

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



CHRONIC DISEASES IN TARRANT COUNTY

CHRONIC DISEASES are defined broadly as conditions that last one year or longer and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as **heart disease, cancer, and diabetes** are leading causes of death in Tarrant County, Texas, and the United States. Chronic diseases are also the leading drivers of annual health care costs, accounting for 90% of the **\$5.3 trillion[†]** spent on health care nationally.

- The percentage of Tarrant County adults diagnosed with **at least one chronic disease increased significantly** from 2015 to 2024; The percentage of adults with **multiple chronic diseases also increased significantly** (Figure 1)
- Among Tarrant County adults in 2024:
 - ◆ **8 in 10** had **one or more** chronic diseases
 - ◆ **6 in 10** had **two or more** chronic diseases
 - ◆ There was **no significant difference** in the prevalence of one or more chronic diseases among **females** compared to **males** (Figure 2)
 - ◆ Prevalence of one or more chronic diseases was **significantly higher** among **non-Hispanic White** residents compared to **non-Hispanic Other/Multiracial** residents (Figure 2)
 - ◆ Prevalence of one or more chronic diseases was **significantly higher** among residents aged **65 years and older** compared to other age groups (Figure 2)

Figure 1. Prevalence of chronic diseases among Tarrant County adults aged 18 years and older, 2015-2024

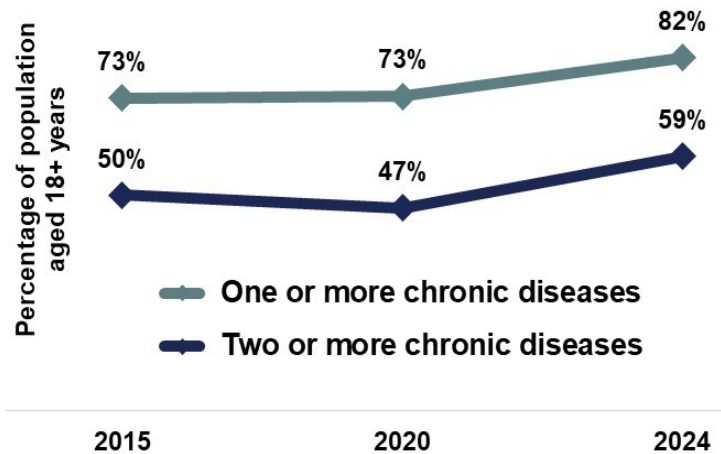
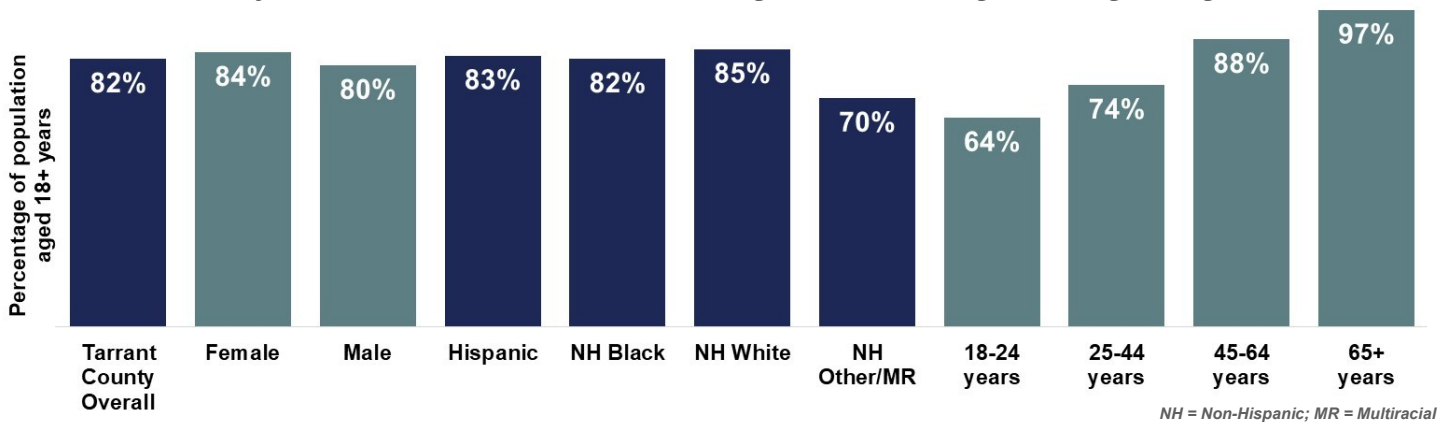


