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

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

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

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

HealthySouthTexas@tamu.edu

Healthy South Texas

WHO ARE WE?

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WHERE ARE WE?

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

find
a Healthy South Texas event near you at healthytexas.tamu.edu

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

Prefer email? We have that, too:
healthysouthtexas@tamu.edu

healthytexas.tamu.edu

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Healthy South Texas

WHY SOUTH TEXAS?

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

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

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

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

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

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

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

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

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

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

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

Symptoms
- Fever
- Diarrhea
- Fatigue
- Muscle aches
- Coughing

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

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

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

Fostering health, at all stages of life: