



Cameron 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. Cameron County, Texas is a border county located along Texas' southernmost border. With a population of 425,208 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 Brownsville and Harlingen.



KEY TAKEAWAYS

Access Issues

- **High rate of uninsured, 30.8% of Cameron County is uninsured, 1.7X higher than the Texas state average.**
- **Shortage of Primary Care Providers (PCPs), Cameron County has 146 PCPs per 100,000 residents, 1.5X fewer than the Texas state average.**
- **Shortage of mental health providers, Cameron County has 71 mental health providers per 100,000 residents, 2X fewer than the Texas state average.**

Health Outcome Challenges

- **High rate of poor mental health, Cameron County has one of the highest rates of self-reported poor mental health in the Rio Grande Valley. 16.9% of residents state their mental health was not good for 14+ days a month.**
- **High rate of diabetes, 17% of Cameron County adults have a diabetes diagnosis, 1.4X higher than the Texas state average.**
- **High rate of obesity, Cameron County has an obesity rate of 42%, which is slightly higher than the Texas state average of 37%.**

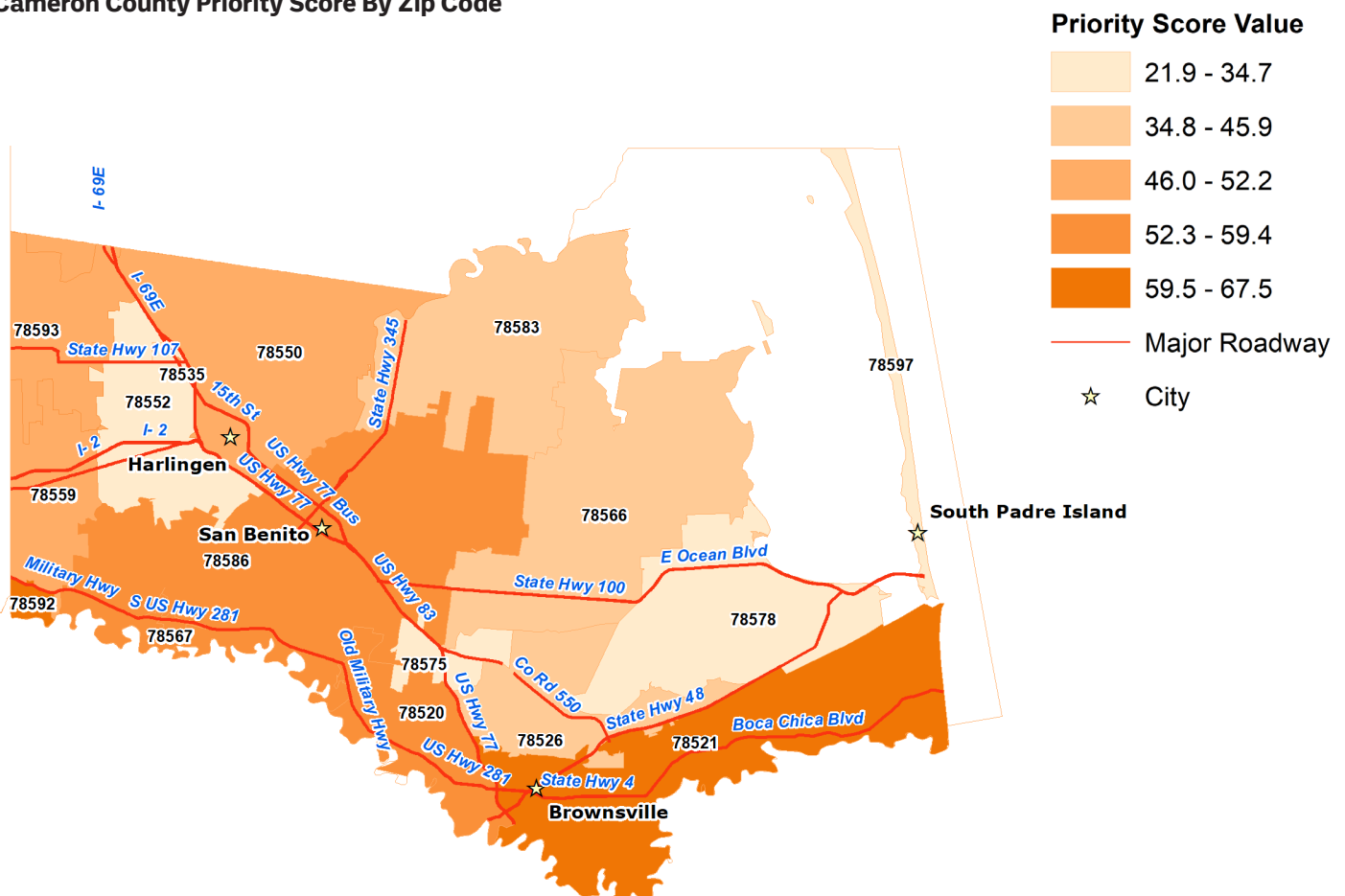
*Children of immigrants and some people of color are at particular risk of being undercounted in the census and missing out on their fair share of political representation and public funds. This has negative consequences for the one in four US children who has an immigrant parent—and the nation as a 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). Cameron county's total population count may not reflect the actual population count as Cameron County contains many HTC populations.

