Austin Public Health

2025 Chronic Disease Report

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Executive Summary

Chronic diseases are leading causes of death for people living throughout the United States. The top two leading causes of death, cancer and heart disease, are chronic diseases. In 2020, these two chronic diseases accounted for 38% of all deaths in the United States. People living in Travis County are also affected by these chronic diseases. Like people living in the United States a considerable percentage of the people living in Travis County are affected by these two chronic diseases. In 2020, 40% of people living in Travis County died due to cancer and heart disease. Cancer and heart disease are not the only chronic diseases greatly impacting the population. Stroke, diabetes, and Alzheimer's disease are also leading causes of chronic disease deaths.

This report describes leading chronic diseases impacting the people living in Travis County. The report consists of four main sections: 1) demographic characteristics of the Travis County population, 2) deaths due to leading chronic diseases, 3) risk factors related to chronic diseases, and 4) deaths due to leading chronic diseases among persons 64 years of age or younger. In this report, deaths among people 64 years of age or younger are referred to as premature deaths.

A minor section compares mortality rates for selected chronic diseases with target rates identified in Healthy People 2030. Healthy People 2030 is overseen by the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services.

Awareness and understanding of the burden of chronic diseases and patterns of occurrence is important for addressing the issues contributing to chronic diseases. We hope by reading this report you acquire that awareness and understanding. Together we can achieve the mission of Austin Public Health – *To prevent disease, promote health, and protect the well-being of all.*

Respectfully,

Adrienne Sturrup
Director
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Acknowledgements

This report was prepared by Austin Public Health.

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I. Demographic Characteristics for Travis County Population

In 2020, over 1,200,000 people lived in Travis County. Almost half (47.5%) identified as White, non-Hispanic. Persons identifying as Black, not Hispanic and Asian, not Hispanic, comprised 7.5% and 7.7% of the population, respectively. About one-third (32.6%) identified as Hispanic of any race. Over one-sixth of the population identified as being two or more races reflecting the diverse racial and ethnic composition of the county's population. Table 1 shows the demographic characteristics of the Travis County population.

Table 1. Number of Travis County Residents by Race and Ethnicity, 2020

Race	Ethnicity		Total
	Not Hispanic	Hispanic	
White alone	612,824	96,623	709,447
Black or African American alone	96,270	4,997	101,267
American Indian or Alaska Native alone	2,762	9,701	12,463
Asian alone	99,660	1,378	101,038
Native Hawaiian and Other Pacific Islander alone	774	245	1,019
Some other race alone	6,513	147,886	154,399
Two or more races	50,275	160,280	210,555
Total	869,078	421,110	1,290,188

Data source: 2020 United States Decennial Census

II. Leading Causes of Death: 2011-2020

A total of 55,196 deaths occurred among Travis County residents during 2011-2020. Table 2 shows the leading causes of deaths during 2011-2020 for people living in Travis County. These nine causes accounted for 68% of all deaths. Over 1,000 people die each year of cancer or heart disease. Over 100 people die each year of each of the seven other leading causes.

Chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both. Seven (cancer, heart disease, stroke, Alzheimer's disease, chronic lower respiratory disease, diabetes, and chronic liver disease) of the top nine leading causes of death are chronic diseases.

In Travis County during 2011-2020, two chronic diseases, cancer and heart disease, are the leading causes of deaths. Each year, about 127 people for every 100,000 people die of cancer. A similar number will die of heart disease. The risk or rate of dying due to cancer or heart disease in Travis County is lower compared with the populations of Texas and the United States. Alzheimer's disease is the fifth leading cause of death. Alzheimer's disease accounted for 4% of all deaths.

Table 2. Age-adjusted Mortality Rates for Leading Causes of Death, Travis County, Texas, and the United States, 2011-2020

Cause	Location			
	Travis County		Texas	United States
	Number of deaths	Rate*	Rate*	Rate*
Cancer	11,594	127.0	149.5	156.1
Heart disease	10,381	120.9	169.9	167.2
Accidents	4,870	47.0	38.7	45.4
Stroke	2,764	34.4	41.1	37.3
Alzheimer's disease	2,058	27.7	34.7	28.3
Chronic lower respiratory disease	2,136	26.8	40.2	40.3
Suicide	1,468	12.3	12.7	13.3
Diabetes	1,326	14.7	22.2	21.7
Chronic liver disease and cirrhosis	1,143	10.4	13.8	10.9

*Age-adjusted rate per 100,000 population
Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Additional information on cancer, heart disease, stroke, Alzheimer's disease, chronic lower respiratory disease, diabetes, and chronic liver disease and cirrhosis is provided in subsequent pages of this report.

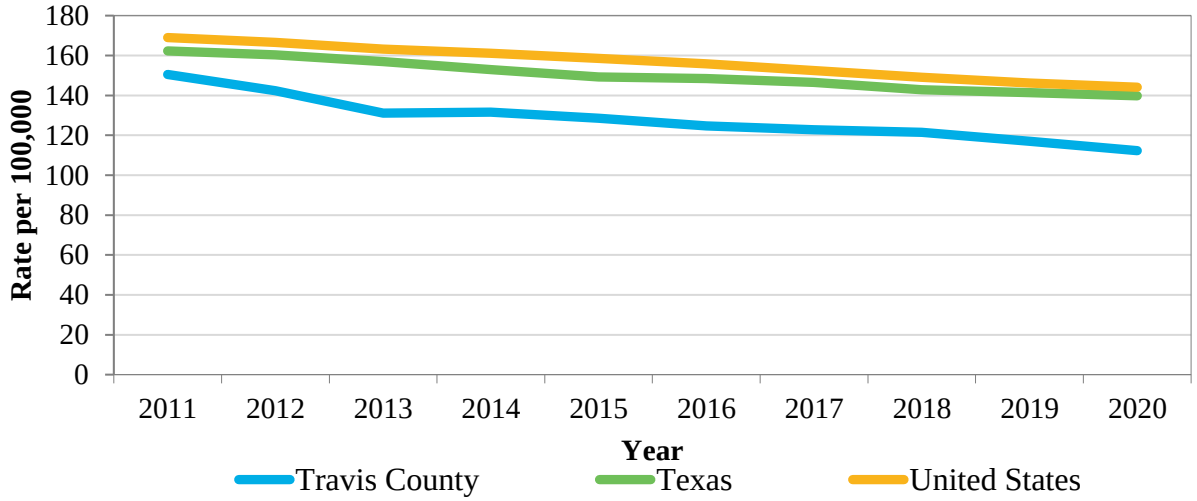
Important Points

- Cancer and heart disease account for 40% of all deaths in Travis County
- Seven of the top nine leading causes of deaths are chronic diseases

Cancer

Cancer occurs when cells in your body grow uncontrollably. Cancer is a leading of death in Travis County, Texas, and the United States. Figure 1 shows age-adjusted all-cancer mortality rates for persons living in Travis County, Texas, and the United States. All-cancer mortality rates have been decreasing over time for each geographic area. Persons living in Travis County have lower all-cancer mortality rates compared with persons living in Texas and the United States. For the Travis County population, all-cancer mortality rates have decreased 25% from 2011 to 2020. The age-adjusted all-cancer mortality rate in 2020 was 112.3 deaths per 100,000 population. This rate is the lowest cancer mortality rate for Travis County since data was available in 1999. In 2020, 1,227 persons living in Travis County died due to cancer.

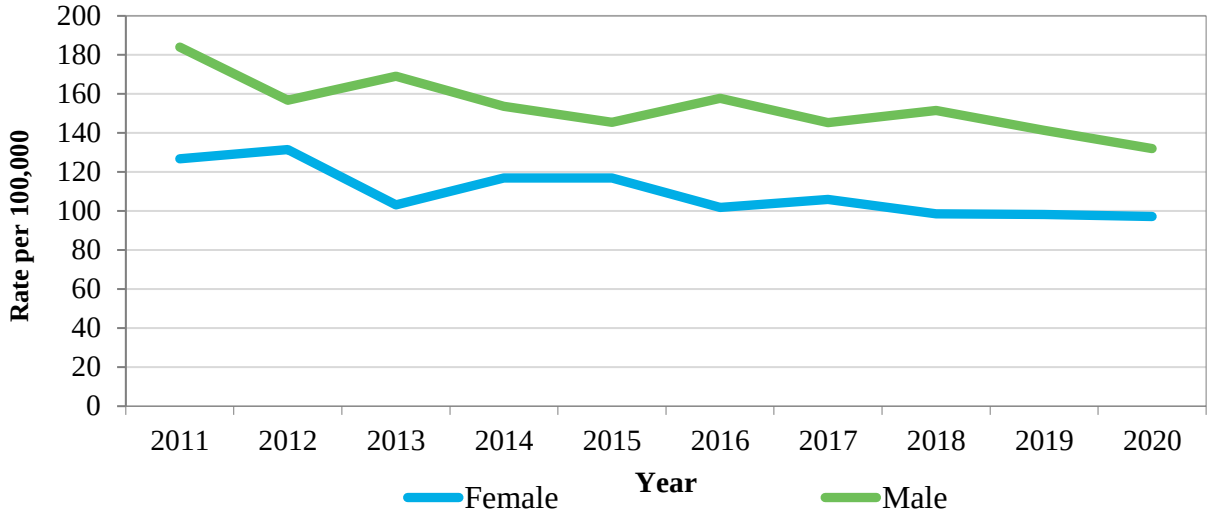
Figure 1. All-Cancer Age-adjusted Mortality Rates, Texas, Travis County, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 2 shows age-adjusted all-cancer mortality rates for females and males living in Travis County. Rates for both have been decreasing over time. Rates for males are higher each year compared with females. In 2020, the rate for males is 26% higher compared with the rate for females.

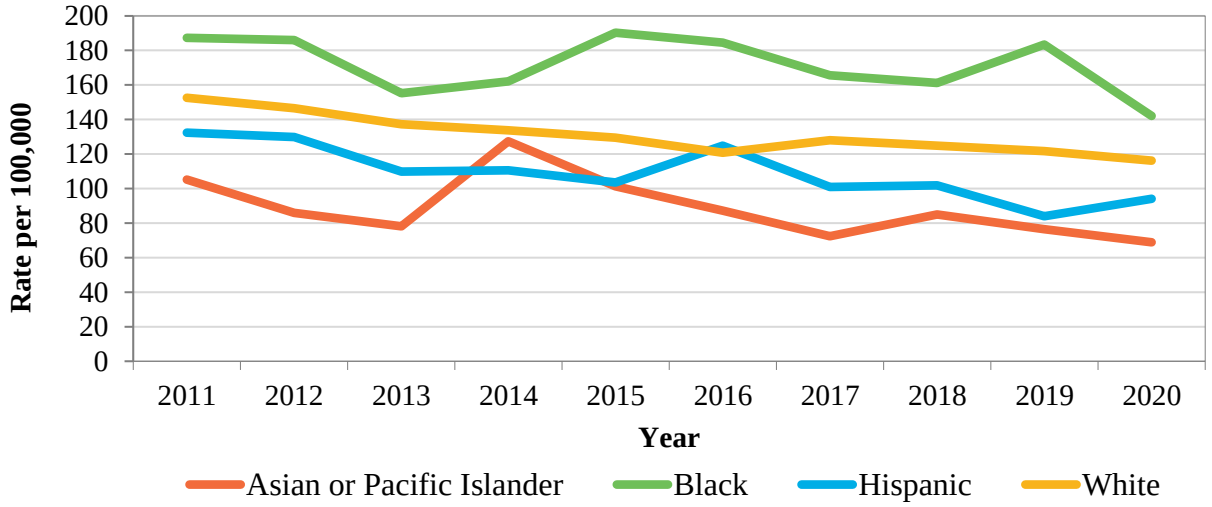
Figure 2. Age-adjusted All-Cancer Mortality Rates by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 3 shows all age-adjusted all-cancer mortality rates by race and ethnicity for people living in Travis County. Rates for each group are basically decreasing over time. For each year Blacks have the higher all-cancer mortality rates compared with Whites, Hispanics, and Asians or Pacific Islanders.

Figure 3. Age-adjusted All Cancer Mortality Rates by Race/Ethnicity, Travis County, 2011-2020

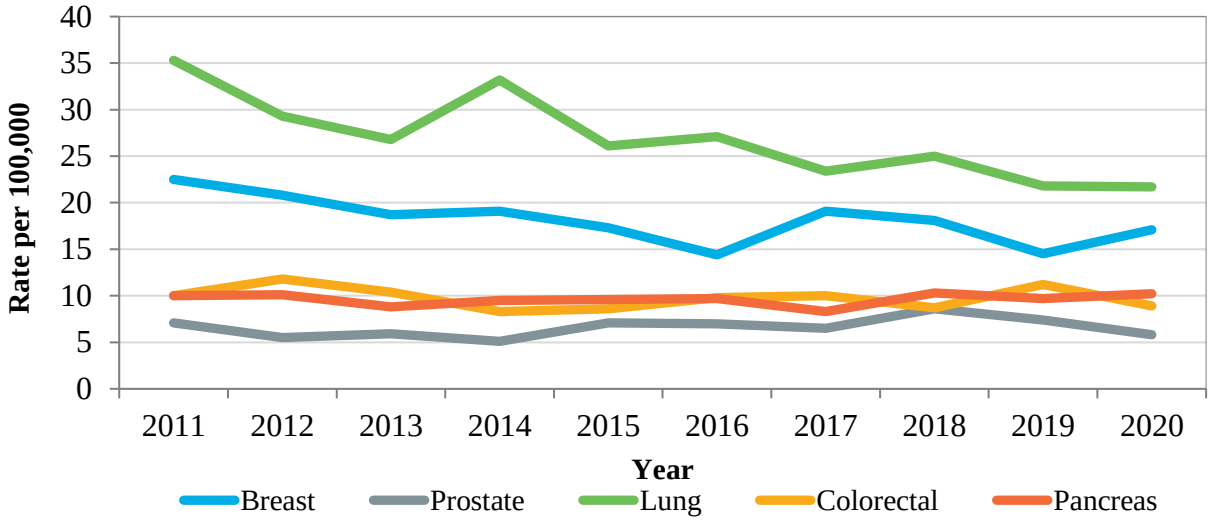


Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

In 2020 five cancers (breast, colorectal, bronchus & lung, pancreas, and prostate) accounted for half of all cancer deaths in Travis County. Bronchus & lung cancer is the leading cause of cancer deaths. In 2020, 235 persons died due to bronchus and lung cancer while 110 persons died due to pancreas cancer, and 106 women died due to breast cancer. Also, 97 died due to colorectal cancer, and 59 men died due to prostate cancer.

Figure 4 show age-adjusted mortality rates for breast, prostate, bronchus and lung, colorectal, and pancreas cancers. Bronchus and lung cancer rates decreased 39% from 2011 to 2020. Breast cancer rates for females decreased 24% during this period. Rates for colorectal and prostate cancers showed minor, less than 20%, decreases.

Figure 4. Age-adjusted Mortality Rates for Selected Cancers, Travis County, 2011-2020.



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

- All-cancer mortality rates are decreasing
- Blacks are more likely to die due to cancer than Whites, Hispanics, and Asian/Pacific Islanders
- Males are more like to die due to cancer than females
- Bronchus and lung cancer is the leading cause of cancer deaths

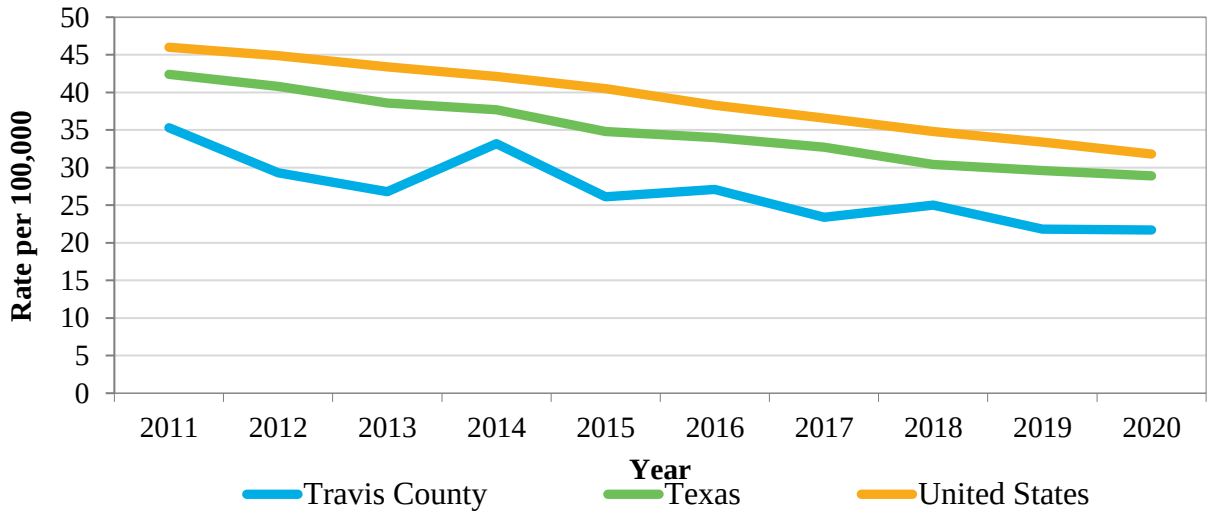
Brief descriptions of populations impacted by three cancers (bronchus and lung, breast, and colorectal) are provided below.

Bronchus and Lung Cancer

Bronchus and lung cancer are the leading causes of cancer deaths. Tobacco smoking is the leading cause of bronchus and lung cancer. In 2020, 19% to 23% of all cancer deaths in Travis County, Texas, and the United States were due to bronchus and lung cancer. During 2011-2020, 2,363 Travis County residents died due to bronchus and lung cancer.

Figure 5 shows age-adjusted bronchus and lung cancer mortality rates for Travis County, Texas, and the United States. Age-adjusted bronchus and lung cancer mortality rates have decreased over time. From 2011 to 2020 rates in Travis County have decreased 39%. In 2000 the bronchus and lung cancer mortality rate in Travis County was 50.6 deaths per 100,000 population. Twenty years later, in 2020, the rate was 21.7 deaths per 100,000 population, a 57% decrease.

