



# Hidalgo County, Texas

Quantitative Analysis of Mid-Valley  
Health and Social Needs  
2023 County Profile





## OVERVIEW

A multitude of factors contribute to the physical and mental health of a community. The following county profile serves to illustrate the various socio-economic and health care access barriers that impact the health of all residents within each unique Rio Grande Valley (RGV) County. Hidalgo County, Texas is along Texas' southernmost border. With a population of 861,137 residents\*, it is one of the more densely populated counties within the Rio Grande Valley. Many of the county's health centers, hospitals, and other clinical practices are located around McAllen, Mission, and Edinburg, Texas.



## KEY TAKEAWAYS

### *Health Care Access Issues*

- **High rate of uninsured, 33.2% of Hidalgo County is uninsured, 1.8X higher than the Texas state average.**
- **Shortage of Primary Care Providers (PCPs), Hidalgo County has a PCP supply of 154 PCPs per 100,000 residents, 1.4X fewer than the Texas state average.**
- **Shortage of mental health providers, Hidalgo County has a Mental Health provider supply of 70 providers per 100,000 residents, over 2X fewer than the Texas state average.**

### *Health Outcome Challenges*

- **High rate of poor mental health, Hidalgo County has one of the highest rates of self-reported poor mental health Rio Grande Valley. 16.1% of residents state their mental health was not good for 14+ days a month.**
- **High rate of diabetes, nearly 19% of Hidalgo County adults have a diabetes diagnosis, 1.5X higher than the Texas state average.**
- **High rate of obesity, Hidalgo County has the highest obesity rate (48.1%) in the RGV, which is also higher than the Texas state average of 37%.**

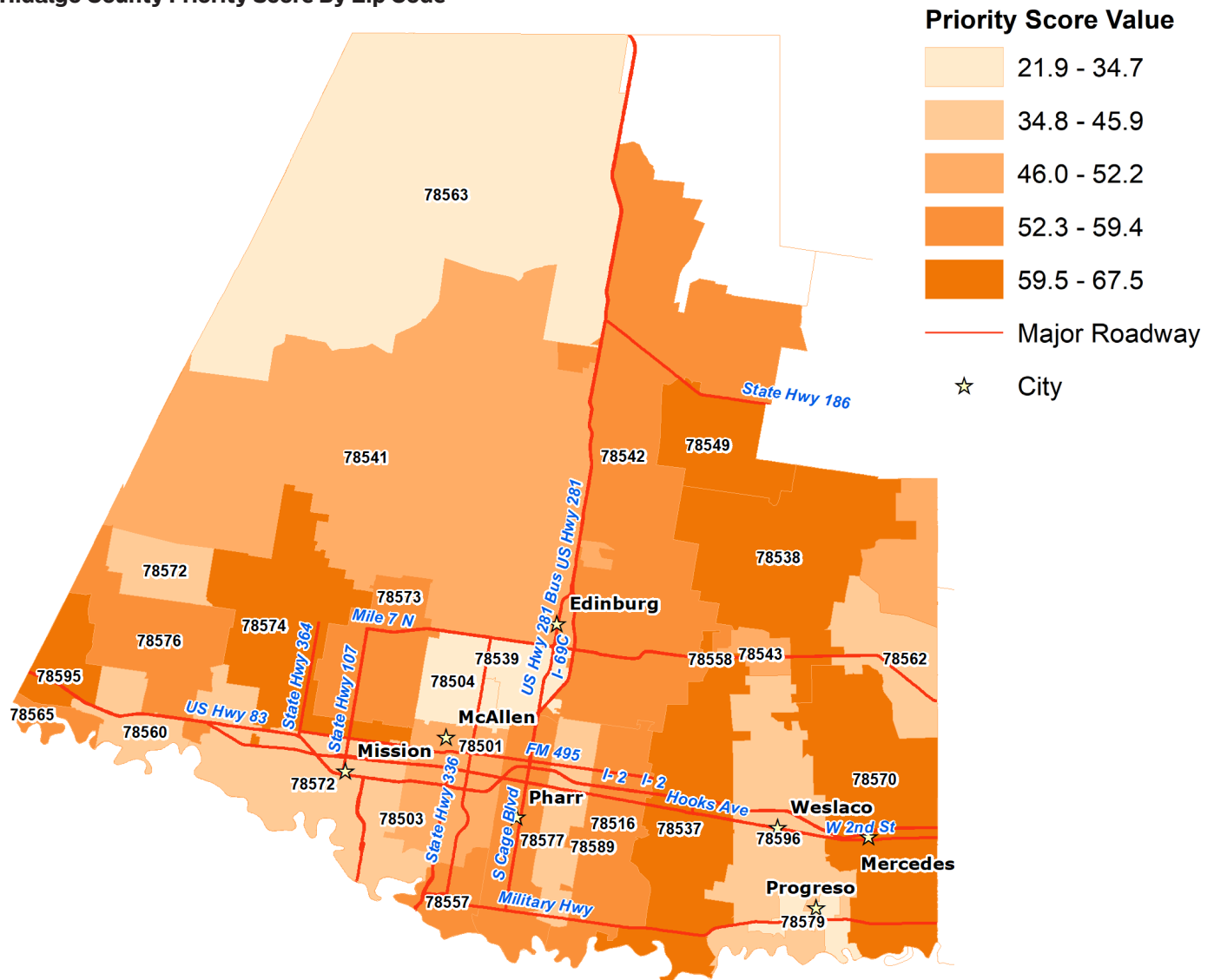
\*Children of immigrants and some people of color are at particular risk of being undercounted in the census and missing out on their fair share of political representation and public funds. This has negative consequences for the one in four US children who has an immigrant parent—and the nation as a whole (Source: Urban Institute). People from immigrant-based communities have historically been named among the “Hard-to-Count” (HTC) populations in the Census. Latinos in particular have been undercounted for decades, resulting in disadvantages for their family and community. Today, 56.5 million Hispanics reside in the U.S and around one in three live in HTC Census tracts (Source: National Network for Immigrant and Refugee Rights). Hidalgo county's total population count may not reflect the actual population count as Hidalgo County contains many HTC populations.

