Absent Resources
Access to health care	85.7%	28.6%	85.7%
Birth indicators	28.6%	28.6%	57.1%
Chronic disease	57.2%	28.6%	57.1%
COVID-19	100%	28.6%	57.1%
Homelessness	42.9%	57.1%	100%
Mental health	85.7%	85.7%	85.7%
Overweight and obesity	57.1%	28.6%	57.1%
Preventive practices	71.4%	14.3%	42.9%
Substance use	42.9%	42.9%	85.7%
Unintentional injury	14.3%	0%	28.6%

The interviewees were also asked to prioritize the health needs according to highest level of importance in the community. The total score for each significant need (possible score of 4) was divided by the total number of responses for which data were provided, resulting in an overall score for each significant need. Access to health care, mental

health, birth indicators, chronic disease, and overweight and obesity were ranked as the top five priority needs in the service area. Calculations resulted in the following prioritization of the significant needs:

Significant Needs	Priority Ranking (Total Possible Score of 4)
Access to health care	4.00
Mental health	3.71
Birth indicators	3.50
Chronic disease	3.50
Overweight and obesity	3.50
COVID-19	3.43
Preventive practices	3.33
Homelessness	3.00
Substance use	3.00
Unintentional injuries	2.83

Resources to Address Significant Health Needs

Community stakeholders identified community resources potentially available to address the identified community needs. This is not a comprehensive list of all available resources. For additional resources refer to <https://www.211texas.org/>

Significant Needs	Community Resources
Access to care	FQHCs, Lone Star Family Health Center, Sam Houston Student Health Center, St. Luke's Compassionate Care Clinic for underfunded, Urgent Care, Interfaith clinic, HCA Memorial, Express Family Clinic, United Way, Mission Northeast, Community Assistance Center, Meals on Wheels, St. Vincent de Paul, Texas Familias Council, Good Rx, NAACP, TOMAGWA HealthCare Ministries, local school districts, HCAP, Montgomery County Cares
Birth indicators	Student Health Clinic, Pregnancy Care Centers, Medicaid, UT Maternal Medical Program, CHIP
Chronic diseases	Lone Star Family Health Center, Interfaith Clinic, all major hospitals, Harris Health Clinic, MD Anderson, St Luke's health classes, Community: East County Food Bank, Faith-based organizations, Texas A&M AgriLife Extension classes, Mission Northeast, Interfaith Community Clinic, Texas AIM, County EMS
COVID-19	Sam Houston Medical Center, Lone Star Family Health Center, SOS Magnolia, Mission Northeast, Faith-based communities, Montgomery County Cares, Salvation Army, House of Prayer -Conroe, Lone Star Community College, local school districts, Texas National Guard, Montgomery County Public Health District, Texas AIM
Housing and homelessness	Universal Unitarian Homeless Justice, Salvation Army, Montgomery County Homeless Coalition, homeless shelters, IDD Interfaith Community Clinic, Community Assistance Center, Yes to Youth, Faith-based organizations, Harris County Homeless Outreach Team
Mental health	Tri County Clinic, Lone Star Family Health Center, Montgomery Independent School District, and other independent school districts, Behavioral Health and Suicide Prevention Task Force, Mosaic of Mercy, Mission Northeast, Yes to Youth
Overweight and obesity	Food pantries, YMCA, Texas AgriLife Extension classes, Head Start
Preventative practices	Lone Star Family Health Center(dental), Interfaith Clinic, The Rose, Conroe Independent School District, New Caney Independent School District, Texas Familias Council, H-E-B grocery stores, Behavioral Health and Suicide Prevention Task Force, St. Thomas Medical School-Houston, Texas AIM
Substance use	Lone Star Family Health Center, Tri County Clinic, Behavioral Health and Suicide Prevention Task Force
Unintentional injury	Interfaith Clinic, Transitional care centers, Gateway Baptist (Seniors), Montgomery County Women's Center, Faith-based organizations, EMS

Impact of Actions Taken Since the Preceding CHNA

In 2019, Lakeside Hospital conducted the previous CHNA and significant health needs were identified from issues supported by primary and secondary data sources. The hospital's Implementation Strategy associated with the 2019 CHNA addressed: access to health care and obesity through a commitment of community benefit resources. The following activities were undertaken to address these selected significant health needs since the completion of the 2019 CHNA.