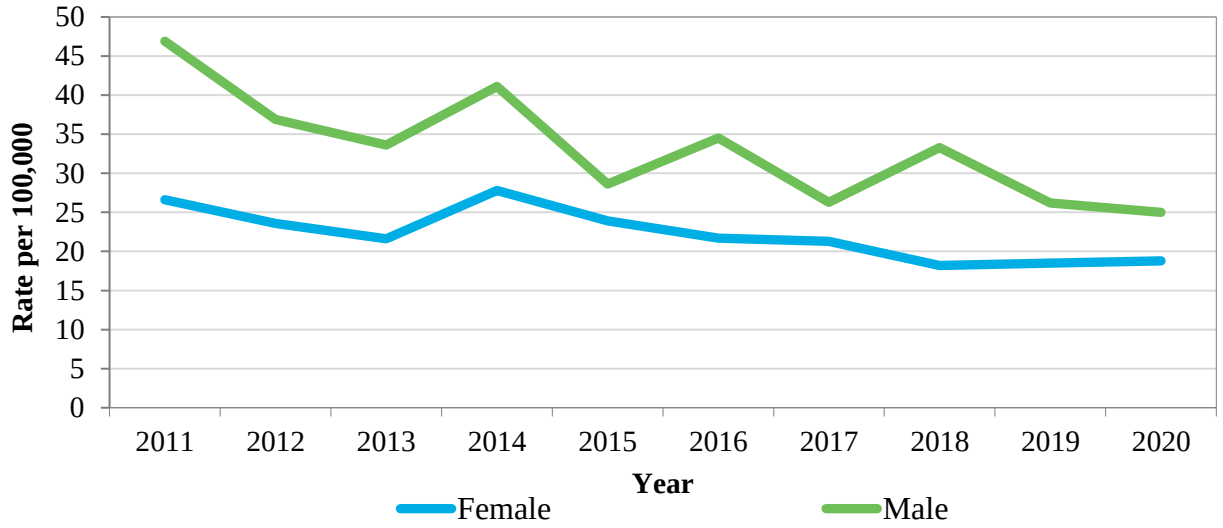
Figure 5. Age-adjusted Bronchus and Lung Cancer Mortality Rates, Texas, Travis County, United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 6 shows age-adjusted bronchus and lung cancer mortality rates by sex for Travis County. For each year, mortality rates are higher for males compared with females. Rates for males and females have both decreased over time. For males, mortality rates from 2011 to 2020 have decreased 47%. Rates have decreased 29% for females.

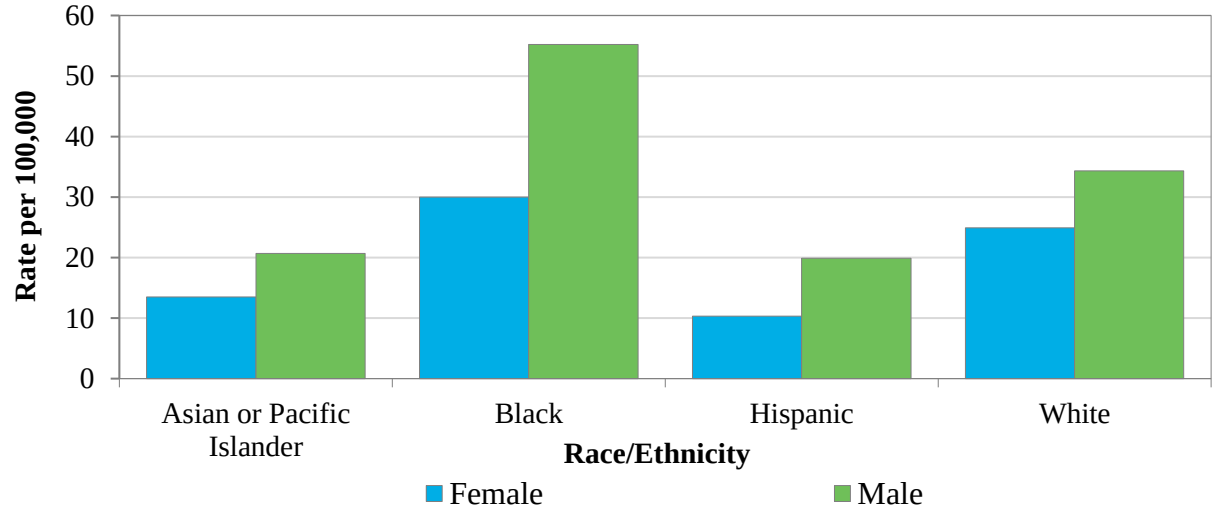
Figure 6. Age-adjusted Bronchus and Lung Cancer Mortality Rates per 100,000 Population by Sex, Travis County, 2011-2020.



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 7 shows age-adjusted lung cancer mortality rates by race and ethnicity and sex for people living in Travis County. For each sex, Blacks living in Travis County had the highest risk of dying due to bronchus and lung cancer. Whites have the second highest risk. For each race and ethnicity, males have a high risk of dying due to bronchus and lung cancer compared with females.

Figure 7. Age-adjusted Bronchus and Lung Cancer Mortality Rates by Race/Ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

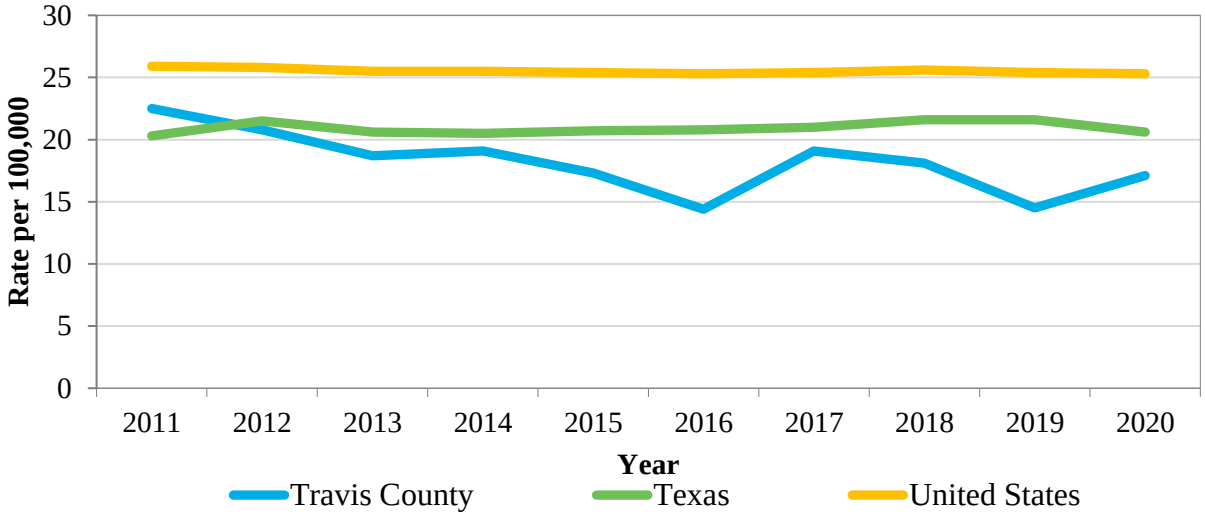
- Bronchus and lung cancer mortality rates are decreasing for males and females
- Males have a higher risk of dying due to bronchus and lung cancer than females
- Black males have the highest risk of dying due to bronchus and lung cancer

Breast Cancer in Females

For females, breast cancer is the second leading cause of cancer deaths after bronchus and lung cancer. During 2011-2020, 946 Travis County females died due to breast cancer. Figure 8 shows age-adjusted mortality rates for females in Travis County, Texas, and the United States. From 2011 to 2020 rates for Travis County females have decreased 24%. Rates for females living in Texas and the United States have generally remained unchanged.

In 2000 the age-adjusted female mortality rate for breast cancer for women in Travis County was 26.2 deaths per 100,000 population. Twenty years later, in 2020, the rate was 17.1, a 35% decrease.

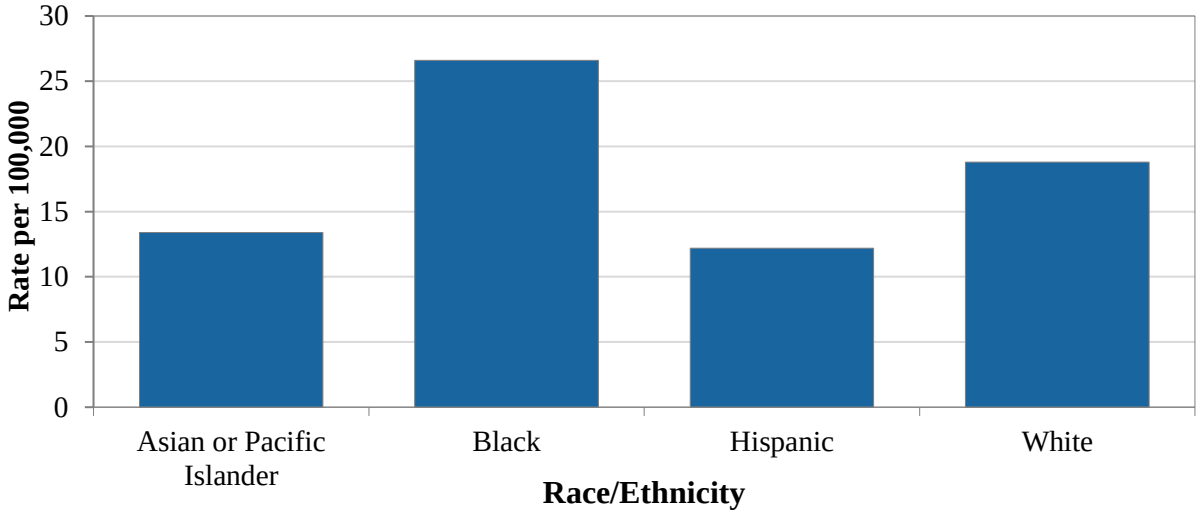
Figure 8. Age-adjusted Mortality Rates for Breast Cancer in Females, Travis County, Texas, and the United States, 2011-2022



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 9 shows the age-adjusted breast cancer mortality rates for females by race and ethnicity in Travis County. Breast cancer mortality rates are highest for Black females.

Figure 9. Female Breast Cancer Age-adjusted Mortality Rates, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

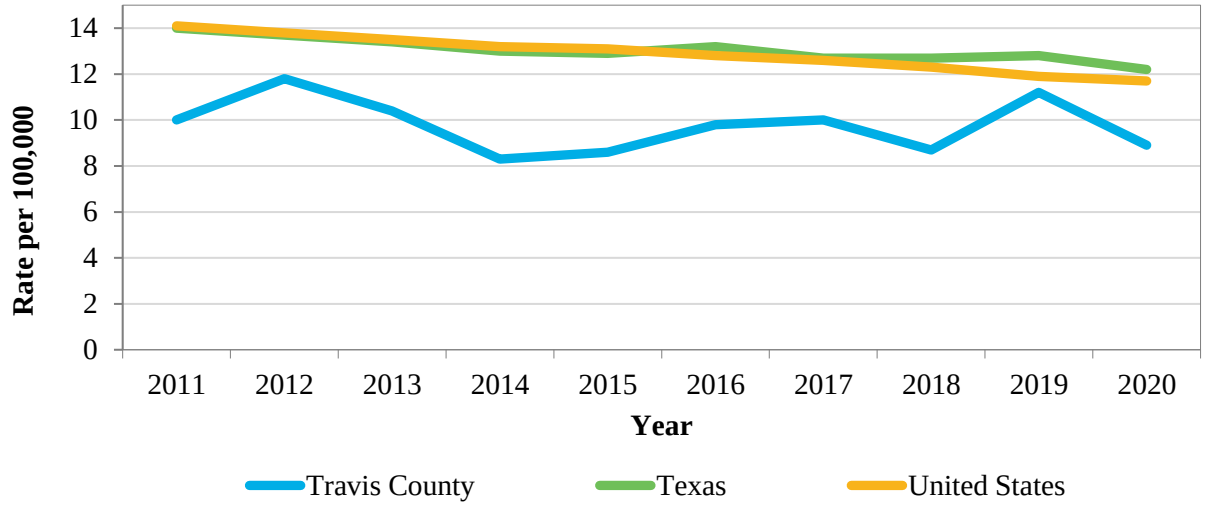
Important Points

- Breast cancer mortality rates for women in Travis County are decreasing
- Black females have the highest risk of dying due to breast cancer

Colorectal Cancer

Generally, about 90 Travis County residents die annually due to colorectal cancer. Figure 10 shows age-adjusted colorectal cancer mortality rates for Travis County, Texas, and United States. A trend of decreasing colorectal morality rates for Texas and the United States is evident. A trend of decreasing rates is not clearly apparent for Travis County. However, since 2000 the age-adjusted colorectal cancer mortality rate for Travis County has decreased from 17.0 deaths per 100,000 population to 8.9, a 48% decrease.

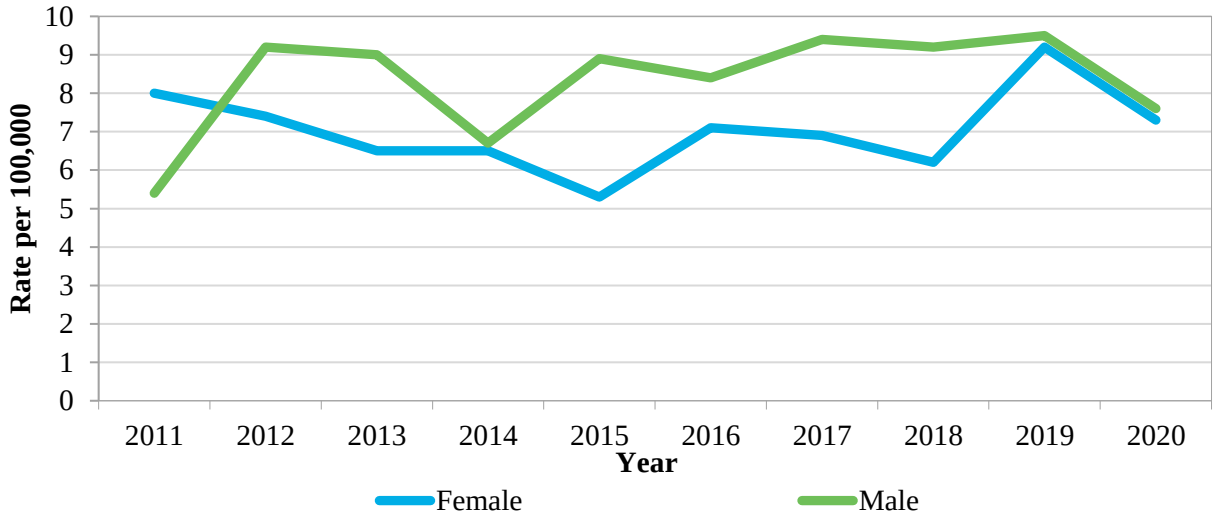
Figure 10. Age-adjusted Colorectal Cancer Mortality Rates per 100,000 Population, Travis County, Texas, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 11 shows age-adjusted colorectal cancer mortality rates by sex for Travis County. Generally, mortality rates are higher for males compared with females. However, mortality rates in 2019 and 2020 for females and males were similar.

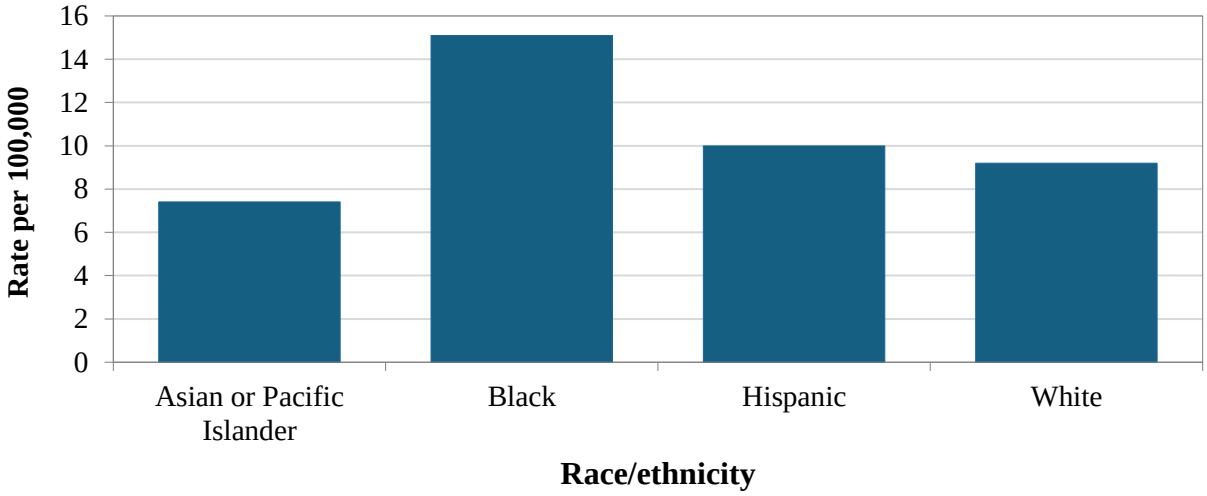
Figure 11. Age-adjusted Colorectal Cancer Mortality Rates per 100,000 Population by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 12 shows age-adjusted colorectal cancer mortality rates by race and ethnicity for Travis County. Blacks have the highest mortality rate. The rate is 39% higher compared with Whites.