# PRIORITY SCORES

Priority scores have been developed to help identify areas of greatest need. Building from the Human Resources and Services Administration (HRSA) methodology for calculating a service area's **Unmet Need Score (UNS)**, this analysis developed a priority score that is tailored to the specific communities in the RGV and can help identify areas of greatest needs within RGV's counties. The methodology incorporated variables that consider the unique health care needs of the populations as well as their specific issues and barriers to accessing health care and health-promoting resources. More details on this methodology can be viewed in the Appendix.

The priority scoring system generates a quantitative assessment of the service area's unmet need for primary care and provides a distribution of the service area population's access challenges and social determinants of health. Detailed methodology and data sources are provided in the Appendix.

## Hidalgo County Priority Score By Zip Code



Priority Score Range: 0-100; Priority Score Value: 100 = indicates highest need; 0 = indicates lowest need

## Priority Areas and Factors

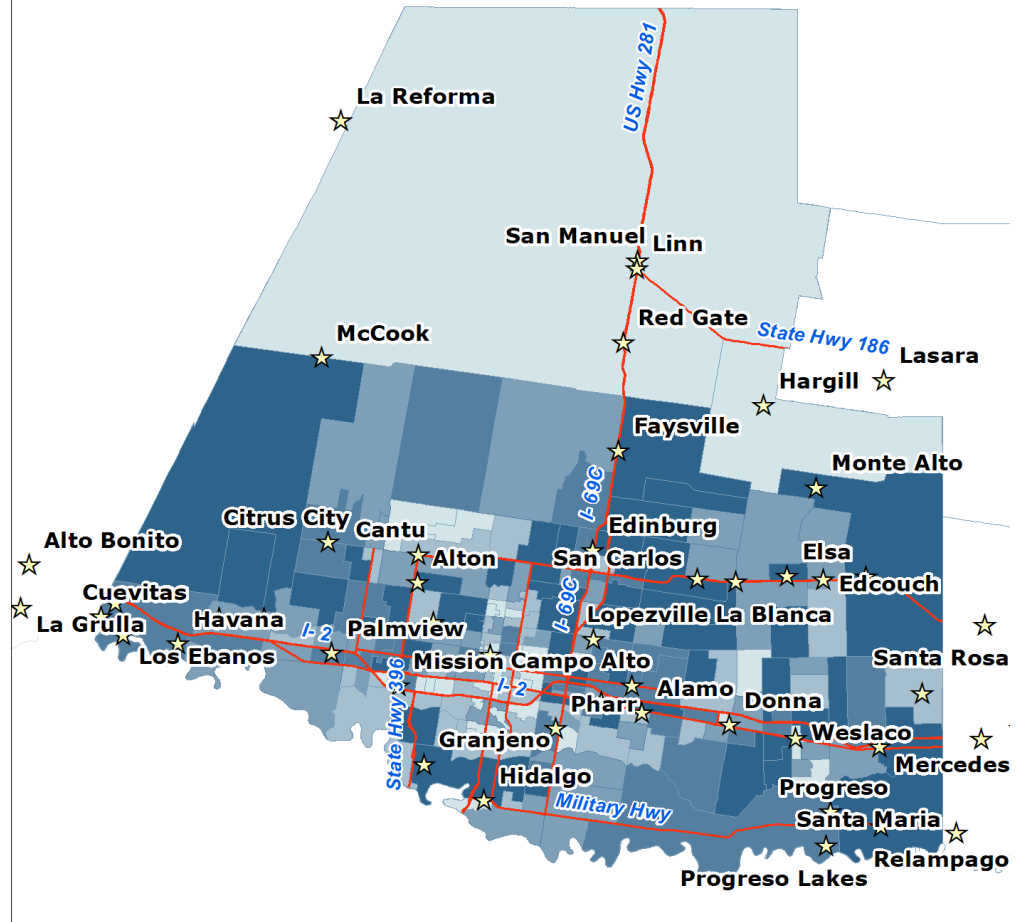
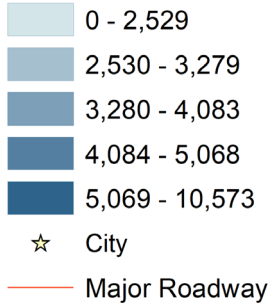
The ZIP codes 78595, 78538, and 78537 have the top 3 priority scores in Hidalgo County. Some of the more notable metrics driving the higher priority score in these areas are indicators that measure barriers to accessing care as well as other social determinants of health. The specific