Figure 2. Prevalence of one or more chronic diseases among Tarrant County adults aged 18 years and older, 2024



[†]2024 estimate from the Centers of Medicare and Medicaid Services; Chronic diseases include if the respondents had a body mass index ≥ 30.0 (Obese), or if they have been diagnosed by a health professional having any of the following conditions: Arthritis, Asthma, Cancer, Chronic Lung Disease, Depression, Diabetes, Heart Disease, High Blood Pressure, High Cholesterol, Kidney Disease, or Stroke; All significant differences detected at the 95% confidence level. Data sources: Centers for Disease Control and Prevention; Tarrant County Behavioral Risk Factor Surveillance System. Data Brief provided by: Statistical Analysis Team

Chronic diseases share common risk factors. Modifiable behavioral risk factors that lead to chronic diseases include physical inactivity, poor nutrition, smoking, and excessive alcohol consumption*

Prevalence of Modifiable Risk Factors and Chronic Diseases among Tarrant County Adults Aged 18 Years and Older



Eat fruit less than once per day
43%



Obesity
37%



Physical Inactivity
28%



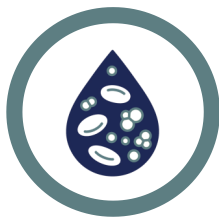
Eat vegetables less than once per day
22%



Excessive Alcohol Consumption*
18%



Tobacco Smoker
9%



High Blood Cholesterol
40%



High Blood Pressure
35%



Depression
26%



Arthritis
25%



Diabetes
12%



Heart Disease
6%

8 of the 10 leading causes of death and over 60% of all deaths in Tarrant County in 2024 were chronic diseases

Preventing Chronic Disease

- **Be Active**
Physical activity is one of the best ways you can improve your health now and in the future
- **Don't Smoke**
Never smoking or quitting smoking lowers your risk of heart disease, lung disease, cancer, and other smoking-related illnesses
- **Eat Healthy**
People with healthy eating patterns live longer and have less risk of obesity, heart disease, type 2 diabetes, and certain cancers
- **Know Your Family Health History**
Talking to your doctor about your family health history can help you to take steps to prevent chronic diseases
- **Limit Alcohol Consumption**
Excessive alcohol use over time can lead to high blood pressure, heart disease, stroke, liver disease, and various cancers; By limiting drinking, you can reduce these health risks
- **Preventive Screening**
Getting screening tests regularly may find certain cancers early before you have symptoms

Resources and Support

- **Tarrant County Public Health**
[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html]
- **JPS Behavioral Health Services**
[jpshealthnet.org/get-care/services/behavioral-health/]
- **Texas Health and Human Services**
[dshs.texas.gov/health-promotion-chronic-disease-prevention-section/]
- **American Heart Association** [heart.org]
- **American Diabetes Association** [diabetes.org]
- **Centers for Disease Control and Prevention**
[cdc.gov/chronic-disease/about/index.html]
- **Healthy People 2030**
[odphp.health.gov/healthypeople/]
- **National Council on Aging**
[ncoa.org/older-adults/health/physical-health/chronic-disease/]
- **Nutrition** [nutrition.gov]

*Excessive alcohol consumption includes binge/heavy drinking among adults aged 18 years and over. To learn more about chronic diseases or risk factors in Tarrant County, go to: <https://www.tarrantcountytx.gov/en/public-health/public-health-administration/health-data-and-information.html>
Data sources: Centers for Disease Control and Prevention; Tarrant County Behavioral Risk Factor Surveillance System, 2024
Data Brief provided by: Statistical Analysis Team