PRIORITY SCORE OVERVIEW

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.

Cameron 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

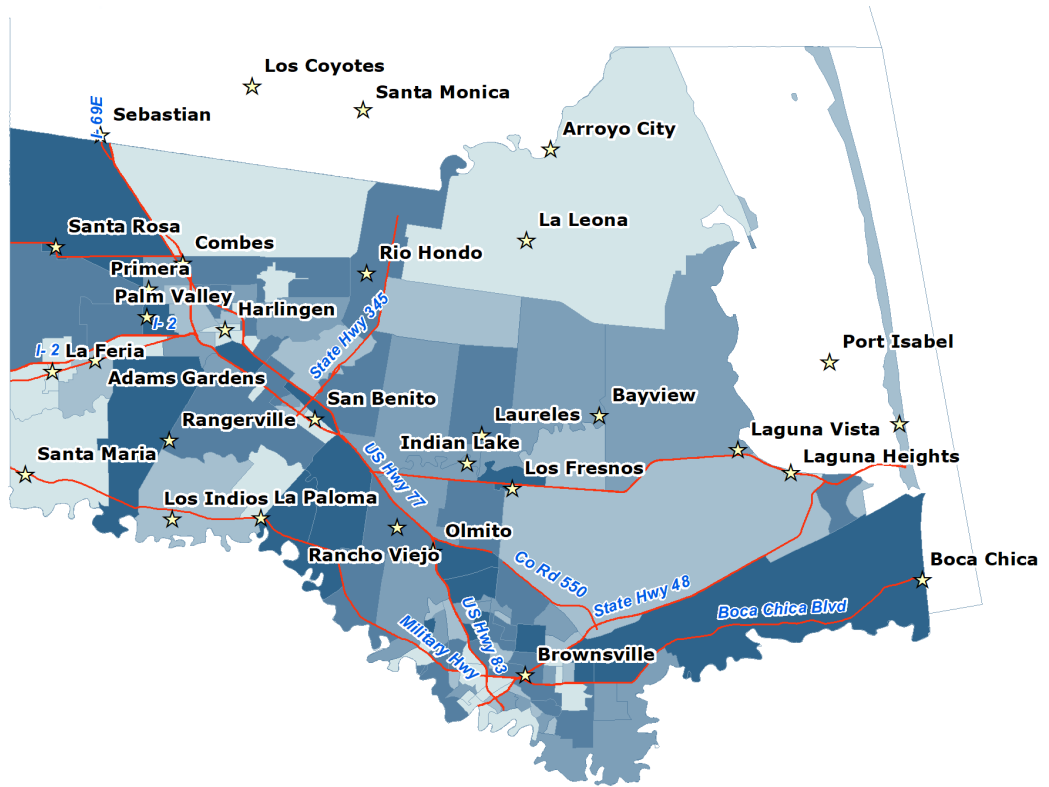
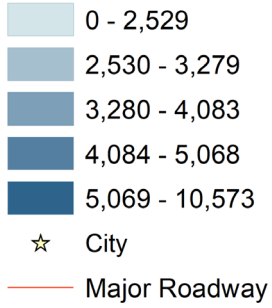
The ZIP codes 78586, 78521, and 78567 – near the southern border – have the top 3 priority scores in Cameron County. Some of the more notable metrics driving the higher priority score in these areas are related to accessing care as well as other social determinants of health. Specific measures driving the high score include the supply of primary care providers, health center penetration of the uninsured population, the percentage of residents with no internet access, 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