measures driving the higher need score in some areas of Hidalgo County include the supply of primary care providers, health center penetration of the uninsured population, the percentage of residents with no internet access, and the proportion of families with one or fewer vehicles, and the percentage of residents living below 200% of the federal poverty level.

## Zip Code Spotlights

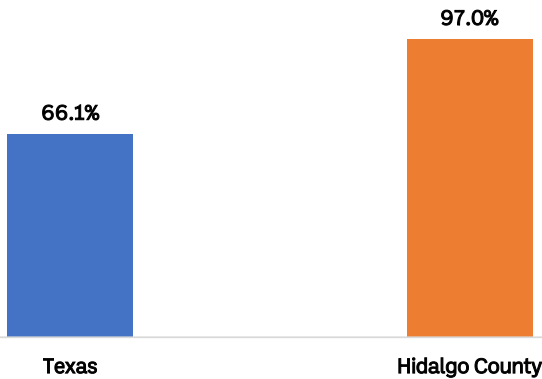
- In **78595** (Sullivan City area): nearly 50% of residents don't have access to an internet subscription, 33% of families only have access to one car or no car at all, nearly 62% of residents (18-64 years old) are uninsured, and the area has very few (<5) primary care physicians. The FQHC penetration of the uninsured population is 3.6%.
- In **78538** (Monte Alto area): 64% of residents don't have access to an internet subscription, nearly 17% of families only have access to one car or no car at all, nearly 56% of residents (18-64 years old) are uninsured, and the area has only one FQHC and very few (<5) primary care physicians. The FQHC penetration of the uninsured population is 13.6%.
- In **78537** (Donna community/colonias area): 58% of residents don't have access to an internet subscription, nearly 25% of families only have access to one car or no car at all, nearly 55% of residents (18-64 years old) are uninsured, and the area has only one FQHC site and only 84 primary care physicians per 100,000 residents. The FQHC penetration of the uninsured population is 11.8%.