Figure 12. Age-adjusted Colorectal Cancer Mortality Rates per 100,000 Population by Race/ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

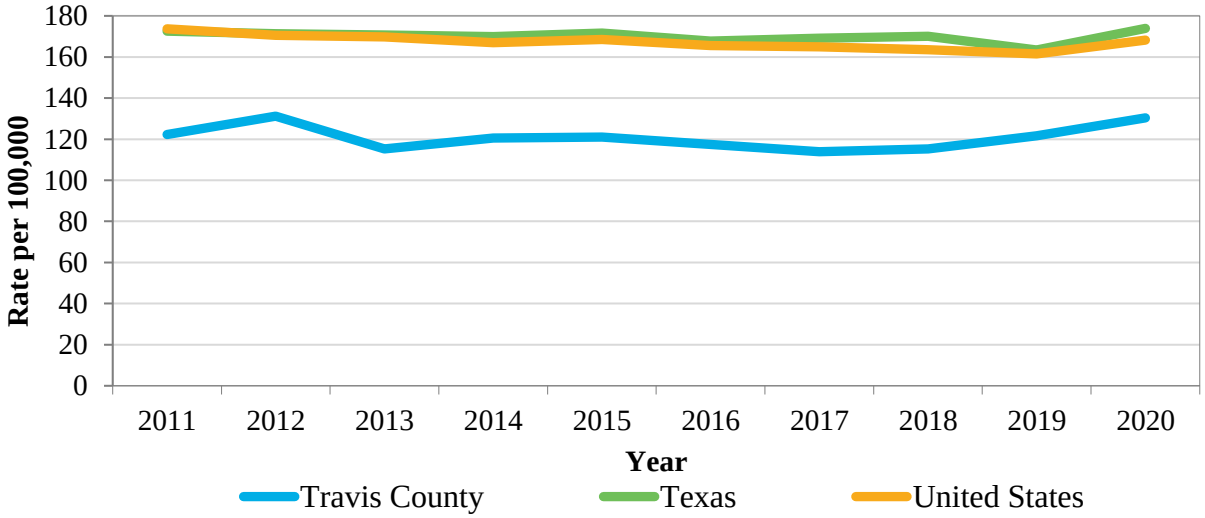
- Each year, about 90 people living in Travis County die due to colorectal cancer
- Blacks have the highest risk of dying due to colorectal cancer

Heart Disease

Heart disease includes acute and chronic conditions such as cardiac arrest, congestive heart failure, pulmonary embolism, and myocardial infarction. High blood pressure, being overweight, physical inactivity, and smoking are some risk factors for heart disease. Heart disease is the second leading cause of death for persons in Travis County.

During 2011-2020, 10,381 people in Travis County died due to heart disease. Figure 13 shows heart disease age-adjusted mortality rates for Travis County, Texas, and the United States. For each year, rates are lower for Travis County compared with Texas and the United States. Over the ten years the risk of dying in Travis County due to heart disease has basically remained unchanged.

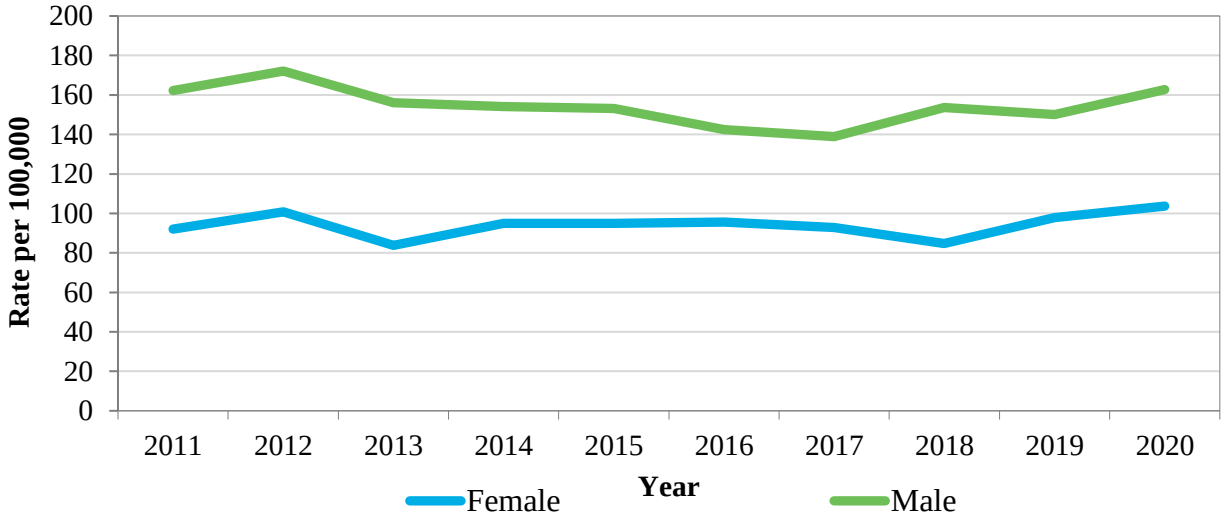
Figure 13. Heart Disease Age-adjusted Mortality Rates per 100,000 Population, Texas, Travis County, United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 14 show heart disease age-adjusted mortality rates by sex for Travis County. For each year mortality rates are higher for males compared with females. No trend of increasing or decreasing rates is obvious for both males and females. In 2020 the mortality rate for males is 57% higher compared with females.

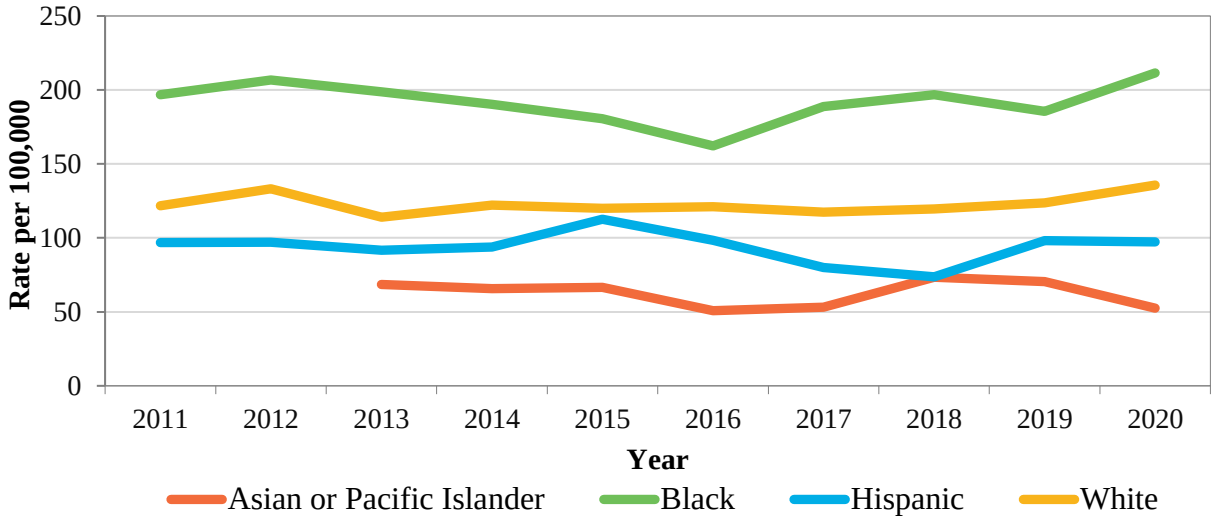
Figure 14. Heart Disease Age-adjusted Mortality Rates per 100,000 Population by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 15 shows heart disease mortality rates by race and ethnicity for Travis County. Rates for Asians for 2011 through 2012 are not available due to low number of deaths. Generally, mortality rates for each demographic group show no change over time. For each year rates are highest for Blacks.

Figure 15. Heart Disease Age-adjusted Mortality Rates by Race/ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Table 3 shows the number of emergency department visits, hospital admissions, and deaths due to heart disease for 2018–2022. During this five-year period, over 35,000 persons were hospitalized and over 6,000 persons died due to heart disease. Every day 19 people are admitted to the hospital and three people die due to heart disease.

Table 3. Number of Heart Disease Related Emergency Department Visits, Hospital Admissions, and Deaths, Travis County, 2018-2022.

Year	Emergency Department Visits	Hospital Admissions	Deaths
2018	3,070	7,078	1,092
2019	3,199	7,362	1,189
2020	2,816	6,333	1,320
2021	3,317	7,023	1,317
2022	3,723	7,523	1,332
Total	16,125	35,319	6,250

Data source: Texas Department of State Health Services, Texas Health Care Information Collection and Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

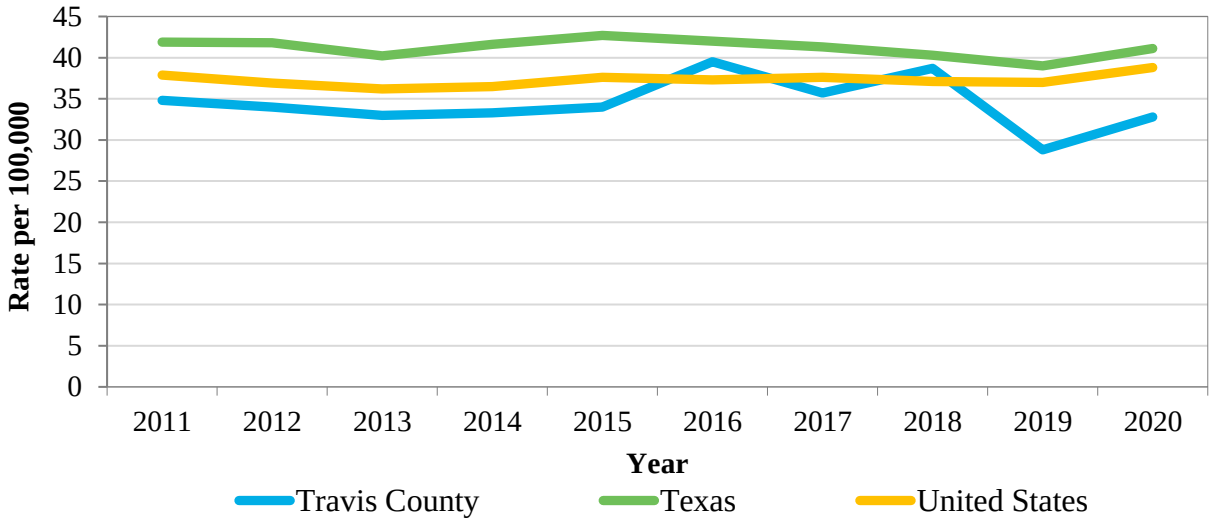
- Heart disease mortality is not decreasing
- Blacks have the highest heart disease mortality rates
- Daily 19 people in Travis County are admitted to a hospital for heart disease

Stroke

People experience a stroke when blood flow to the brain is restricted by a blood clot or by a ruptured blood vessel. Stroke is the fourth leading cause of death in Travis County. Many factors contribute to increased risk of stroke. Some of these factors include being overweight, smoking, physical inactivity, and high blood pressure.

During 2011-2020, 2,764 persons died due to stroke in Travis County or about 5 people each week. Stroke age-adjusted mortality rates for Travis County, Texas, and the United States are shown in Figure 16. Generally, rates are lowest for Travis County compared with Texas and the United States.

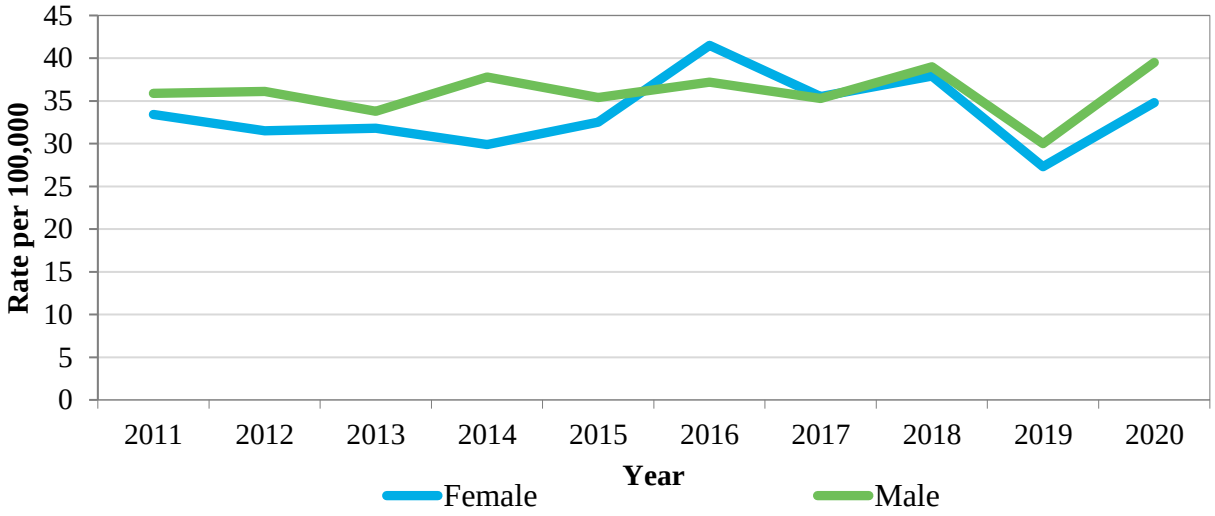
Figure 16. Stroke Age-adjusted Mortality Rates per 100,000 Population, Texas, Travis County, United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Stroke age-adjusted mortality rates for females and males in Travis County are shown in Figure 17. Mortality rates are similar for females and males. From 2011 to 2020 mortality rates for females and males show a 4%-10% increase.

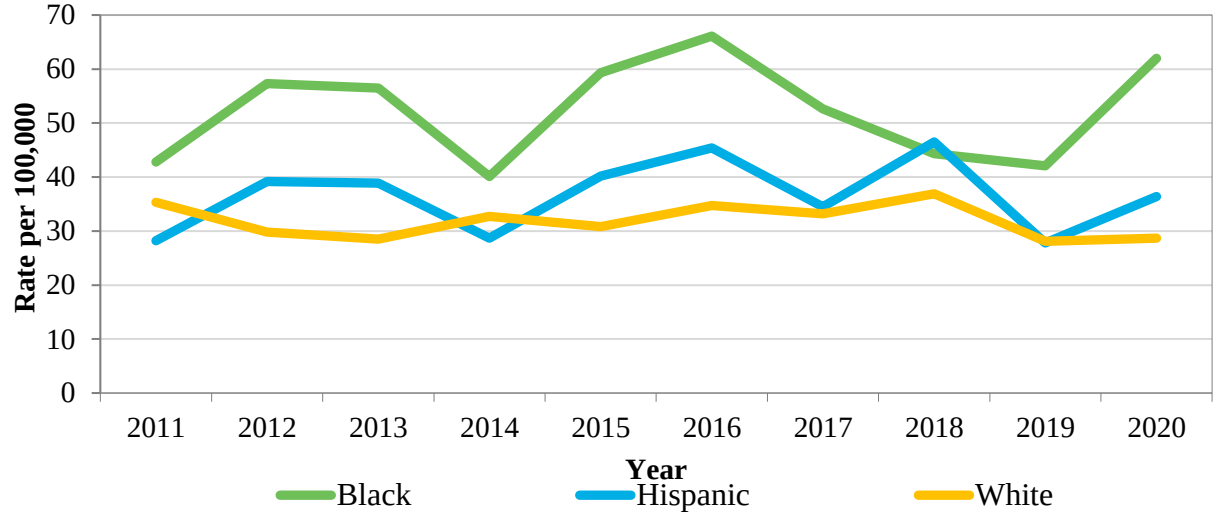
Figure 17. Stroke Age-adjusted Mortality Rates per 100,000 Population by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Stroke age-adjusted mortality rates by race and ethnicity for Travis County are shown in Figure 18. Rates for Asians or Pacific Islanders are not available or are unreliable due to low number of deaths. Generally, rates are higher for Blacks compared with Hispanics and Whites. In 2020, the mortality rate for Blacks was twice the rate for Whites.

Figure 18. Stroke Age-adjusted Mortality Rates per 100,000 Population by Race and Ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

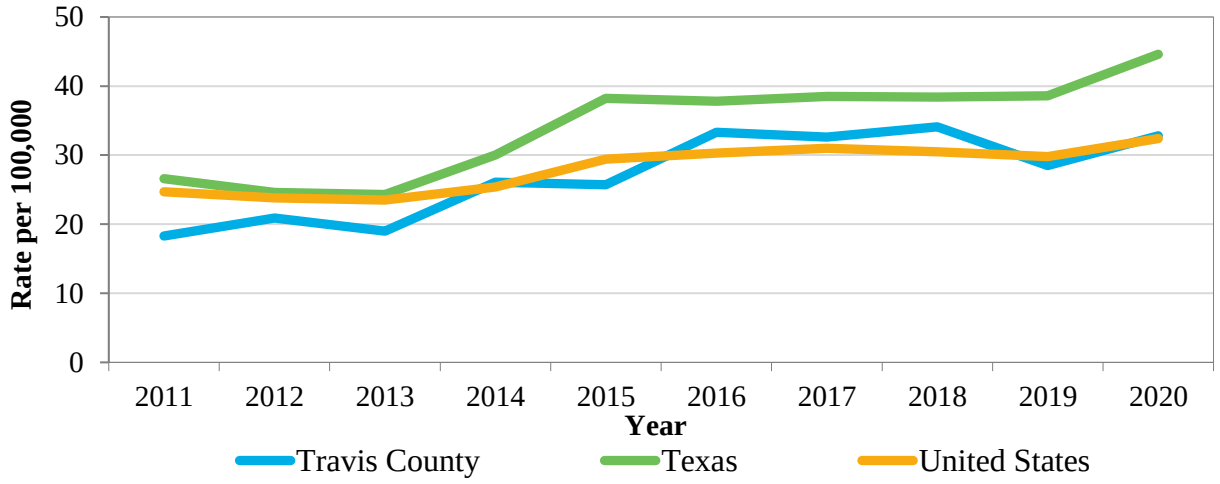
Important Points

- Blacks have the highest mortality rate
- Stroke mortality rates are similar for females and males

Alzheimer's Disease

Alzheimer's disease is a disease of the brain characterized by memory loss and changes in behavior and personality. During 2011 through 2020, over one million people in the United States died due to Alzheimer's disease. During this same ten-year period 2,058 Travis County residents died due to Alzheimer's disease. Age-adjusted mortality rates for Alzheimer's disease for Travis County, Texas, and the United States are shown in Figure 19. Since 2011 mortality rates have been increasing for each geographic area. For Travis County, rates increased 79% from 2011 to 2020.