Access to Care

- Administered 105,000 COVID-19 vaccinations in partnership with Montgomery County Office of Emergency Management.
- Provided education for the community regarding services and cultural differences that impact bias and affect treatment.
- Fostered new relationships with primary care providers and health care service providers to assist linking hospital patients to medical homes.
- Participated in 17 community blood drives.
- Donated financial support for heart health.

Obesity

Partnered with schools and provided resources and educational support for nutrition, obesity, and healthy lifestyles among youth.

Attachment 1: Benchmark Comparisons

Where data were available, the service area health and social indicators were compared to the Healthy People 2030 objectives. The **bolded items** are Healthy People 2030 objectives that did not meet established benchmarks; non-bolded items met or exceeded the objectives.

Indicators	Service Area Data	Healthy People 2030 Objectives
High school graduation rate	83.5% - 96.4%	90.7%
Child health insurance rate	91.2%	92.1%
Adult health insurance rate	81.9%	92.1%
Unable to obtain medical care	17.9%	3.3%
Ischemic heart disease deaths	77.6	71.1 per 100,000 persons
Cancer deaths	141.0	122.7 per 100,000 persons
Colon/rectum cancer deaths	13.0	8.9 per 100,000 persons
Lung cancer deaths	37.7	25.1 per 100,000 persons
Female breast cancer deaths	18.1	15.3 per 100,000 persons
Prostate cancer deaths	15.8	16.9 per 100,000 persons
Stroke deaths	37.6	33.4 per 100,000 persons
Unintentional injury deaths	40.0	43.2 per 100,000 persons
Suicides	16.2	12.8 per 100,000 persons
Liver disease (cirrhosis) deaths	10.7	10.9 per 100,000 persons
Homicides	4.3	5.5 per 100,000 persons
Drug-overdose deaths	15.1	20.7 per 100,000 persons
Overdose deaths involving opioids	8.5	13.1 per 100,000 persons
No smoking during pregnancy	96.5%	95.7%
Infant death rate	5.3	5.0 per 1,000 live births
Adult obesity (age range unknown)	34.9%	36.0%, adults ages 20+
High school student obesity	19.5%	15.5%, children & youth, 2 to 19
Adults engaging in binge drinking	18.5%	25.4%
Cigarette smoking by adults	15.6%	5.0%
Pap smears, ages 21-65, screened in the past 3 years	83.0%	84.3%
Mammogram, ages 50-74, screened in the past 2 years	71.8%	77.1%
Colorectal cancer screenings, ages 50-75, screened per guidelines	63.2%	74.4%
Annual adult influenza vaccination	24.2%	70.0%

Attachment 2: Community Stakeholder Interviewees

Community input was obtained from interviews with community stakeholders from community agencies and organizations that represent medically underserved, low-income, and/or minority populations.

Name	Title	Organization
Maria Banos Jordan	President and Founder	Texas Familias Council
Laurie Cantrell	Social Worker	St. Luke's Health - The Woodlands Hospital
Molly Carr	Kitchen Pastor, Executive Chef, The Abundant Harvest	St. Isidore Episcopal
Morgan Clark	Community Paramedicine Case Manager	Montgomery County Hospital District
Kathleen Gilbert	Director, Food Pantry	College of Health Sciences Sam Houston University
Missy Herndon	President and CEO	Interfaith of the Woodlands, Interfaith Community Clinic, Interfaith Child Development Center
Jennifer Landers	Executive Director	Community Assistance Center
Anita Phillips	Director of Clinic Operations	Interfaith of the Woodlands
David Strickland	Market Vice President of Operational Finance	St. Luke's Health - North Houston Market
Alicia Williams	Director	Montgomery County Public Health District

Attachment 3: Community Stakeholder Interview Responses

Community interview participants were asked to name some of the major health issues affecting individuals in the community. Responses have been grouped by category and combined where appropriate.