# County Demographics

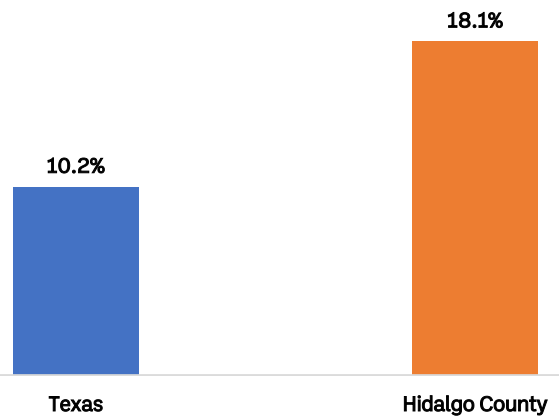
## Population Total



% Racial/Ethnic Minority, 2020

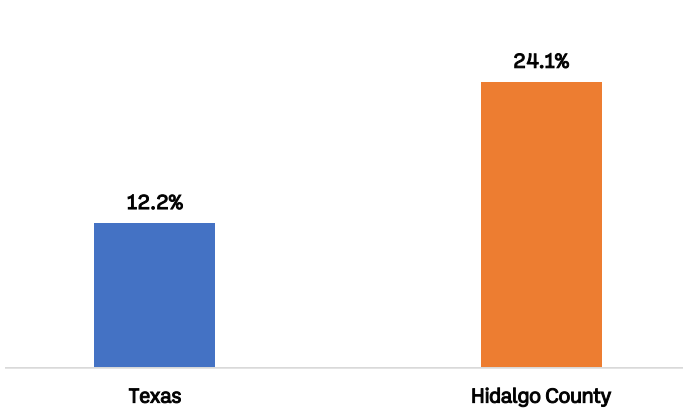


% Non-Citizen, 2021

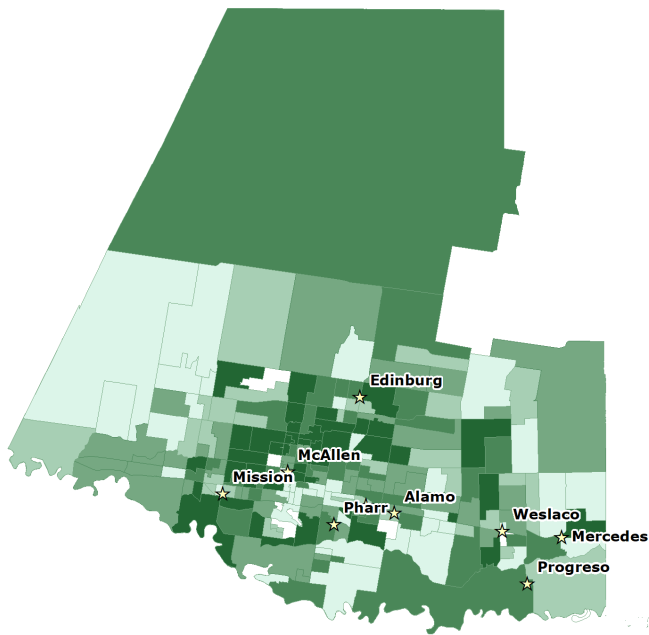
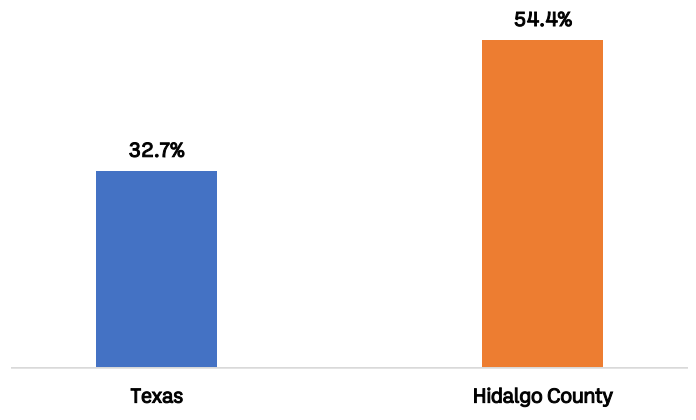


## **County Demographics**

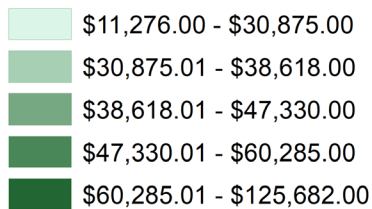
% Without Broadband Access, 2016-2020



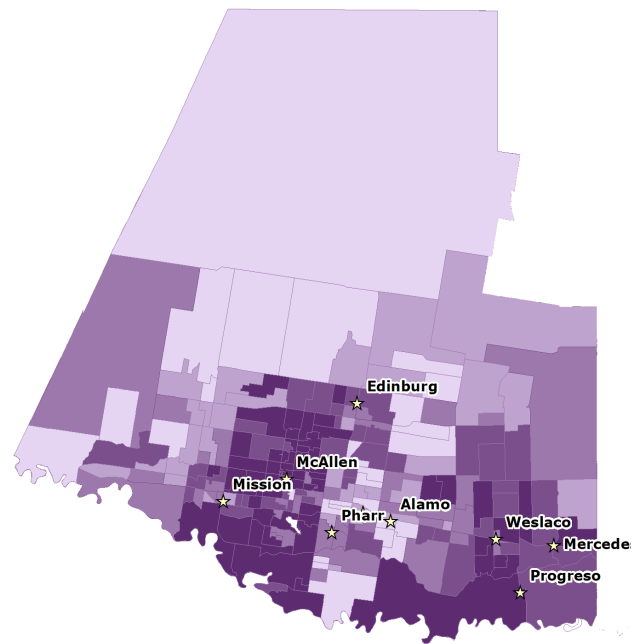
% Below 200% of the Federal Poverty Level, 2021



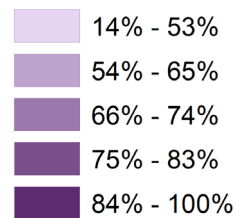
**Median Household Income**



☆ City



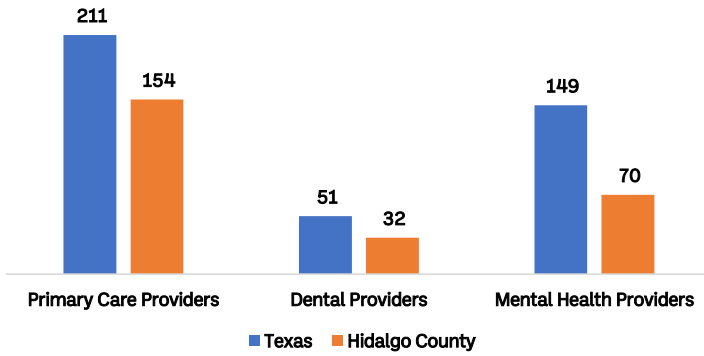
**% Broadband Access**



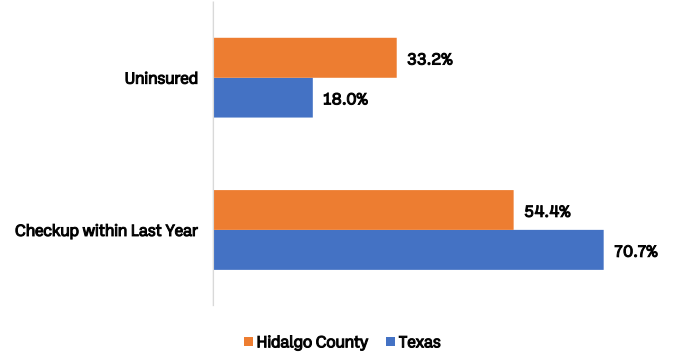
☆ City

## Health Access and Outcomes

Provider Supply per 100,000 Residents, 2021-2022

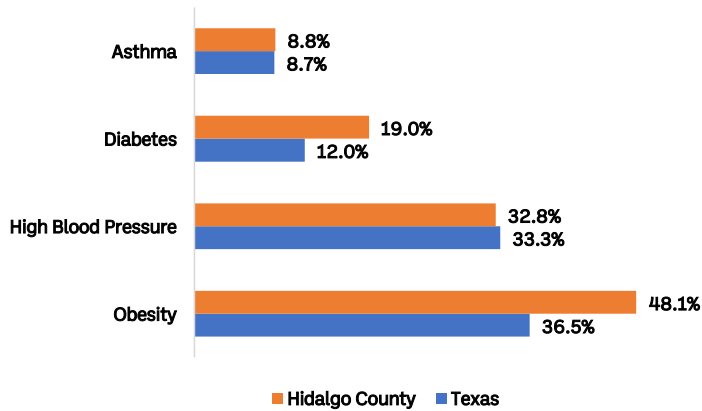


Access to Health Care, 2020

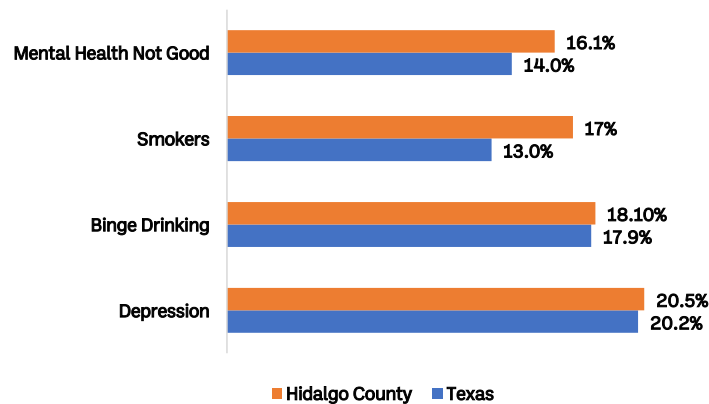


## Chronic Disease and Mental Health Outcomes

Chronic Disease Rates, 2020





Mental Health Outcomes, 2020



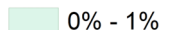
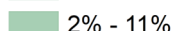
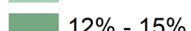
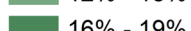
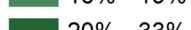
## Area Health Status and Resources