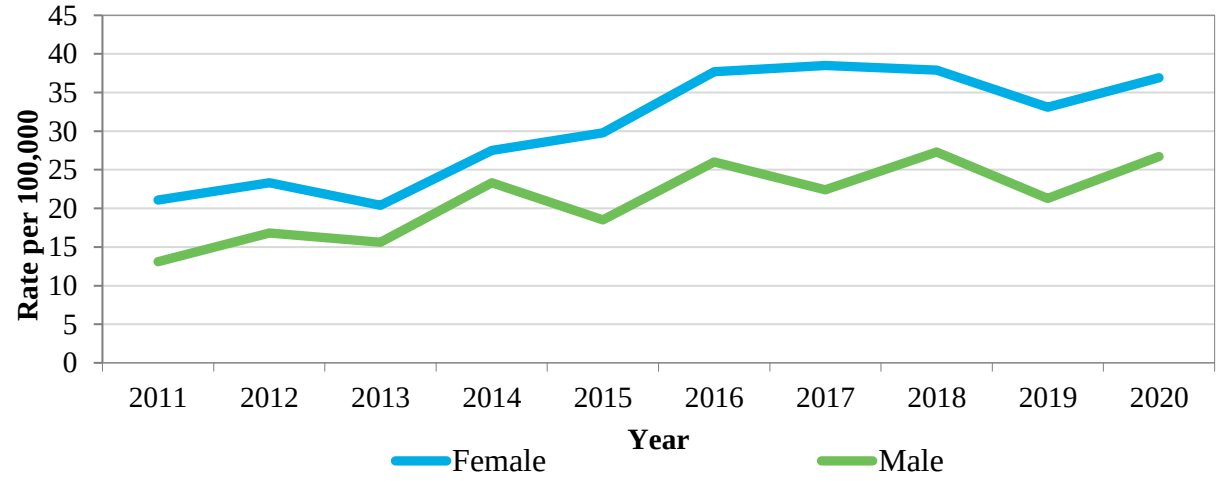
Figure 19. Alzheimer's Disease Age-adjusted Mortality Rates, Texas, Travis County, and United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

In Travis County, most, 70%, of Alzheimer's disease deaths were females. Figure 20 shows age-adjusted Alzheimer's disease by sex for Travis County. For each year age-adjusted mortality rates are higher for females compared with males.

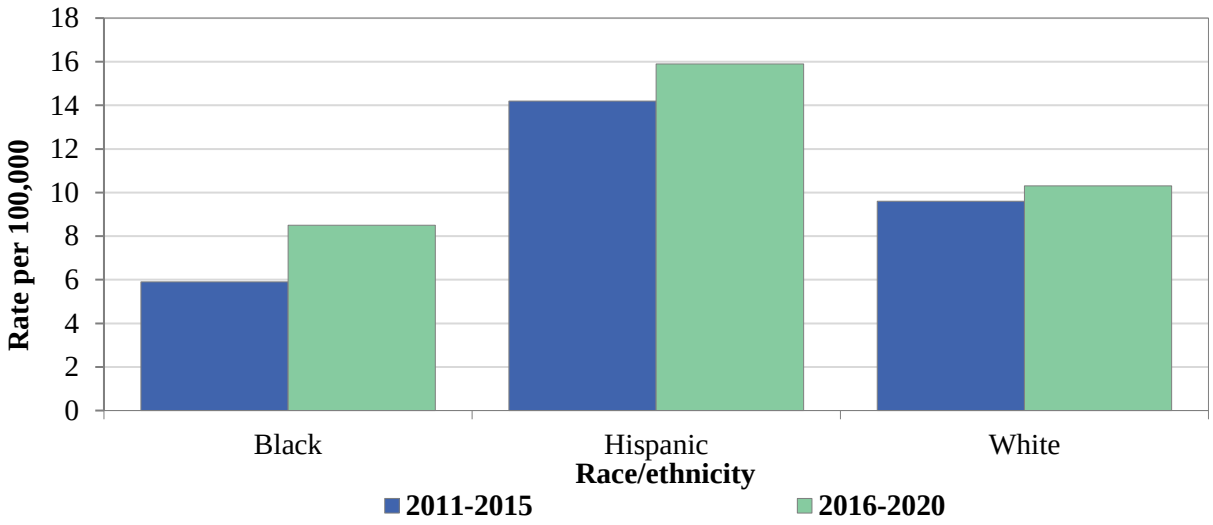
Figure 20. Alzheimer's Disease Age-adjusted Mortality Rates by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 21 compares Alzheimer's disease mortality rates by race and ethnicity for the time periods, 2011-2015 and 2016-2020. Mortality rates increased from 2011-2015 to 2016-2020 for each group. For each time period, Hispanics had the highest mortality rates. Rates for Asian or Pacific Islander were not available due to a low number of deaths.

Figure 21. Alzheimer's Disease Age-adjusted Mortality Rates per 100,000 Population by Race/Ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

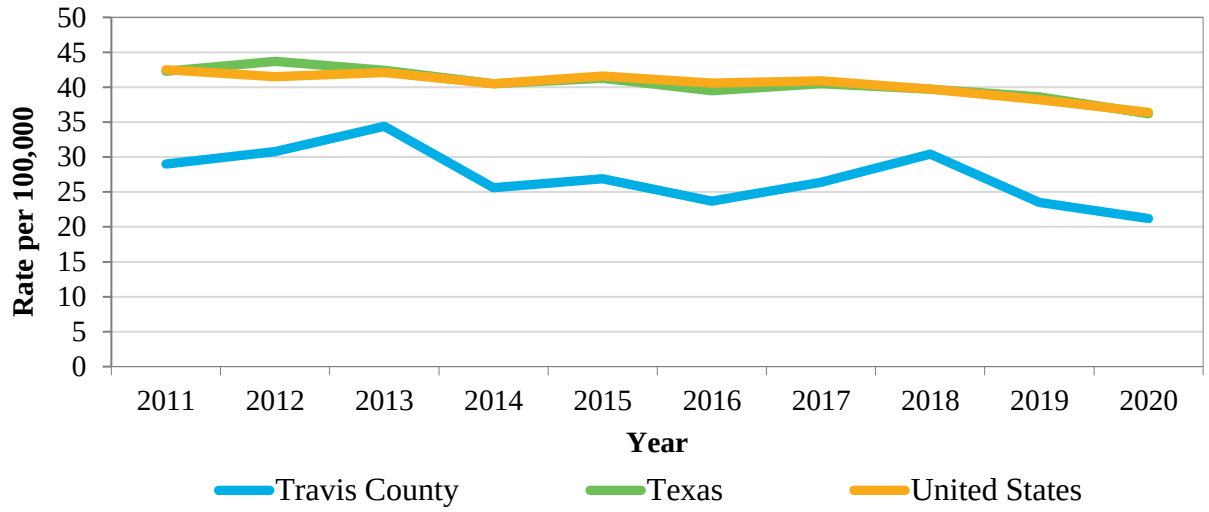
- Alzheimer's disease mortality rates are increasing
- 70% of people dying due to Alzheimer's disease are females
- Hispanics have the highest Alzheimer's disease mortality rate

Chronic Lower Respiratory Disease

Chronic lower respiratory disease is a group of illnesses that impact the lungs and airways. The illnesses include chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, and asthma. Smoking is the major risk factor for these illnesses.

During 2011-2020, 2,136 persons living in Travis County died due to chronic lower respiratory disease. Figure 22 show age-adjusted mortality rates for chronic lower respiratory disease for Travis County, Texas, and the United States. Mortality rates have been decreasing over time. The mortality rate for chronic lower respiratory disease is lower for people living in Travis County.

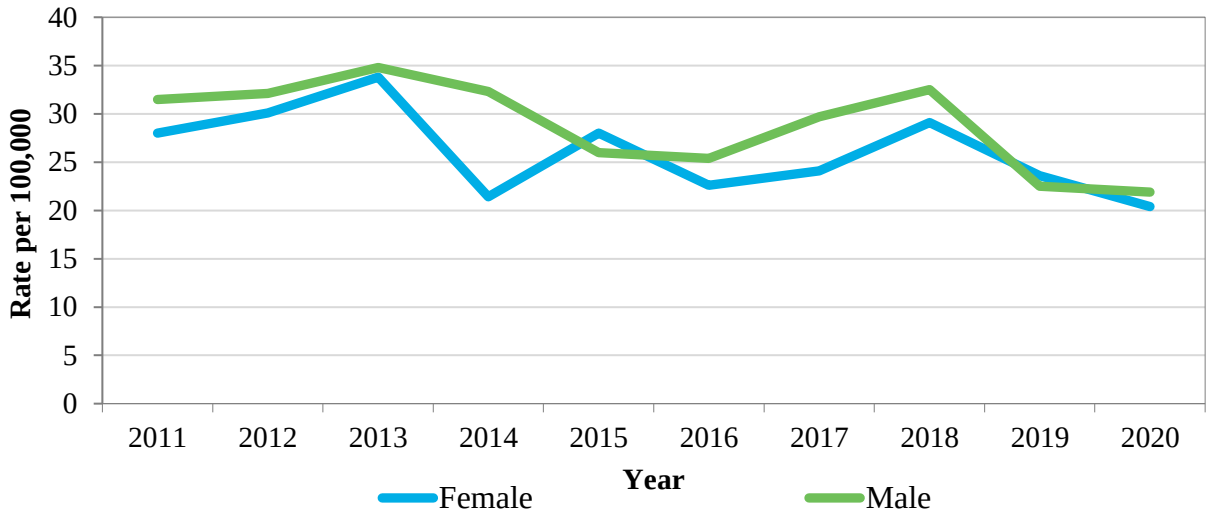
Figure 22. Age-adjusted Chronic Lower Respiratory Disease Mortality Rates, Texas, Travis County and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 23 shows age-adjusted mortality rates for chronic lower respiratory disease by sex for persons living in Travis County. Rates are similar for females and males. Generally, rates have been decreasing over time for females and males.

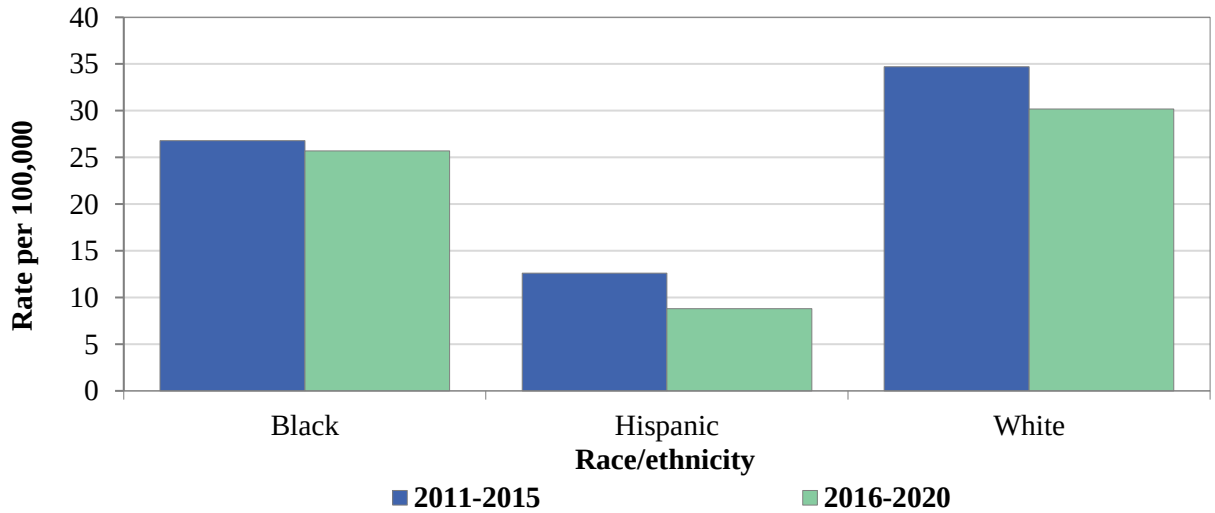
Figure 23. Age-adjusted Chronic Lower Respiratory Disease Mortality Rates by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 24 shows mortality rates for chronic lower respiratory disease by race and ethnicity for 2011-2015 compared with 2016-2020. Rates have decreased for each demographic group. Rates for Hispanics decreased 30% while rates for Blacks decreased 4%. Rates for Asian/Pacific Islander are not available due to low number of deaths.

Figure 24. Age-adjusted Chronic Lower Respiratory Disease Mortality Rates by Race/Ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

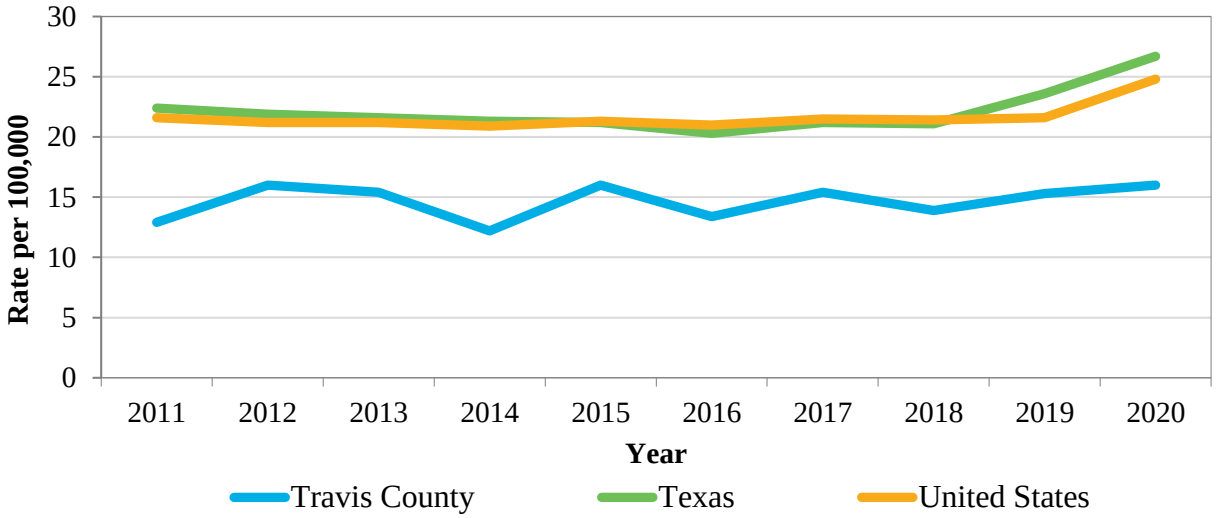
- The risk of dying due to chronic lower respiratory disease is decreasing for females and males
- Whites have higher mortality rates compared with Blacks and Hispanics

Diabetes

Diabetes is a disease related to insulin made by a person's pancreas. Insulin helps body cells use sugars in the bloodstream. Diabetes occurs when the pancreas doesn't make enough insulin, or a body cannot adequately use insulin. Many factors such as physical inactivity, being overweight, and an unhealthy diet increase the risk for developing diabetes.

From 2011-2020, 1,326 people living in Travis County died due to diabetes, or about two persons each week. Figure 25 shows age-adjusted diabetes mortality rates for Travis County, Texas. and the United States. Since 2011, mortality rates have slightly increased for each population. Rates have increased 24% in Travis County. Mortality rates in Travis County are lower compared with Texas and the United States.

Figure 25. Age-adjusted Diabetes Mortality Rates, Texas, Travis County, United States, 2011-2020

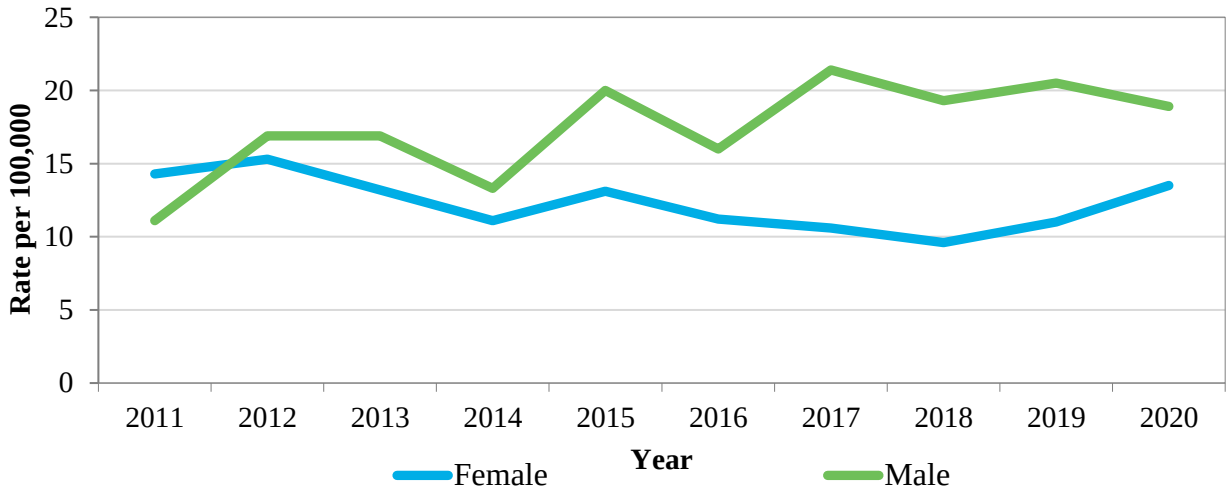


Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 26 shows age-adjusted diabetes mortality rates by sex for Travis County. Since 2012, mortality rates have been higher for males compared with females. Generally, mortality rates for

males have been increasing while rates for females have been decreasing during most of the years.