Access to Care

- Access points to receive medical and social services are far and few between in the rural parts of Montgomery County.
- Both maternal health and mental health services are very hard to find. There is more demand than supply.
- There is a lack of general preventive care including vision and dental care that is covered by insurance or is low-cost/free.
- People can't pay the cash prices for medication if they don't have insurance.
- Reliable public transportation is an issue in Montgomery County. It's only accessible in the metro area. A lot of services including medical providers are not near bus stops, except in the Woodlands.
- Many new arrivals who come to Montgomery County from other areas (mostly Harris County) are not familiar with the system here so they don't know how to access services.
- There is a need for health homes to coordinate care for patients with chronic disease.
- We need more support and services to help victims of human trafficking
- In Montgomery County we have pockets of food insecurity and malnourishment.
- Many people lost their jobs in the last two years, setting off a domino effect of lack of insurance leading to poor health management.
- Patients don't seek and receive preventive care in a timely manner.
- There is a lower vaccination rate in rural parts of the county.

Chronic Diseases

- There are high rates of chronic disease such as cardiovascular disease, diabetes, respiratory issues and associated co-morbidities such as obesity, hyperlipidemia, high blood pressure and hypertension throughout Montgomery County.
- Lymphoma and other cancers are on the rise.
- Lack of management of chronic health conditions is based on unhealthy lifestyles (lack of healthy food and regular exercise).
- We are seeing many seniors with early onset dementia and memory issues, leading to falls and injury.

Social Determinants of Health

Interviewees were asked about the underlying systemic issues/social determinants of health that impacted health and health outcomes in the area. Responses are presented according to the five domains of Social Determinants of Health (Healthy People 2030).

Economic Stability

- Lots of people move from Harris County to Montgomery County where the cost of living is cheaper and they can afford a decent place to live.
- People are dependent on keeping their jobs for health insurance. If they lose their jobs and wages, they cannot afford health care. Many times, you see multiple generations dependent on one or two wage earners.
- The working poor have no savings and often work multiple jobs to make ends meet.
- If the head of household falls ill it has a catastrophic effect on the health and welfare of the family (no money for food or rent).
- Undocumented individuals have the hardest time finding regular employment as they don't have the required identification.

Neighborhood and Physical Environment

- Hwy 45 cuts the county in half. The eastern part is a food desert and has limited transportation options. Hospitals are primarily located on the western side, which is generally more affluent.
- The physical environment is better in Woodlands where there are nice parks and walking paths.
- Transport infrastructure growth is not keeping up with need-especially in small towns and the rural parts of the county. There is not one transportation option that crosses the county.
- Montgomery County has mobile home complexes but they are not considered quality, affordable housing units.
- The regular occurrence of natural disasters like hurricanes (Harvey and Irma) has left extensive damage in the waterways and housing in the rural areas. It takes longer to recover.
- There is not good access to basic services in the eastern part of the county.
- Food security is a big issue in the county. We see many neighborhoods where the closest large grocery store is miles away.
- For some food pantries, people need to show their check stub or ID to get access. Not everyone has that (if they are unemployed or undocumented).
- There are county resources for food for those who lack access but not enough advertising on how to get it/find it/access it.

- Eating healthy food items is expensive. For many families, they have to think of how to stretch their food dollars between paychecks. They will choose canned and processed food because it lasts longer.

Education

- The quality of elementary education and outreach to families depends on where they live. There is a well-developed outreach in the larger school districts in places like the Woodlands, but the smaller school districts need more support.
- The adaptation of school districts and resources do not keep pace with the demographic changes. We see this in the lack of language and social support services.
- Vocational and job training information flows slowly into the community. Most job seekers don't know what resources are available.

Health Care Access

- There is a general lack of health care literacy. That includes knowing how to proactively access health care or where to go when sick. People will wait until there is a health crisis before they access care.
- Many people don't have knowledge or understanding of how insurance works, how to get it or use it, how to read the bills and notices for what is covered and what is not.
- Many providers do not take Medicaid, which is the insurance that many people have.
- Some of the health systems don't take different low-cost insurance plans. Persons who access care do not know they are not covered for services until they receive a bill.
- Not all health systems and providers have linguistic and culturally competent services and providers. This especially impacts Hispanic and African Americans. Further, there is a lack of intercultural awareness.
- Persons who are experiencing homelessness or are lower income individuals feel that doctors/hospitals 'shop them out' because they have more complex medical issues and are a burden on the medical system.
- There is a lack of centralized social services, such as legal assistance, food access or utilities assistance. Often this work is left to churches and community nonprofits.
- There are many pop-up clinics in the county, often in lower income neighborhoods that will see patients for cash payment but they don't give consistent care.
- Many foreign-born persons and undocumented individuals have distrust and fear of the medical system. They fear they will get deported if seeking services.