Regions of Southeast Hidalgo County may face greater access barriers as compared to other regions of the county. A majority of health resources are clustered in the middle of the county near McAllen, Edinburg and Mission, and a smaller cluster near Weslaco in the Eastern region of the county. The supply of health care facilities in an area does not ensure people can access this care. In Hidalgo County, areas with primary health care facilities have higher rates of people delaying or forgoing care due to cost or not having a usual source of care (such as a facility or primary care provider). This underscores that barriers including insurance status, appointment availability, affordability, and health center capacity continue to determine whether residents access care. Densely populated areas and Hidalgo County’s South Eastern border also experience greater rates of chronic diseases such as diabetes and obesity. Higher rates of chronic diseases in Hidalgo County are likely due to a greater burden of the social determinants of health (SDOH) such as socioeconomic status (poverty, income, occupation), neighborhood environment and infrastructure (housing, internet access, food access), and health care access (affordability, availability, quality). Additionally, these areas also have lower rates of timely prenatal care and subsequently, more unfavorable birth outcomes such as low-birth-weight infants. Together this suggests that the current practices must improve accessibility and capacity to meet the complex health and social needs of the residents.

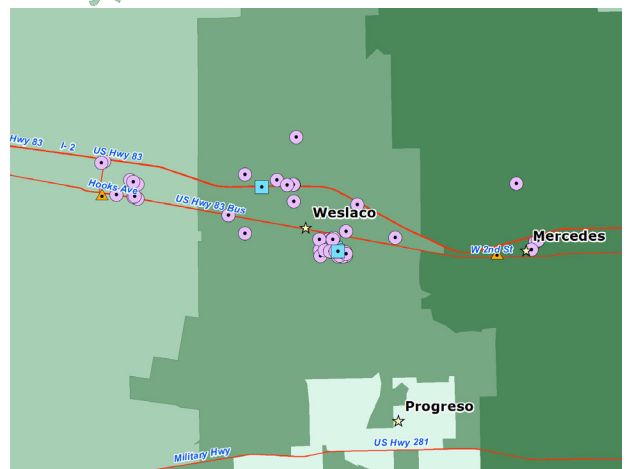
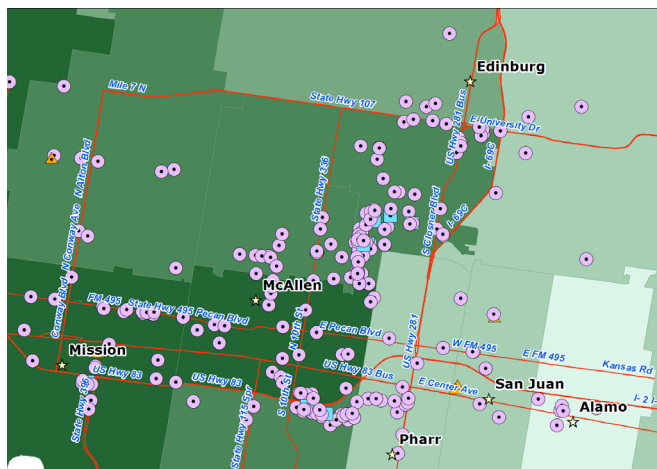
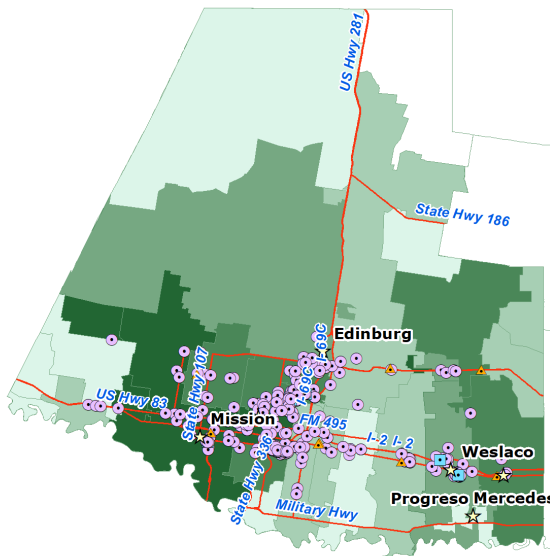
### Practice Type