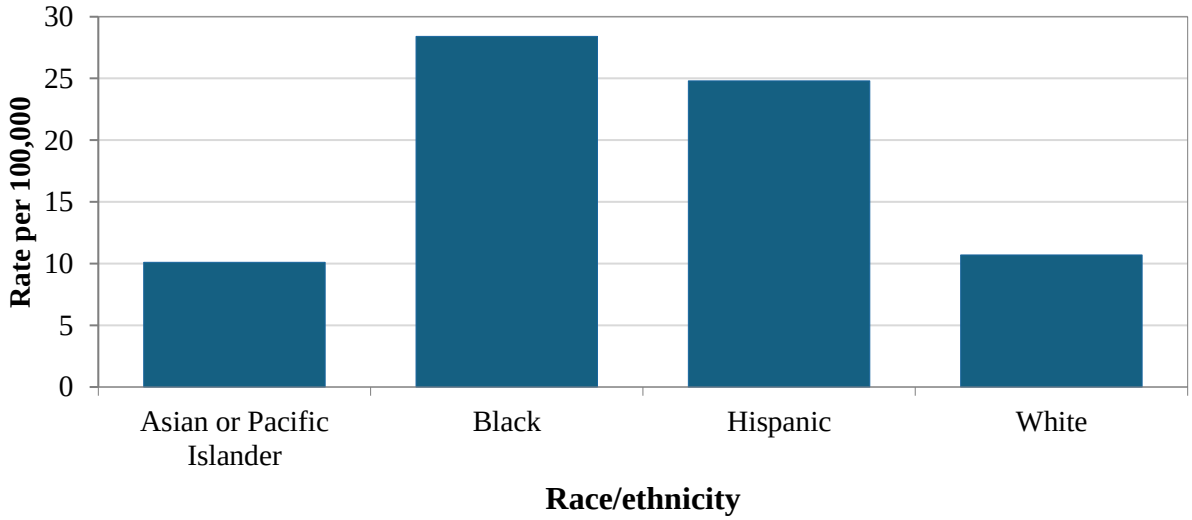
Figure 26. Age-adjusted Diabetes Mortality Rates by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 27 show diabetes age-adjusted mortality rates by race and ethnicity for Travis County for 2011-2020. Rates for Blacks and Hispanics are over two times higher compared with Asians or Whites.

Figure 27. Diabetes Age-adjusted Mortality Rates by Race and Ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Table 4 shows the numbers of emergency department visits and hospital admissions and the number of deaths due to diabetes. Annually, about 2,400 people visit an emergency department with complications related to diabetes and 2,000 people are admitted to the hospital.

Table 4. Diabetes Related Emergency Department Visits, Hospital Admissions, and Deaths, Travis County, 2018-2022

Year	Emergency Department Visits	Hospital Admissions	Deaths
2018	2,549	1,968	141
2019	2,609	2,113	159
2020	2,161	1,797	179
2021	2,319	1,992	178
2022	2,544	2,017	126
Total	12,182	9,887	783

Data source: Texas Department of State Health Services, Texas Health Care Information Collection and Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

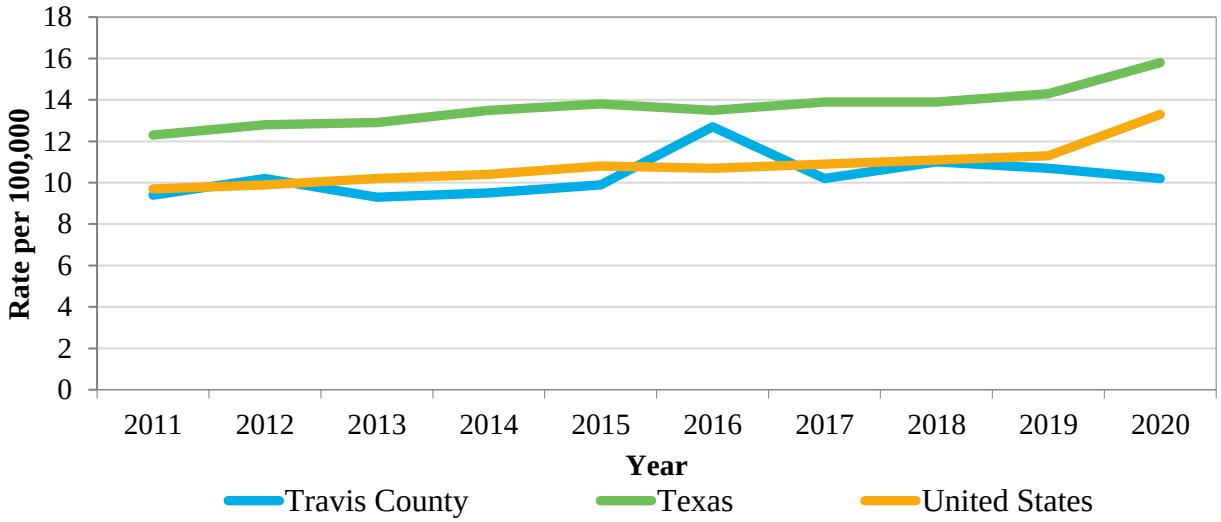
- An estimated 12% of the adult population living in Travis County, or over 125,000 adults, has been told they have diabetes
- Daily 7 people are seen at hospital emergency departments with diabetes complications
- Daily 5 people are hospitalized due to diabetes complications
- Daily a diabetes-related amputation is performed on a person
- Each month 10 persons die with diabetes as the cause of death

Chronic Liver Disease and Cirrhosis

Chronic liver disease includes cirrhosis, chronic hepatitis, and alcoholic liver disease. Major causes of chronic liver disease and cirrhosis are excessive alcohol consumption and infections caused by hepatitis A, B, and C viruses.

Figure 28 shows chronic liver disease age-adjusted mortality rates for Travis County, Texas, and the United States. Mortality rates are lower in Travis County compared with Texas. No clear trend of increasing or decreasing rates in Travis County from 2011 to 2020 is evident.

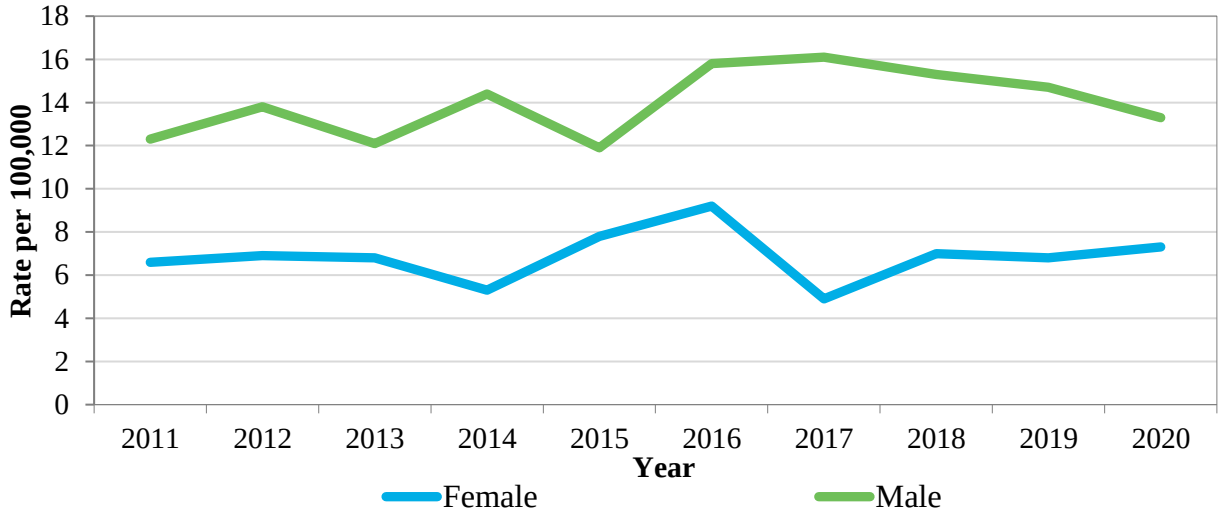
Figure 28. Age-adjusted Chronic Liver Disease Mortality Rates, Texas, Travis County, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 29 show age-adjusted mortality rates for chronic liver disease by sex for Travis County. For each year males have a higher mortality rate compared with females. From 2011-2020 rates have increased slightly.

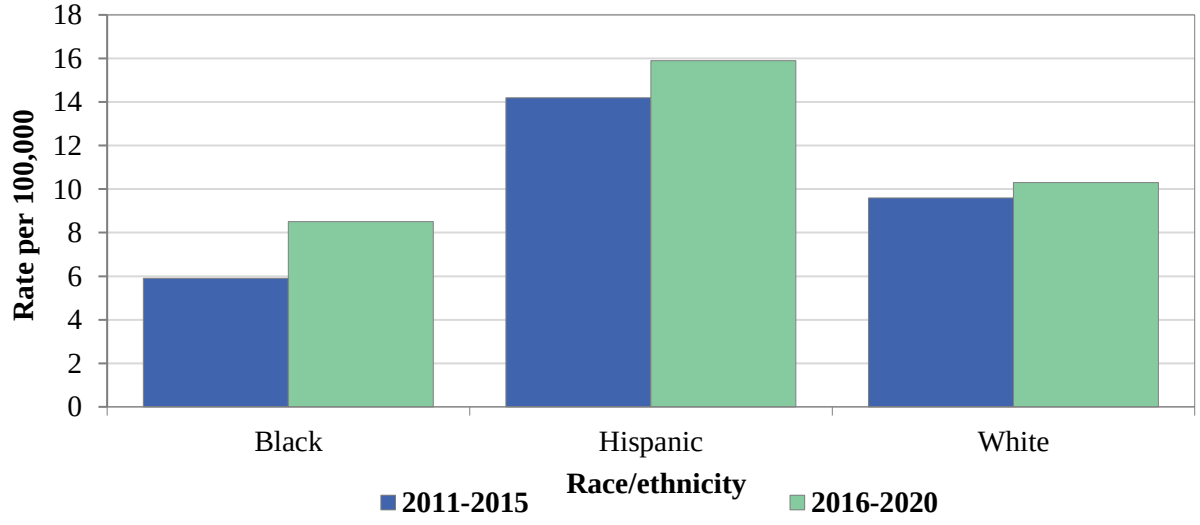
Figure 29. Age-adjusted Chronic Liver Disease Mortality Rates by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Figure 30 shows mortality rates for chronic liver disease by race and ethnicity comparing the period 2011-2015 with the period 2016-2020. Hispanics have the highest mortality rate for each period. Blacks have the greatest increase (44%) followed by Hispanics (12%) and Whites (7%). Rates for Asian or Pacific Islanders are not available due to a low number of deaths.

Figure 30. Age-adjusted Chronic Liver Disease Mortality Rates by Race/Ethnicity, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

- Chronic liver disease and cirrhosis mortality rates are higher for males
- Mortality rates are higher for Hispanics

III. Chronic Disease Occurrence, Risk Behaviors, and Preventive Services

The Centers for Disease Control and Prevention, Atlanta, GA, coordinates the collection of information on health-related risk behaviors, use of preventive services, and occurrence of chronic disease conditions. This information is collected by telephone surveys each year from people living in each state and territory and the District of Columbia. The surveys collect information from people 18 years of age or old. Some data may not be collected each year. This survey is referred to as the Behavioral Risk Factor Surveillance System or BRFSS.

Information collected by the BRFSS for people living in Travis County is summarized below. The information presented includes: the occurrence of being overweight or obese, occurrence of diabetes, history of cardiovascular disease, history of hypertension, and being a current tobacco smoker. Tables showing additional information about these chronic conditions and risk factors are provided in the Appendix.

In some years, the number of people interviewed in Travis County in specific population groups is too small to calculate the prevalence or occurrence of chronic diseases or risk behaviors. Combining survey results from multiple years, typically 2018-2020, is necessary to calculate the prevalence or occurrence

Overweight and Obesity (Body Mass Index (BMI) 25 or greater)

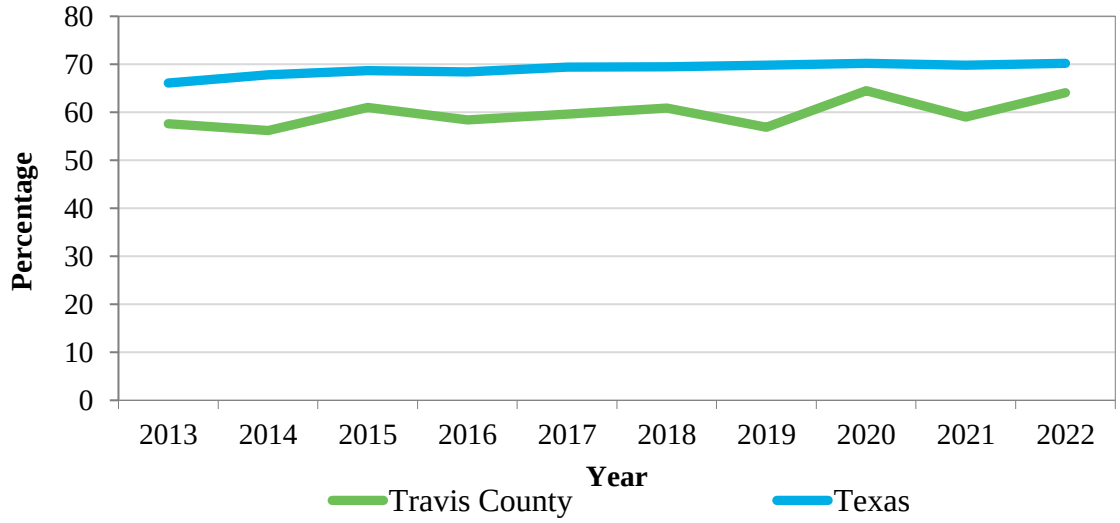
Being overweight or obese has been associated with many chronic health conditions including but not limited to cardiovascular disease, type 2 diabetes, kidney disease, cancer, metabolic syndrome, certain cancers, and is a risk factor for depression and anxiety.

An indicator of whether a person is overweight or obese is the Body Mass Index or BMI. The index is a measure based on height and weight that applies to adult women and men. A high index or number indicates more body fat. A normal body mass index is 18.5 to 24.9. Indexes of 25 to 29.9 mean a person is overweight while indexes of 30 or more mean a person is obese.

The average height of men in the United States is five feet nine inches. For women, the average height is five feet four inches. A man five feet nine inches tall and weighing 169 pounds has a body mass index of 25 and would be considered overweight. If he weighed 203 pounds, the body mass index would be 30 and he would be considered obese. A women five feet 4 inches tall and weighing 146 pounds has a body mass index of 25.1 and would be considered overweight. If she weighed 175 pounds, the body mass index would be 30 and she would be considered obese.

Figure 31 shows the population percentage of Travis County and Texas who are overweight or obese. The percentage of being overweight or obese in Travis County has steadily increased since 2011 when 55.6% of adults reported being overweight or obese, compared to 64.1% in 2022. This represents over half of the county's population, highlighting a significant health concern. The State of Texas has an even higher rate of 70.2% in 2022. Compared to the state overall, Travis County has a lower percentage of people being overweight or obese than the general population of Texas.

Figure 31. Percentage of Population Being Overweight or Obese, Travis County and Texas, 2013-2022

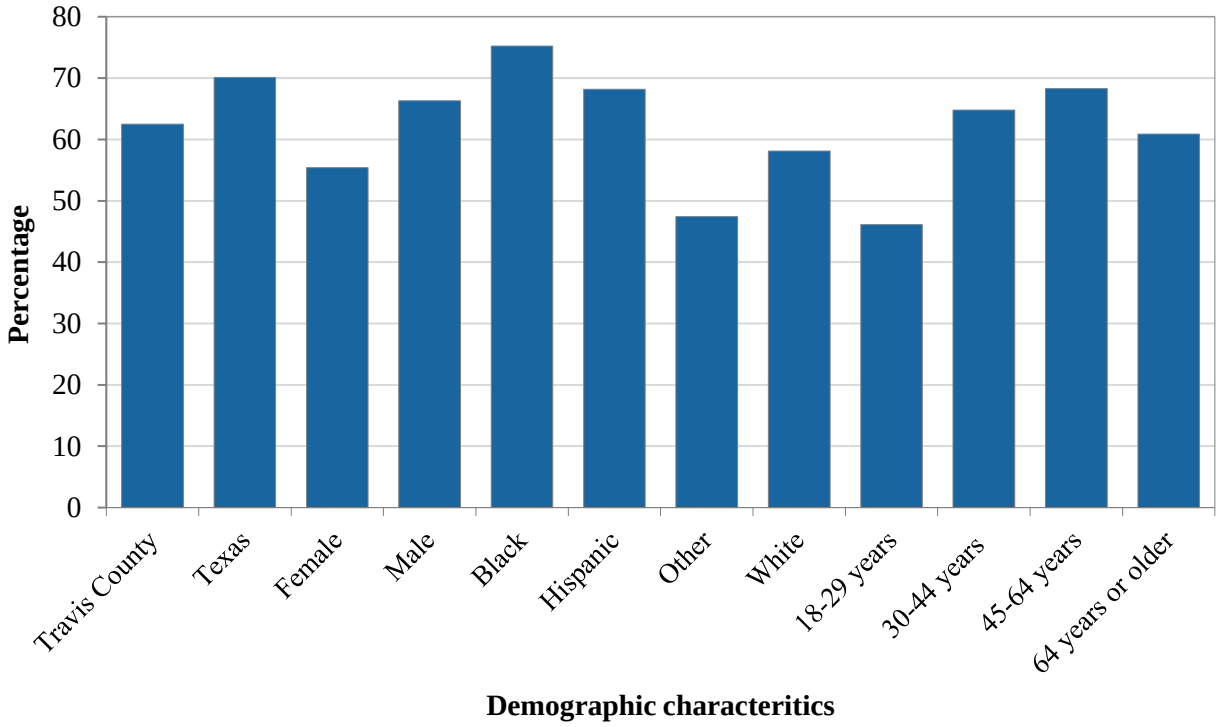


Data source: Behavioral Risk Factor Surveillance System

Racial and ethnic disparities are apparent in the distribution of those with a Body Mass Index (BMI) over 25 in the county. Blacks and those of Hispanic ethnicity are significantly more likely to be overweight or obese compared to Whites. From 2018–2022, 42% of Blacks, and 35.1% of Hispanics were as overweight or obese as compared with 23.9% of Whites.