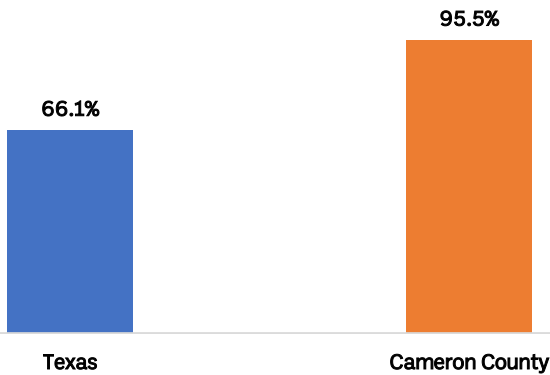
- In **78586** (San Benito area) over 57% of residents don't have access to an internet subscription, 25% of families only have access to one car or no car at all, 51% of residents (18-64 years old) are uninsured, and the area has very few (<5) primary care physicians and only 10 total primary care providers. The FQHC penetration of the uninsured population is 13.4%.
- In **78521** (Brownsville) nearly 50% of residents don't have access to an internet subscription, 27% of families only have access to one car or no car at all, 54% of residents (18-64 years old) are uninsured, and the area has 36 primary care physicians and 77 total primary care providers. The FQHC penetration of the uninsured population is 21.4%.
- In **78567** (South of San Benito along the border) nearly 78% of residents don't have access to an internet subscription, over 32% of families only have access to one car or no car at all, 53% of residents (18-64 years old) are uninsured, and the area has very few (<5) primary care physicians and 10 total primary care providers. The FQHC penetration of the uninsured population is 15%.