-  FQHC
-  HOSPITAL
-  OUTPATIENT CENTER

### % Delayed Care Due to Cost

-  0% - 1%
-  2% - 11%
-  12% - 15%
-  16% - 19%
-  20% - 33%

-  City
-  Major Roadway



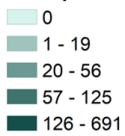
**Zoomed In View**



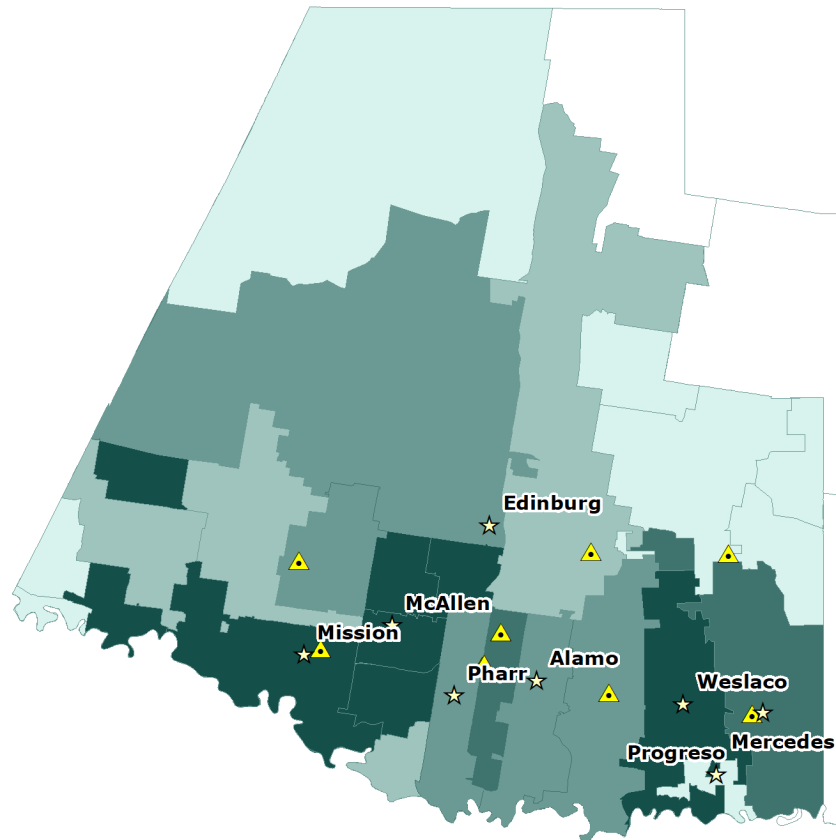
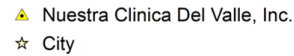
# FQHCs in Hidalgo County, TX

Hidalgo County has a total of 29,526 residents that received health care services at an FQHC in 2021. Nuestra Clinica Del Valle is the only FQHC organization located in the county across 9 clinic sites. Nuestra Clinica Del Valle served 27,750 unique patients in 2021. The majority of their patients were Hidalgo County residents, with some patients traveling from outside the county to receive services.

PCPs per 100,000

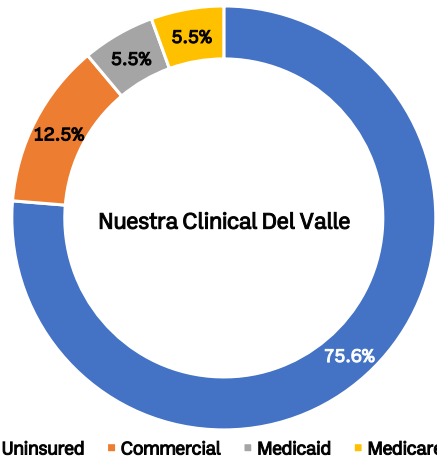
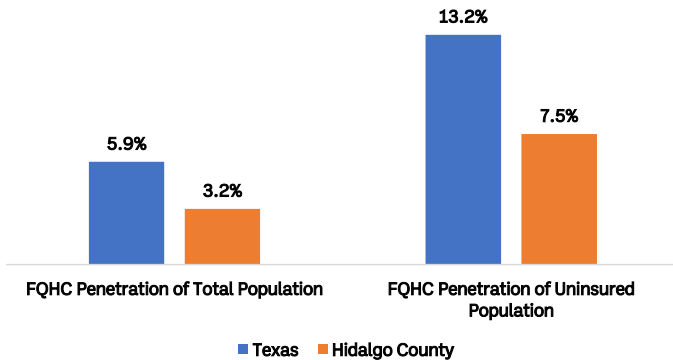