Figure 32 shows the percentage of being overweight or obese by various demographic characteristics of the Travis County population. Overall, over 60% of the Travis County adult population is overweight or obese. Males are more likely to be overweight than females. Over 75% of Black adults are overweight or obese. Being overweight or obese brings in early adulthood. Over 46% of those 18-29 years or age are overweight or obese.

Figure 32. Percentage of Population Being Overweight or Obese, Selected Demographic Characteristics, Travis County, 2018-2022



Data source: Behavioral Risk Factor Surveillance System

Important Points

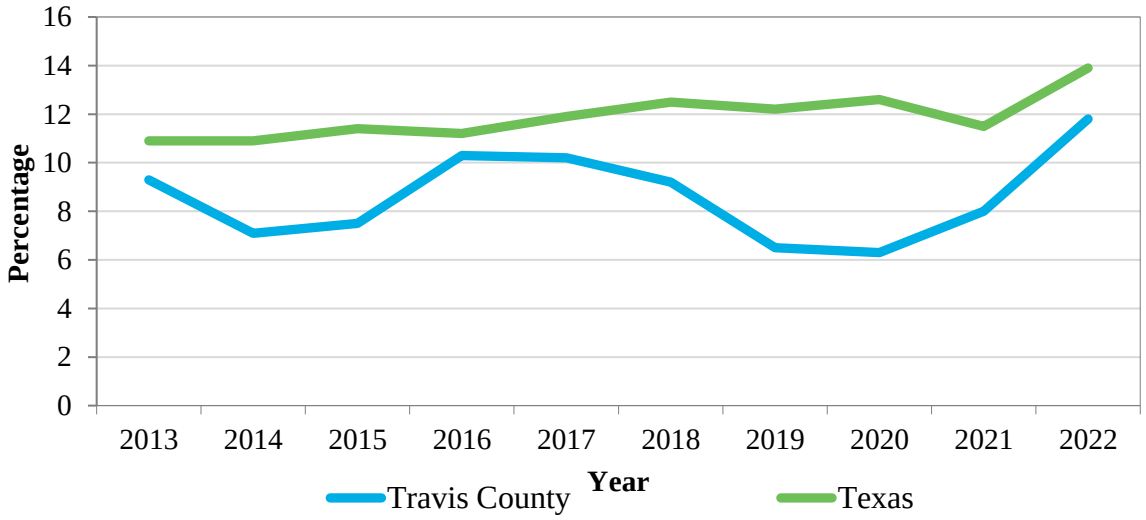
- Overweight and obesity rates are increasing, affecting 64% of adults in Travis County
- Being overweight or obese begins in early adulthood
- Three-fourths of Black adults and 68% of Hispanic adults are overweight or obese

Diabetes

Diabetes is a significant health concern and is a risk factor for diseases of the cardiovascular system, kidney disease, eye disease, types of nerve damage, foot problems, limb amputations, as well as mental health conditions such as depression, anxiety, and cognitive decline.

Figure 33 shows the percentage of the Travis County and Texas population who have been told they have diabetes. The percentage of those reporting having either Type 1 or Type 2 diabetes has remained relatively steady over the past decade in Travis County. However, the percentage increased 47.5% from 2021 to 2022 (8% to 11.8%).

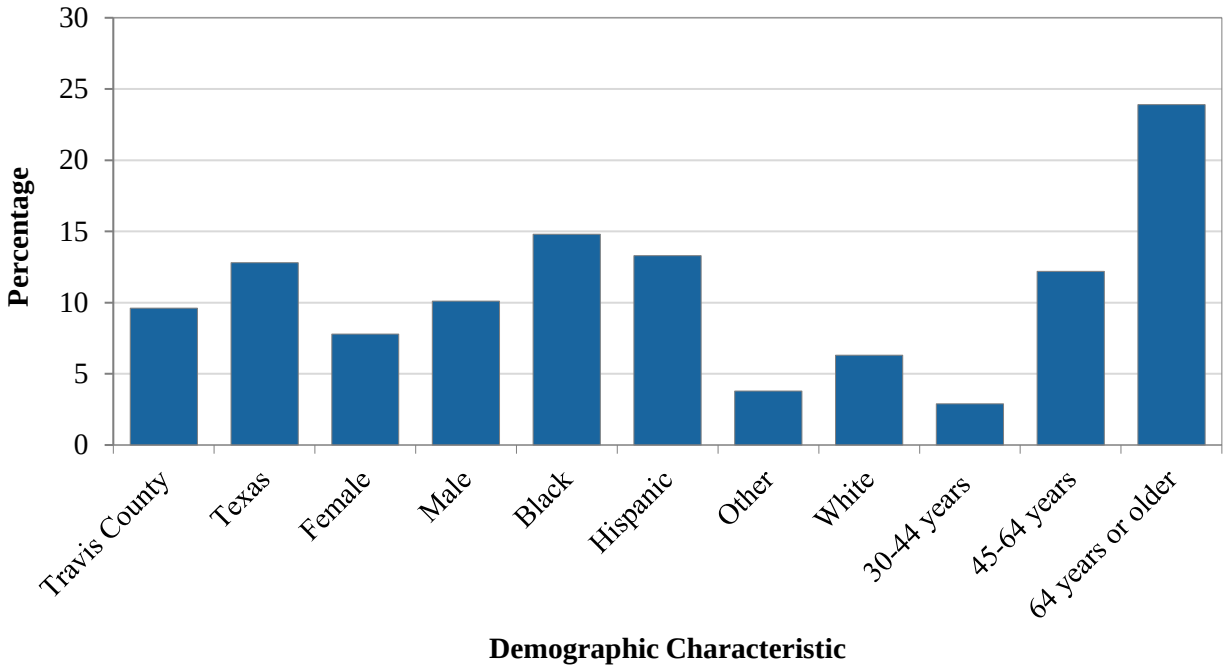
Figure 33. Percentage of Population Told They Have Diabetes, Travis County and Texas, 2013-2022



Data source: Behavioral Risk Factor Surveillance System

Like other chronic health conditions, there are significant racial and ethnic disparities (see Figure 34). From 2018-2022, the percentage of Blacks and Hispanics reporting diabetes, 14.8% and 13.3% respectively, was over double that of the Whites (6.3%). Age was also associated with an increased diabetes. About 24% (23.9%) of those aged 65 years or older were living with diabetes while only 12.2% of those aged 45-65 were living with diabetes.

Figure 34. Percentage of Population Told They Have Diabetes by Selected Population Characteristics, Travis County, 2018-2022



Data source: Behavioral Risk Factor Surveillance System

Important Points

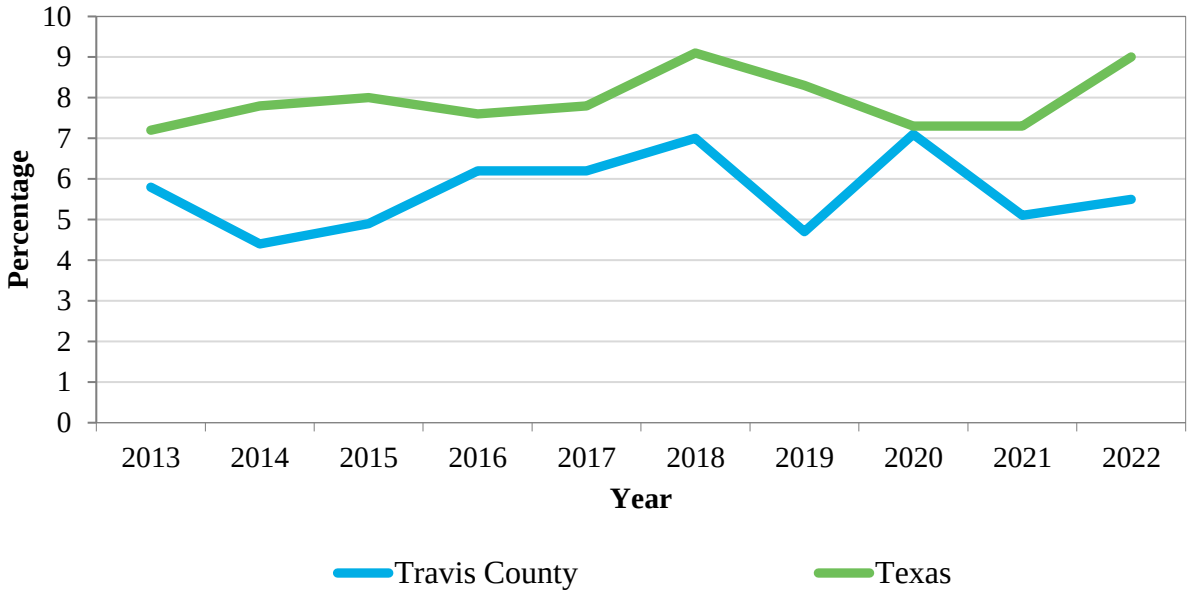
- Diabetes affects 12% of adults in Travis County
- Blacks and Hispanics are at higher risks of having diabetes
- Almost three-fourths of adults 64 years of age or older have diabetes

Cardiovascular Disease (CVD)

Cardiovascular disease is a significant chronic health concern and is a risk factor for stroke, chronic kidney disease, peripheral artery disease, cognitive decline (including vascular dementia), heart failure, arrhythmia, venous thromboembolism, sudden cardiac arrest, respiratory issues, liver damage, and complications during surgery, as well as mental health conditions such as depression, anxiety, and reduced quality of life.

Cardiovascular disease includes several conditions such as angina, coronary heart disease, heart attack, myocardial infarction, and stroke. The percentage of people living in Travis County reporting having any type of cardiovascular disease (CVD) has remained steady with only slight fluctuations over the past decade in Travis County (Figure 35). The overall CVD percentage in 2022 for Travis County was 5.5%.

Figure 35. Percentage of Population with Cardiovascular Disease, Travis County and Texas, 2013-2022

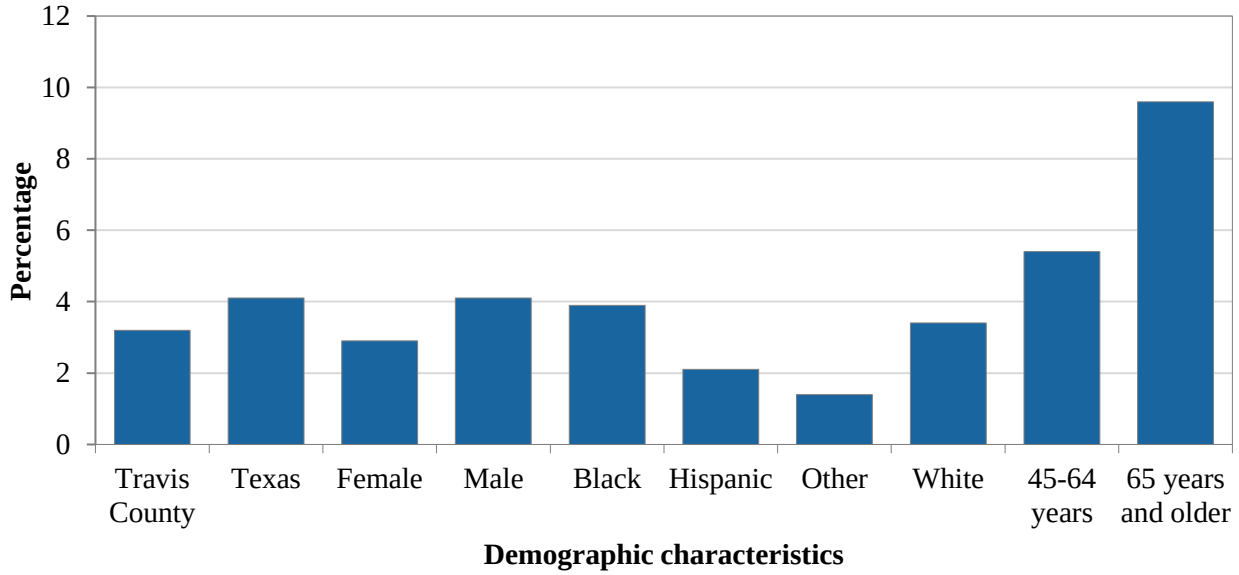


Data source: Behavioral Risk Factor Surveillance System

Like most other chronic health conditions racial and ethnic disparities are present with cardiovascular disease. However, they are not as pronounced with cardiovascular disease. From 2018-2022, the percentage of CVD among Blacks (8.0%) and Whites (6.1%) was higher than in Hispanics (5.1%).

A heart attack is one condition grouped with cardiovascular disease. Age was most associated with a heart attack (Figure 36). Almost 10% of people aged 65 years or older have reported experiencing a heart attack compared with only 5% of those aged 45-65 years of age. Males (4.1%) were slightly more likely to have had a heart attacked compared with females (2.9%).

Figure 36. Percentage of Population Reporting a Heart Attack by Selected Demographic Characteristics, Travis County, 2018-2022



Data source: Behavioral Risk Factor Surveillance System

Important Points

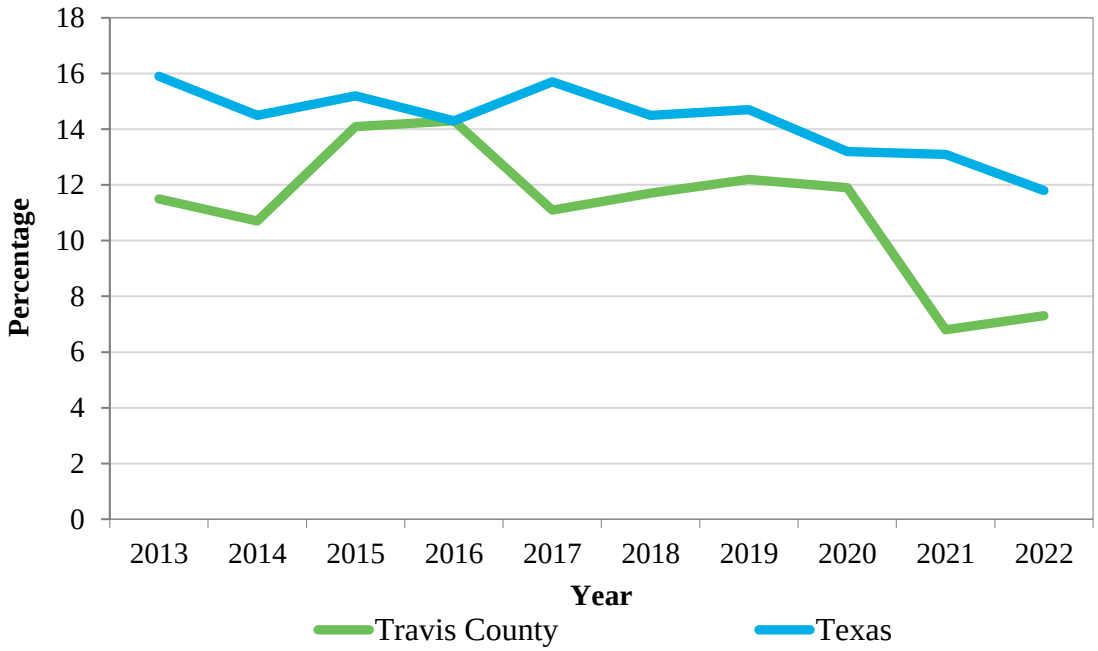
- In 2022, 5% of the population reported having cardiovascular disease
- For those 65 years of age or older, 10% reported having cardiovascular disease

Tobacco Smoking

Tobacco smoking is a significant chronic health concern and is a risk factor for lung cancer, chronic obstructive pulmonary disease (COPD), heart disease, stroke, peripheral artery disease, respiratory infections, reduced fertility, complications during pregnancy, and poor wound healing, as well as mental health conditions such as depression, anxiety, and reduced quality of life.

The percentage of the population who report smoking cigarettes every day or some days has been decreasing in Travis County over the past decade and decreased significantly from 2020 to 2022. Figure 37 shows the percentage of the populations in Travis County and Texas who smoke cigarettes every day or some days. In 2020 the percentage of current smokers in the Travis County population was 11.9% but over the next two years decreased 38.6% to an overall prevalence of 7.3% in 2022.

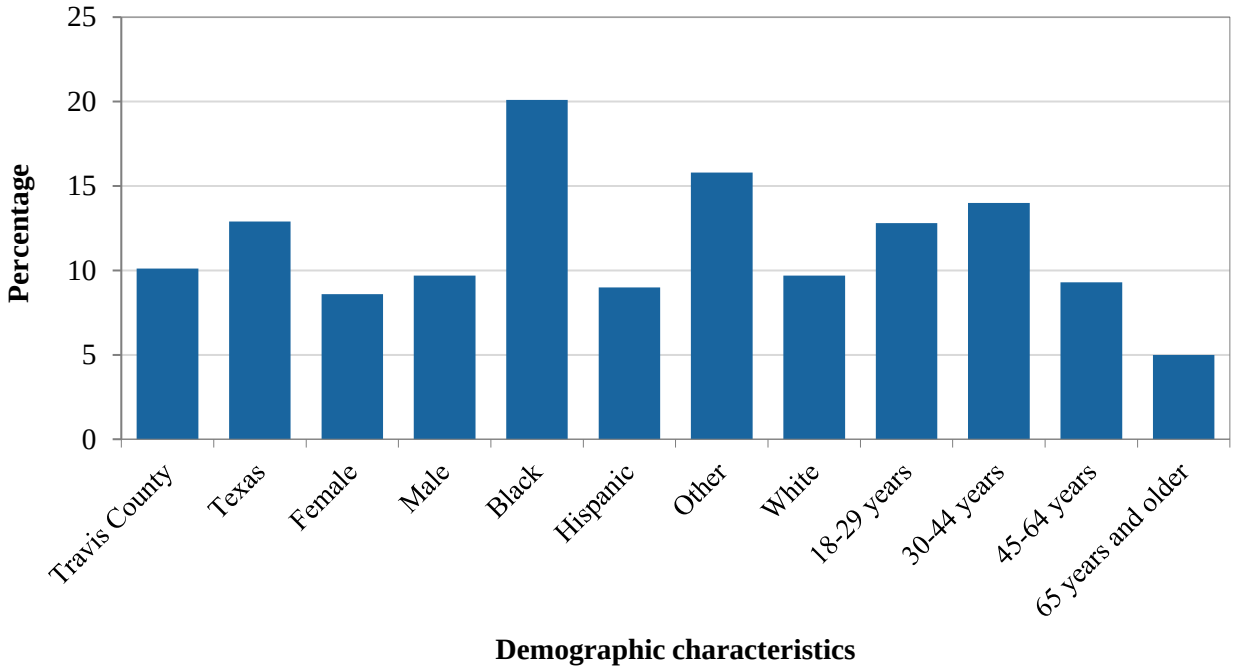
Figure 37. Percentage of the Population Reporting Current Tobacco Smoking, Travis County and Texas, 2013-2022



Data source: Behavioral Risk Factor Surveillance System

Racial and ethnic disparities are quite apparent among the tobacco smoking population of Travis County (Figure 38). From 2018-2022, Blacks (20.1%) were more than twice as likely than Whites (9.7%) and Hispanics (9.0%) to be smokers of tobacco products. Males (9.7%) were also more likely than females (8.6%) to be smokers of tobacco.

