

# 2006 Brazos Valley Health Assessment

## Project Summary & Goals

The 2002 Brazos Valley Health Assessment was a collaborative effort on the part of several local stakeholders to collect local data on the health status of the community. This was intended to be data useful for planning and resource development, as well as setting common priorities for the communities of the Brazos Valley that would guide collaboration.

Project goals were:

- To collect local data regarding health status of Brazos Valley residents
- To identify local resources
- To improve understanding of community issues
- To provide information to communities that is useful for planning and resource development

## Principal Investigator

James N. Burdine, Dr.P.H.

## Project Dates

2005-2006

## Communities Involved

Brazos County  
Burleson County  
Grimes County  
Leon County  
Madison County  
Robertson County  
Washington County

## Funders

Brazos Valley Council of Governments  
St. Joseph Health System  
College Station Medical Center  
Brazos Valley Community Action Agency  
Trinity Medical Center

## Key Findings

- Transportation continued to be the top ranked community issue for all counties in the Brazos Valley.
- Almost two-thirds of Brazos Valley residents are overweight or obese.
- Over half the people who need specialty care in the Brazos Valley are unable to access it.
- Half of the survey respondents reported having some mental health concern, and nearly 1 in 5 has been diagnosed with depression.
- Significant disparities in health status and access to care exist for those living in rural areas, those who are low-income, and for racial/ethnic minorities.

## Outcomes

- Leon County developed a strategy for increasing access for rural residents and secured a grant from the Office of Rural Health Policy to implement it (see Leon Health Access Network).

- Burleson County expanded their local free transportation system.
- The Brazos Valley Council of Government secured a grant from the Texas Health and Human Services Commission to pilot test a health coverage strategy for employees of small businesses (see TexHealth Brazos Valley).
- The Brazos Valley Health Partnership shifted leadership to the counties and elected to incorporate as a 501(c)3 in 2008.