FQHC



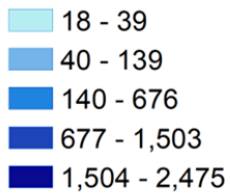
Health Center Payer Mix, 2021

Health Center Penetration in the County



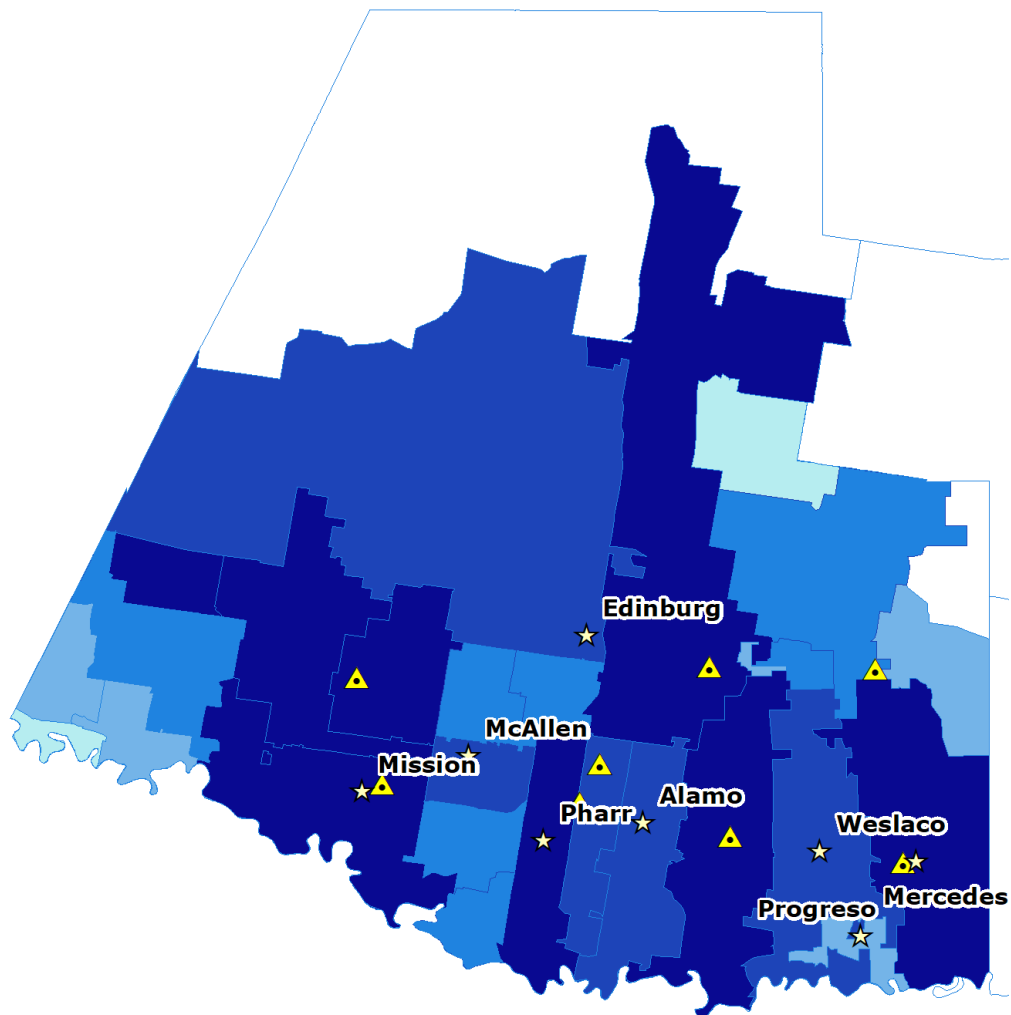
## 📍 FQHCs in Hidalgo County, TX

### Patients per Zip code, Nuestra Clinica Del Valle



### FQHC

- ▲ Nuestra Clinica Del Valle, Inc.
- ★ City



## Appendix

See Supplemental Appendix for a description of the Priority Score methodology, Priority Score measures, County Profile Data Sources, and the Priority Score values by ZIP Code.