County Demographics

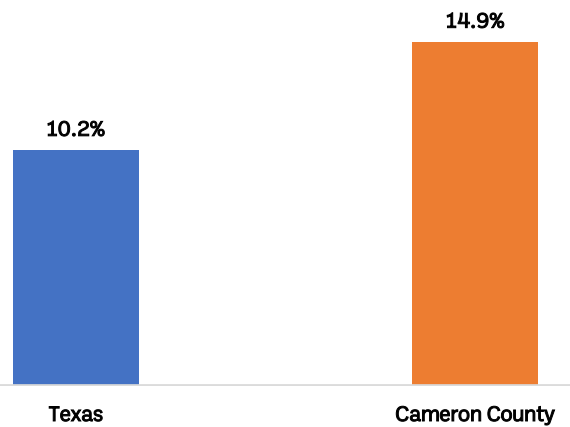
Population Total



% Racial/Ethnic Minority, 2020



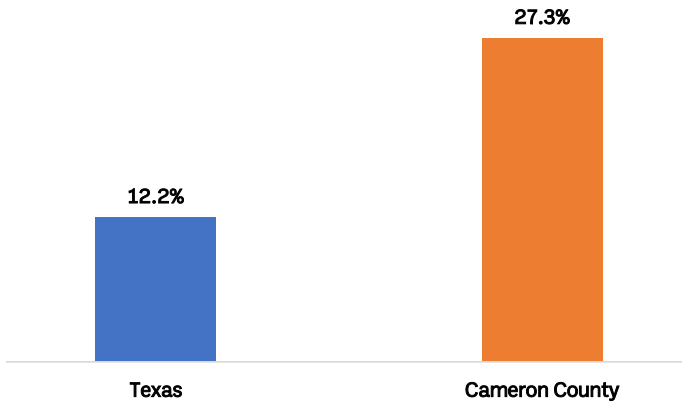
% Non-Citizen, 2021



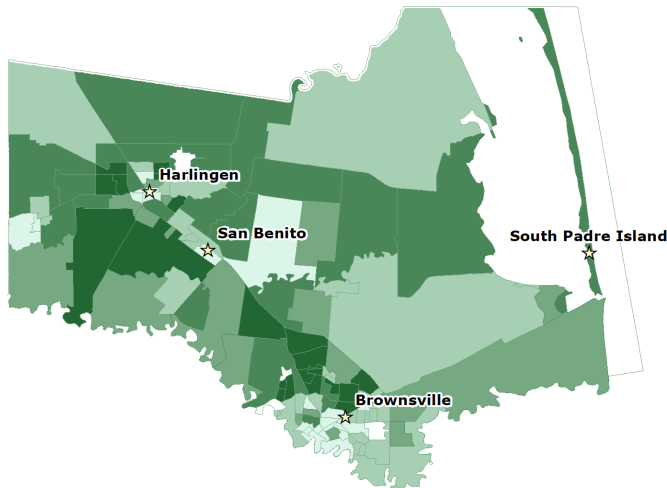
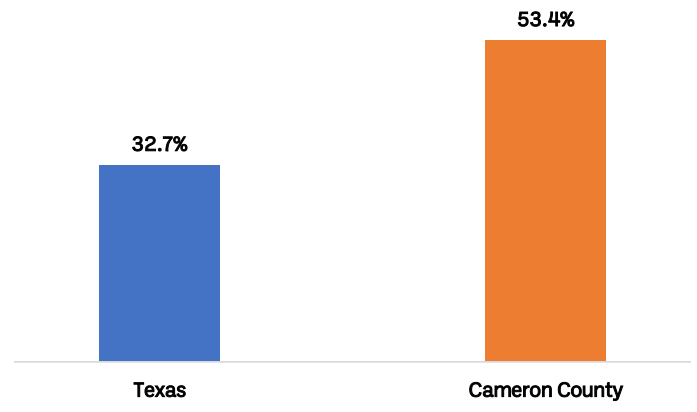


County Demographics

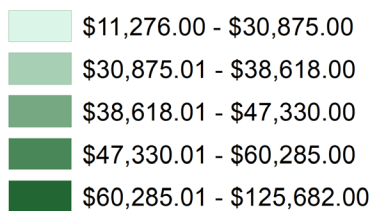
% Without Broadband Access, 2016-2020



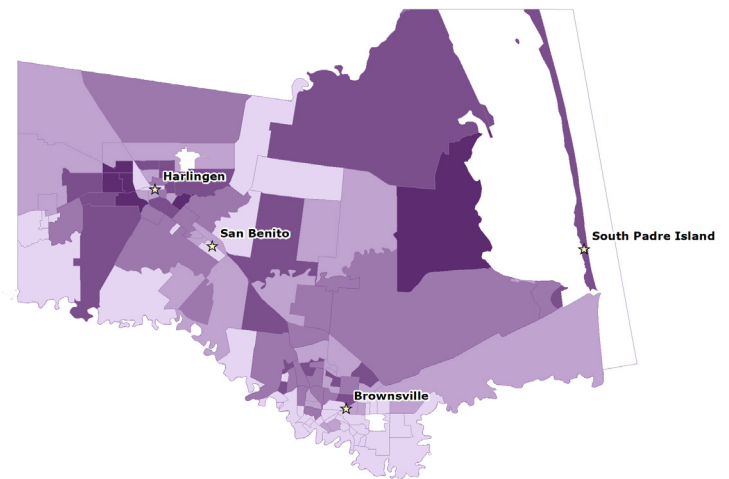
% Below 200% of the Federal Poverty Level, 2021