Figure 38. Percentage of the Population Reporting Current Tobacco Smoking Selected Population Characteritistics, Travis County, 2018-2022



Data source: Behavioral Risk Factor Surveillance System

Important Points

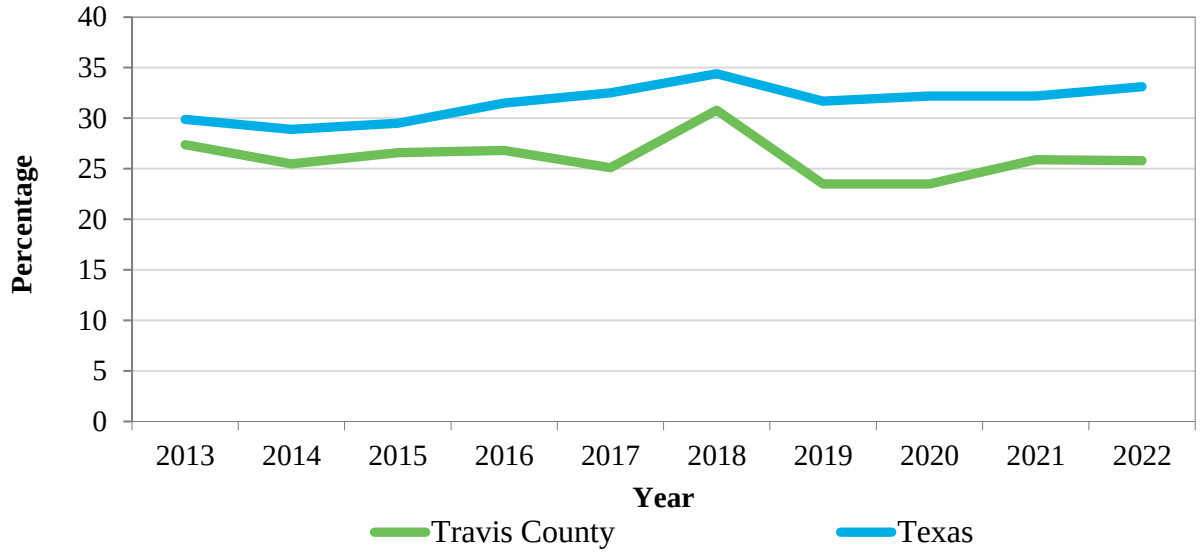
- Ten percent of adults in Travis County currently smoke cigarettes
- One-fifth (20%) of Black adults currently smoke
- About 13% of adults 18-29 years of age smoke

Hypertension (High Blood Pressure)

Hypertension is a significant chronic health concern and is a risk factor for stroke, heart disease, chronic kidney disease, aneurysms, eye diseases such as hypertensive retinopathy, heart failure, peripheral artery disease, cognitive decline (including vascular dementia), and mental health conditions such as anxiety, depression, and reduced quality of life.

The percentage of the population told by a health professional that they have high blood pressure has remained relatively steady in Travis County over the past decade (Figure 39). The lowest percentage was 23.5% in 2020. The percentage peaked in 2018 with 30.8% of the population reporting health professional diagnosis of high blood pressure. From 2018-2022, the overall percentage of the population with hypertension in Travis County was 25.9%,significantly lower than State of Texas overall which stood at 32.7%.

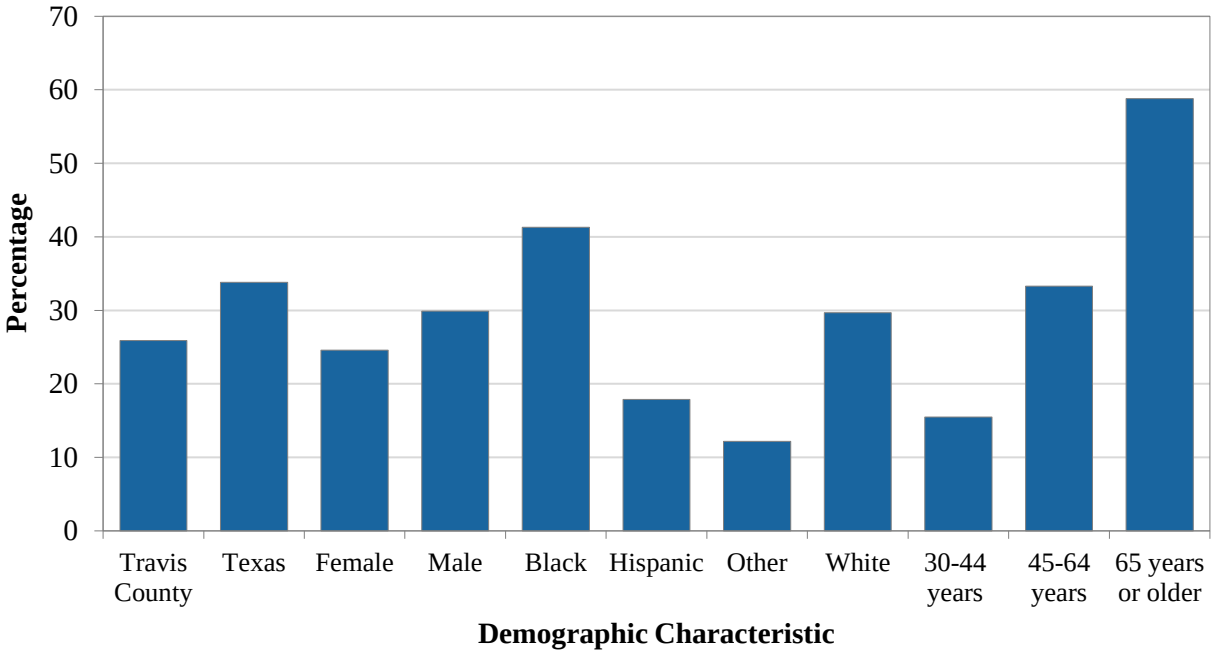
Figure 39. Percentage of Population Reporting Hypertension, Texas and Travis County, 2013-2022



Data source: Behavioral Risk Factor Surveillance System

Figure 40 shows the percentage of people with hypertension by various demographic characteristics. From 2018-2022, Blacks (41%) were more likely to report having hypertension than Whites (30%) and Hispanics. Only 18% of Hispanics reported having hypertension. Among people aged 65 years of age and older, 59% have doctor-diagnosed hypertension, compared with 33% of those aged 45-64 years, and 16% of those aged between 30-44 years old.

Figure 40. Percentage of Population Reporting Hypertension by Selected Population Characteristics, Travis County, 2018-2022



Data source: Behavioral Risk Factor Surveillance System

Important Points

- Hypertension affects one-fourth of adults in the county
- Four of every ten Black adults have hypertension
- Almost 60% of adults 65 years of age or older have hypertension

IV. Premature deaths: Deaths among those 64 years of age or younger

About 90% of the Travis County population is 64 years of age or younger. During 2011-2020, over 55,000 Travis County residents died. Over 18,000 (18,048) deaths, or 33% of all deaths, occurred in those 64 years of age or younger. About 1% (1.5%) of all deaths occurred in those 14 years of age or younger.

Table 5 shows the seven leading causes of death for those 64 years of age or younger. Four causes (cancer, accidents, heart disease, and suicide) accounted for 62% of deaths among those 64 years of age and younger. Five of the seven leading causes (cancers, heart disease, chronic liver disease and cirrhosis, diabetes, and stroke) are chronic diseases. Cancer accounts for 23% of all deaths in this age group.

Table 5. Leading Causes of Death for Persons 64 Years of Age or Younger, Travis County, 2011-2020

Cause	Number	Rate*
Cancer	4,173	37.0
Accidents	3,110	27.7
Heart disease	2,683	23.9
Suicide	1,279	11.5
Chronic liver disease and cirrhosis	828	7.5
Diabetes	476	4.2
Stroke	435	3.9

Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research
*Age-adjusted rate per 100,000 population

Important Points

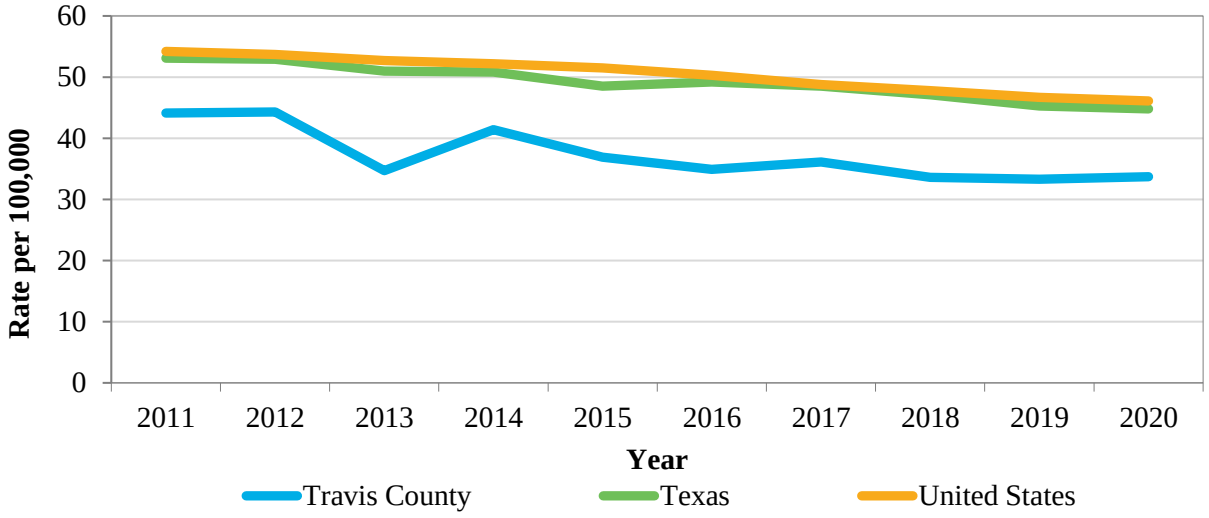
- A third of all deaths in Travis County occur in those 64 years of age or younger
- Cancer is the leading cause of death for those 64 years of age or younger

Additional information on the five leading causes (cancer, heart disease, chronic liver disease and cirrhosis, diabetes, and stroke) of chronic disease deaths is provided in subsequent pages of this report.

Cancer

During 2011-2020, over 4,100 persons 64 years of age or younger living in Travis County died due to cancer. Thirty-six percent of all cancer deaths occurred in this age group. Figure 41 shows cancer age-adjusted cancer mortality rates for Texas, Travis County and the United States from 2011 through 2020. Cancer mortality rates were lower for Travis County compared with Texas and the United States for each year during this period. In 2020, the cancer mortality rate was 25% less compared with the rate for Texas.

Figure 41. Age-adjusted Cancer Morality Rates per 100,000 Population 64 Years of Age or Younger, Texas, Travis County, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

During 2011-2020 the top four cancers causing death for persons 64 years of age or younger were bronchus and lung (715 deaths), colon and rectum (393 deaths), breast (458 deaths), and liver and intrahepatic bile duct (356 deaths). Bronchus and lung cancer rates are decreasing in this age group.

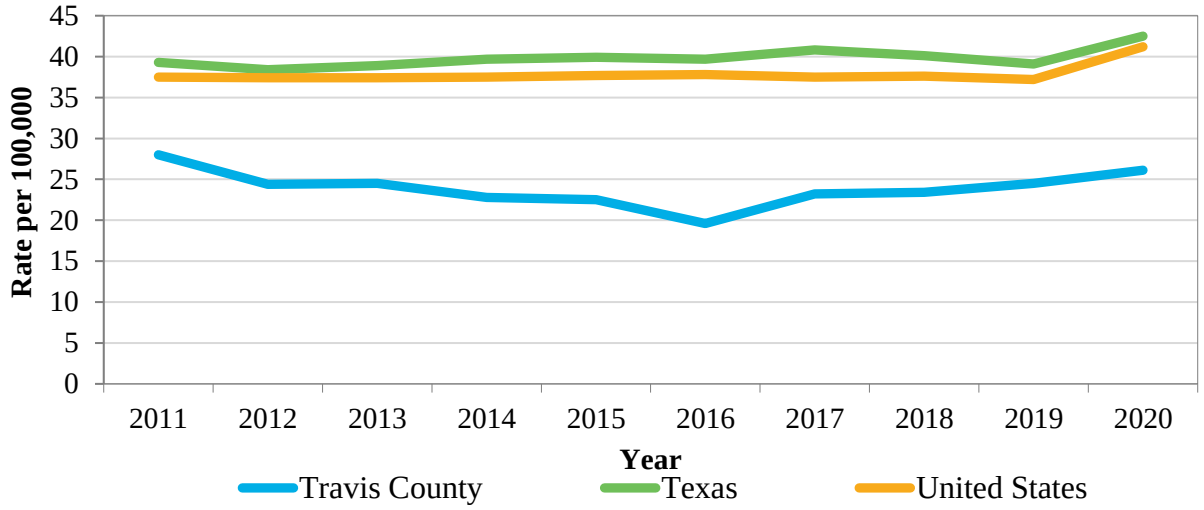
Important Points

- Cancer mortality rates are decreasing for those 64 years of age or younger
- About one-third (36%) of all cancer deaths occur in those 64 years of age or younger
- Bronchus and lung cancer is the leading cause of cancer deaths

Heart Disease

Figure 42 shows heart disease age-adjusted mortality rates for Travis County, Texas, and the United States. Mortality rates are the lowest for Travis County. Annually, in Travis County an average of 268 people 64 years of age or younger die due to heart disease.

Figure 42. Heart Disease Age-adjusted Mortality Rates per 100,000 Population 64 Years of Age or Younger, Texas, Travis County, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

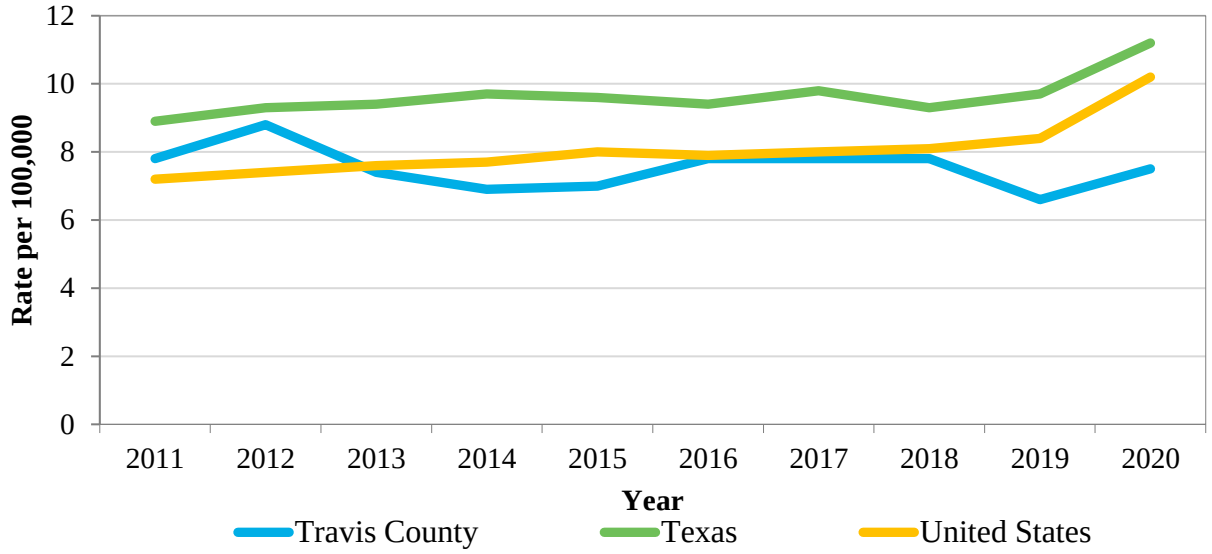
Important Points

- Yearly, about 268 people 64 years of age or younger living in Travis County die due to heart disease
- The risk of dying due to heart disease in this age group is not decreasing

Chronic Liver Disease and Cirrhosis

About 80 people 64 years of age or younger die each year due to chronic liver disease and cirrhosis in Travis County. Most, 69%, of the deaths are in males. Figure 43 shows chronic live disease and cirrhosis age-adjusted mortality rates for Travis County, Texas and the United States. Mortality rates in Travis County are mostly unchanged over the ten years.