- Medicines for diabetes and steroids for COPD are two of the most commonly reported expensive medications that people stop taking because they can't afford it.
- There is little to no social support for elderly individuals who fall and are in recovery alone at home.

Social and Community Context

- Many people don't have access to or understand how to use technology to get services.
- Many political offices are not held by people of color even though they are growing in larger numbers in this community.
- Local policy decisions are not representative of changing community demographics.
- There is pandemic misinformation. People don't know who to ask or where to go for trusted science-based information.
- There is institutional racism related to law enforcement actions and who gets food stamps.
- In some communities, there is still a sense of segregation. For example, in some Hispanic neighborhoods, they are traditional barrios or enclaves, which is both good and bad for the community's overall health and integration.
- Young families need food, clothing rent mortgage, legal services. They can't always easily get it due to language or other barriers.
- Those individuals who left Houston 35 years ago, who are still monolingual Spanish speakers, need elder care now.
- There is a delay in service availability in the neediest communities.

Gaps in Accessing Care

Interviewees were asked to identify populations and geographies that were lacking access to regular health care and social services within Harris County. The following groups and areas came up multiple times in the interviews as having the most barriers to access.

Demographic Groups

- Seniors living alone with a lack of transportation
- Vietnamese community in SE Conroe and Spring. There is a language barrier and translators are not available
- Foreign born, undocumented individuals
- Veterans
- Persons living in poverty or who are low-income
- Persons experiencing homelessness

- Hispanic communities
- African American communities
- Patients with untreated mental health issues
- Young males between the ages of 18-30
- Afghan refugees

Under resourced neighborhood and geographic locations

- East County- Hispanic communities
- Rural areas – Willis or North County
- New Caney
- Cleveland
- Central and East Conroe
- Conroe

Impact of COVID-19

Interviewees were asked to reflect on how the pandemic influenced or changed the unmet health-related needs in the community.

- In the last three months of 2020, we saw three times the number of funerals due to COVID compared to the previous 18 months. The amount of stress and grief that people were dealing with was overwhelming.
- We don't have an accurate figure as to how many people died at home or how many homeless persons died.
- There was an increased number of deaths out of hospitals (at home) due to heart attacks or strokes. We don't know how many of these could have been prevented if the patients had sought medical care.
- We saw an increased need for food and use of food pantries by 400% in 2020.
- There was an increased need for financial assistance for rent and utilities among our clients as well as many middle-class families who had never sought help before.
- We could not keep up with emergent needs. We had to constantly adjust our strategies and services.
- Mental health declined because people worried about issues like financial security, paying for health care, how they would make a living, fear of catching COVID and passing it to their families.
- People started using 911 and EMS to get care and checked for COVID at home. They were too scared to come to the hospital for care. This overburdened the system and made it harder to get to real emergencies.
- We saw many high school kids dropping out of school due to psychological and physical struggles with depression, anxiety and lack of support.

- Many residents of Montgomery County live in multigenerational households. These individuals were at higher risk for COVID with essential workers, elderly parents and young children, too young to receive the vaccine, all in the same home.
- COVID amplified the cracks in the community safety net, both in the referral process between organizations and being able to meet people's needs.
- The underlying issues for working poor communities were highlighted.
- Foreign born and poor families struggled without consistent access to the Internet and broadband services.
- People stopped coming for health care visits due to fear of catching COVID.
- FQHCs and small nonprofits were overwhelmed for vaccinations. So many people came and we couldn't vaccinate them all.
- The amount of stress, isolation and addiction reported during COVID was intense. Everyone was struggling.
- A positive change was the shift to video and telehealth. But not everything can be managed through a virtual visit. It did not build trust for those families who already distrusted the medical system.
- Because of COVID, a lot of red tape to get help was removed. We hope this continues so we can get help to those individuals who are undocumented.
- There were a lack of hospital and nursing facility beds due to COVID.
- The capacity of health care workers was drastically lowered due to burnout.