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.

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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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### Diabetes

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

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

#### 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

### Asthma

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

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

#### 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

### Infectious Disease

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

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

#### 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