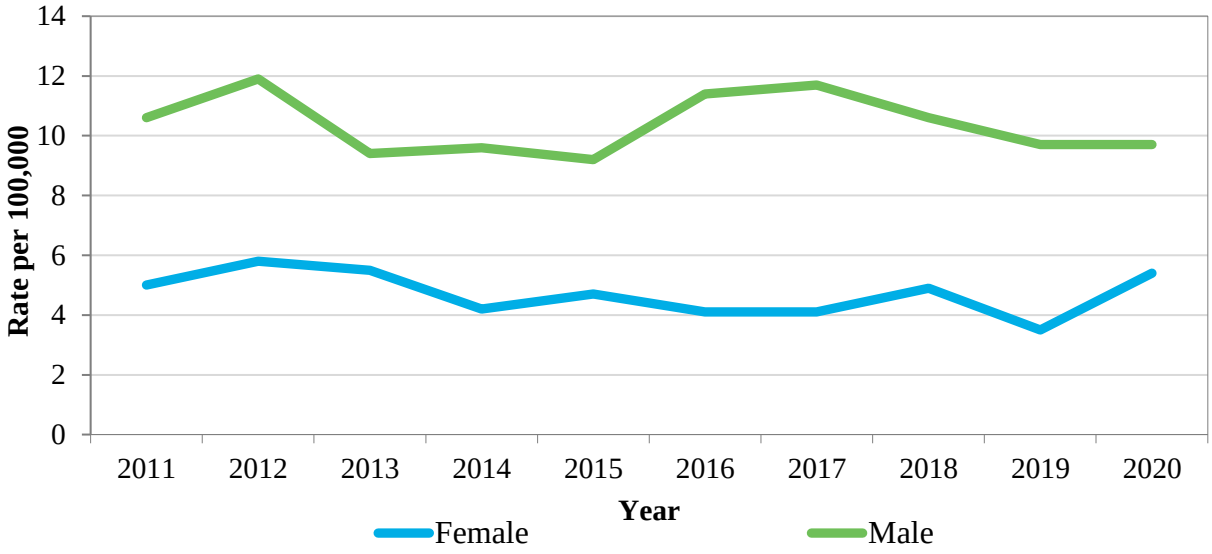
Figure 43. Chronic Liver Disease and Cirrhosis Age-adjusted Mortality Rates per 100,000 Population 64 years of Age or Younger, Travis County, Texas, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

As shown in Figure 44, chronic liver disease and cirrhosis mortality rates are higher for males each year compared with females. For males, the rate is usually twice the rate for females.

Figure 44. Chronic Liver Disease and Cirrhosis Age-adjusted Mortality Rates per 100,000 Population Less Than 65 Years of Age by Sex, Travis County, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

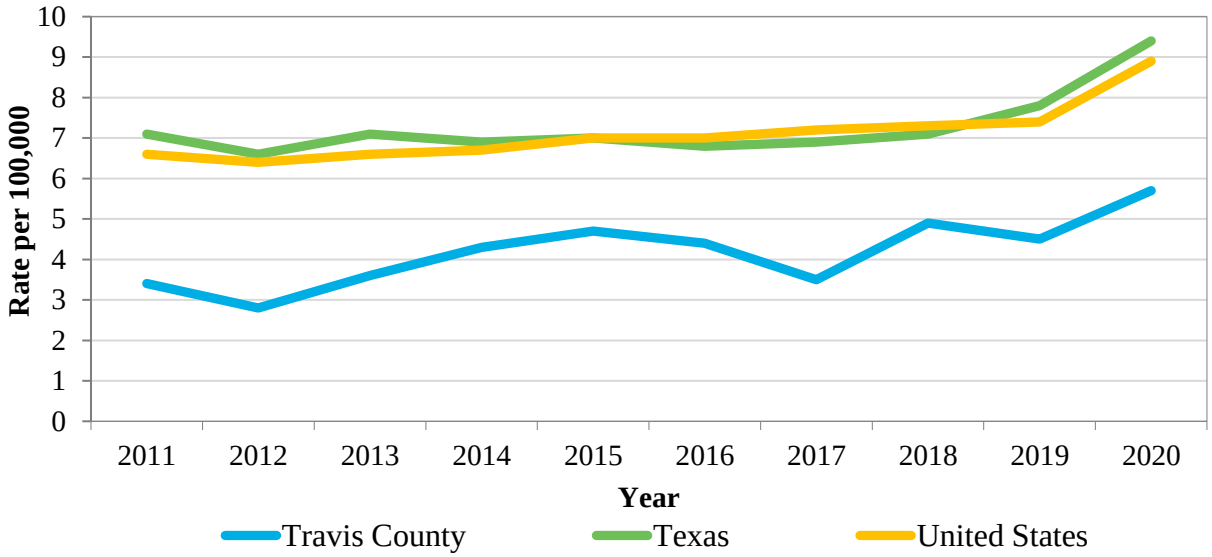
Important Points

- Males 64 years of age or younger have about twice the risk of dying due to chronic liver disease compared with females
- The risk of dying due to chronic live disease and cirrhosis in this age group is not decreasing

Diabetes

Figure 45 shows age-adjusted diabetes mortality rates for persons 64 years of age or younger for Travis County, Texas, and the United States. For each year mortality rates are lower for Travis County. Mortality rates have increased since 2011 for people in Travis County, Texas, and the United States. In 2020, 71 persons 64 years of age or younger died due to diabetes, Males are more likely to die due to diabetes than females.

Figure 45. Diabetes Age-adjusted Mortality Rates per 100,000 Population Less Than 65 Years of Age, Texas, Travis County, and the United States, 2011-2020



Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

- Diabetes is the sixth leading cause of deaths for 64 years of age or younger
- For those 64 years or younger, the risk of dying due to diabetes is increasing.

Stroke

During 2011-2020, 435 people 64 years of age or younger in Travis County died due to stroke. Figure 46 shows age-adjusted mortality rates for stroke for people 64 years of age or younger. For this population group, mortality rates are lower for Travis County compared with Texas and the United States.

Figure 46. Age-adjusted Stroke Mortality Rates per 100,000 Population Less Than 65 Years of Age, Texas, Travis County, and the United States, 2011-2020

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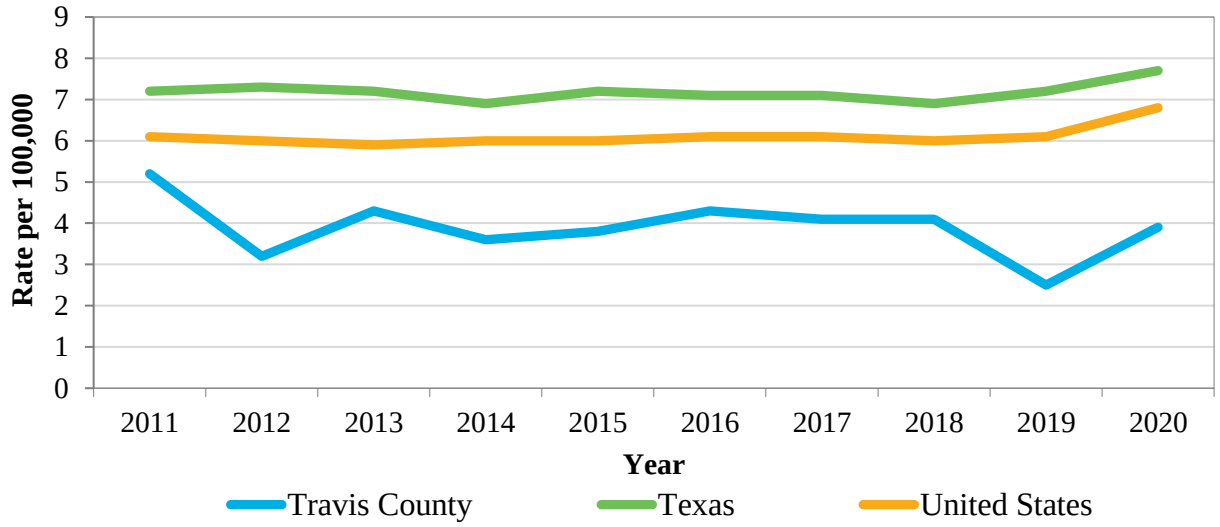


Data source: Centers for Disease Control and Prevention, Wide-ranging Online Data for Epidemiologic Research

Important Points

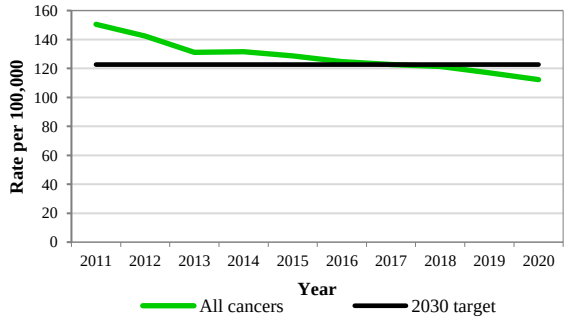
- Stroke is the seventh leading cause of death for persons 64 years of age or younger

V. Healthy People 2030

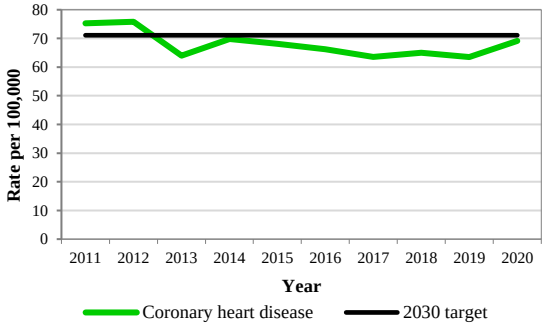
Healthy People is a national effort that establishes goals to promote health and prevent disease of people living in the United States. Healthy People 1990 was the first effort to set national goals. Healthy People 2030 is the fifth version of Healthy People goals. There are over 350 goals related to reducing disease burden and achieving health care access for all populations.

The six graphs below compare mortality rates for leading causes of death in Travis County for years 2011 through 2020 with Healthy People goals for year 2030. Rates for Travis County are noted in green while black notes Healthy People 2030 goals. Except for colorectal cancer mortality rates, Travis County has achieved the Healthy People 2030 targets for year 2030.

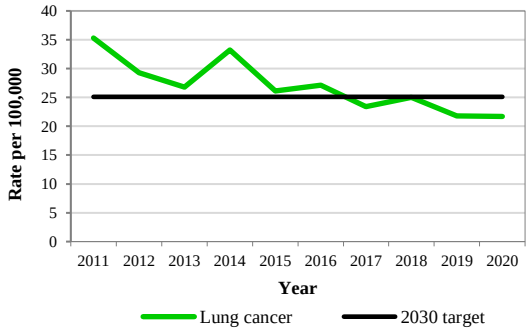
All cancer mortality rates



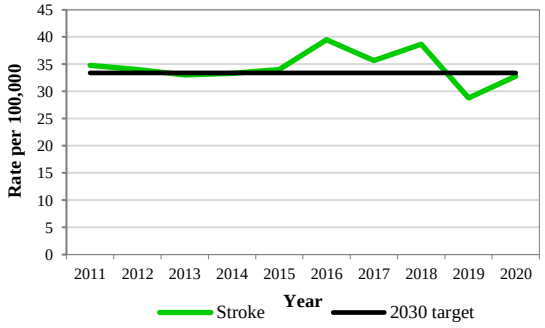
Coronary heart disease mortality rates



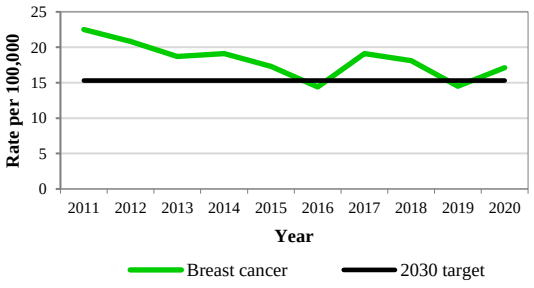
Lung and bronchus cancer mortality rates



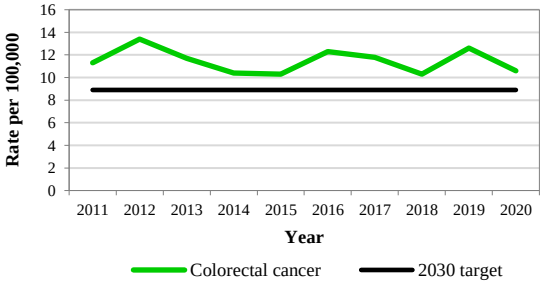
Stroke mortality rates



Breast cancer mortality rates



Colorectal cancer mortality rates



VI. Explanations of Data Sources

Several sources provided data for this report. The **American Community Survey** was the source for population numbers for Travis County. The **Behavioral Risk Factor Surveillance System (BRFSS)** was the source for data on risk factors such as smoking history and history of hypertension. Hospital admissions and emergency department visits were obtained through the **Texas Health Care Information Collection (THCIC)**, Texas Department of State Services. The **Wide-ranging Online Data for Epidemiologic Research (WONDER)**, Centers for Disease Control and Prevention, provided the number of deaths and age-adjusted mortality rates for the diseases.

Figures and tables present age-adjusted mortality rates up to the year 2020. While numbers of deaths are available for the years 2021 and 2022, age-adjusted rates for these years were not available. Some tables include numbers of deaths for 2021 and 2022 to provide the most recent statistics available.

Using age-adjusted rates is essential when comparing different population groups. The age distribution of a community population determines the most common health problems. For example, cancers occur more often among older people. Communities with a high number of older people will have more cancer compared with a community of a high number of younger people. Age-adjusted rates allow comparison of disease risk between communities with different age distributions.

Deaths rates based on a low number of deaths are unreliable. Some figures will not provide mortality rates for some demographic groups due to the low number deaths.

Disease is not random in a population. Throughout this report disease data is sometimes presented when informative by sex, by race/ethnicity, for Texas, or for the United States to highlight the varying risk of disease for these demographic and geographic populations.

VII. Appendix

Table 6. Percentage of Adults in Travis County Reporting a Specific Risk Factor, 2018-2022

Risk factor	2018	2019	2020	2021	2022
Overweight or obese	60.9	56.9	64.5	59.0	64.1
Diabetes	9.2	6.5	6.9	8.0	11.8
Hypertension	30.8	23.5	23.5	25.9	25.8
Stroke	2.5	2.6	3.0	1.2	1.8
Heart attack	4.0	*	2.8	2.8	3.3
Current smoker	11.7	12.2	11.9	6.8	7.3
Colonoscopy in the past 10 years for persons 50-75 years of age	58.8	*	65.9	*	67.1
Mammogram in past 2 years for females ≥ 40 years of age	70.2	*	73.7	*	73.9

Overweight or obese – About how much do you weigh without shoes and about how tall are you without shoes Respondents were classified as overweight if their Body Mass Index (BMI) was equal to or greater than 25.0, but less than 30.0. They were classified as obese if their BMI was 30.0 or greater.
Diabetes- Has a doctor, nurse, or other health professional ever told you have diabetes
Hypertension – Ever been told by a doctor, nurse, or other health professional that you have high blood pressure
Stroke – Has a doctor, nurse, or other health professional ever told you had a stroke
Heart attack – Has a doctor, nurse, or other health professional ever told that you had a heart attack also called a myocardial infarction
Current smoker – Do you now smoke cigarettes every day or some days
Colonoscopy – Had a colonoscopy in the past 10 years, age 50-75 years
Mammogram – Had a mammogram in the past 2 years, age ≥ 40 years
*not available

Table 7. Percentage of Adults Classified as Being Overweight or Obese by Population Characteristics, Travis County, 2018-2022

Characteristic	Year				
	2018	2019	2020	2021	2022
Area					
Travis County	60.9	56.9	64.5	59.0	64.1
Texas	69.5	69.8	70.2	69.8	70.2
Sex					
Female	55.3	55.8	54.2	52.3	59.4
Male	66.4	57.9	73.4	65.6	68.5
Race/ethnicity					
Black	76.4	70.6	69.8	84.3	*
Hispanic	70.1	59.7	77.3	63.8	70.4
Other	55.8	47.6	44.2	49.9	39.5
White	55.1	55.8	61.0	54.4	65.0
Age groups (years)					
18 – 29	50.3	37.8	36.7	40.0	55.8
30 – 44	65.2	59.2	73.0	60.1	66.7
45 – 64	63.9	66.0	72.6	71.0	68.0
65 or older	63.3	62.8	56.1	58.4	64.2

Overweight or obese – About how much do you weigh without shoes and about how tall are you without shoes? Respondents were classified as overweight if their Body Mass Index (BMI) was equal to or greater than 25.0, but less than 30.0. They were classified as obese if their BMI was 30.0 or greater.
*not available

Table 8. Percentage of Adults Told They Have Diabetes by Population Characteristics, Travis County, 2018-2020

Characteristic	Year				
	2018	2019	2020	2021	2022
Area					
Travis County	9.2	6.5	6.9	8.0	11.8
Texas	12.6	12.2	12.6	11.5	13.9
Sex					
Female	7.8	4.6	6.3	6.3	10.6
Male	10.2	8.4	7.4	9.8	13.1
Race/ethnicity					
Black	*	*	*	*	*
Hispanic	13.5	10.0	*	12.7	13.8
Other	*	*	*	*	*
White	5.7	4.6	5.7	5.2	10.3
Age groups (years)					
18 – 29	*	*	*	*	*
30 – 44	*	*	*	*	*
45 – 64	13.8	8.0	10.9	10.5	17.4
65 or older	20.1	21.6	17.8	20.0	24.3

Diabetes- Has a doctor, nurse, or other health professional ever told you have diabetes
*not available

Table 9. Percentage of Adults Reporting Smoking Every Day or Some Days by Population Characteristics, Travis County, 2018-2022

Characteristic	Year				
	2018	2019	2020	2021	2022
Area					
Travis County	11.7	12.2	11.9	6.8	7.3
Texas	14.4	14.7	13.2	12.8	11.8
Sex					
Female	8.7	11.9	6.5	6.9	7.2
Male	15.2	12.5	17.1	6.7	7.5
Race/ethnicity					
Black	19.7	*	*	*	*
Hispanic	9.6	11.2	12.3	*	*
Other	*	*	*	*	*
White	9.7	11.8	8.9	7.2	8.6
Age groups (years)					
18 – 29	*	*	11.8*	*	*
30 – 44	15.5	13.8	15.7	8.5	*
45 – 64	8.4	11.5	12.4	7.9	*
65 or older		*	*	*	*

Current smoker – Do you now smoke cigarettes every day or some days
*not available