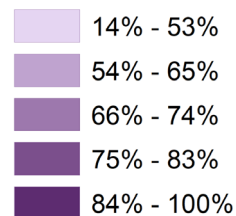
Median Household Income



☆ City



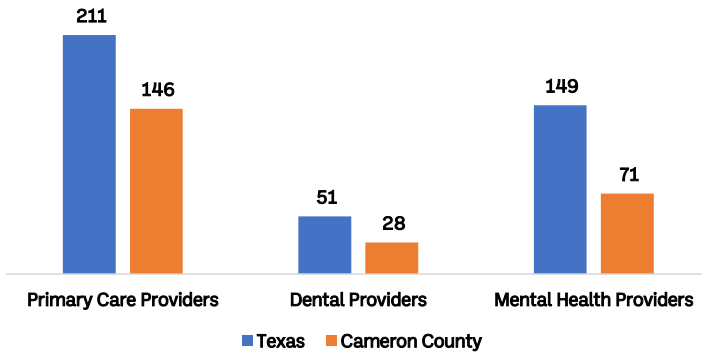
% Broadband Access



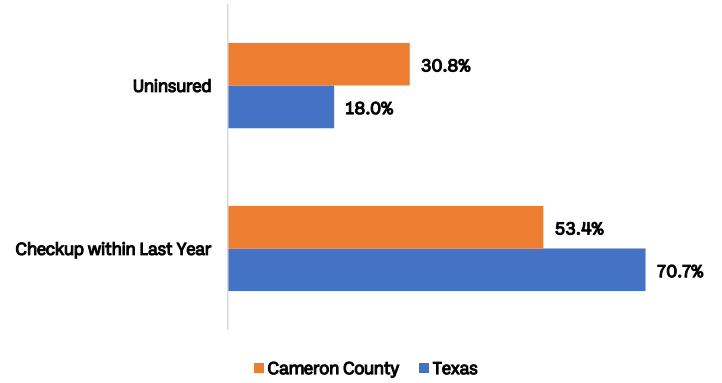
☆ City

Health Access and Outcomes

Provider Supply per 100,000 Residents, 2021-2022

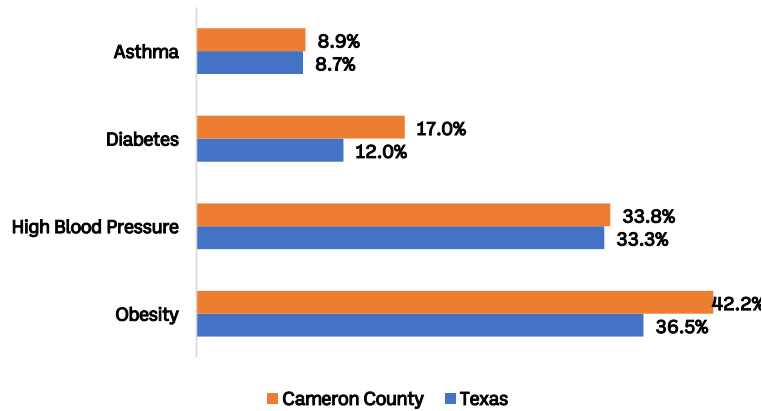


Access to Health Care, 2020

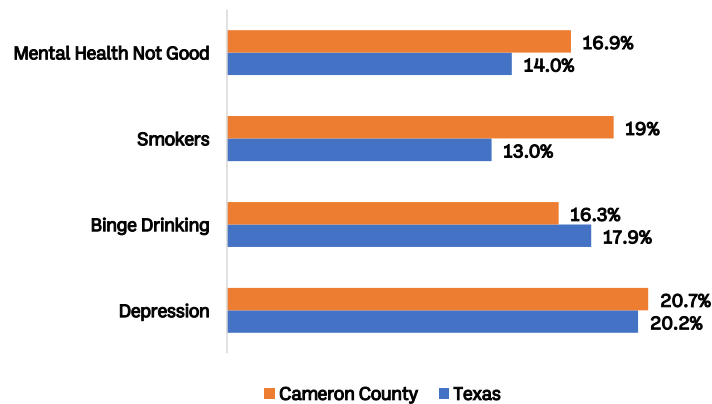


Chronic Disease and Mental Health Outcomes

Chronic Disease Rates, 2020

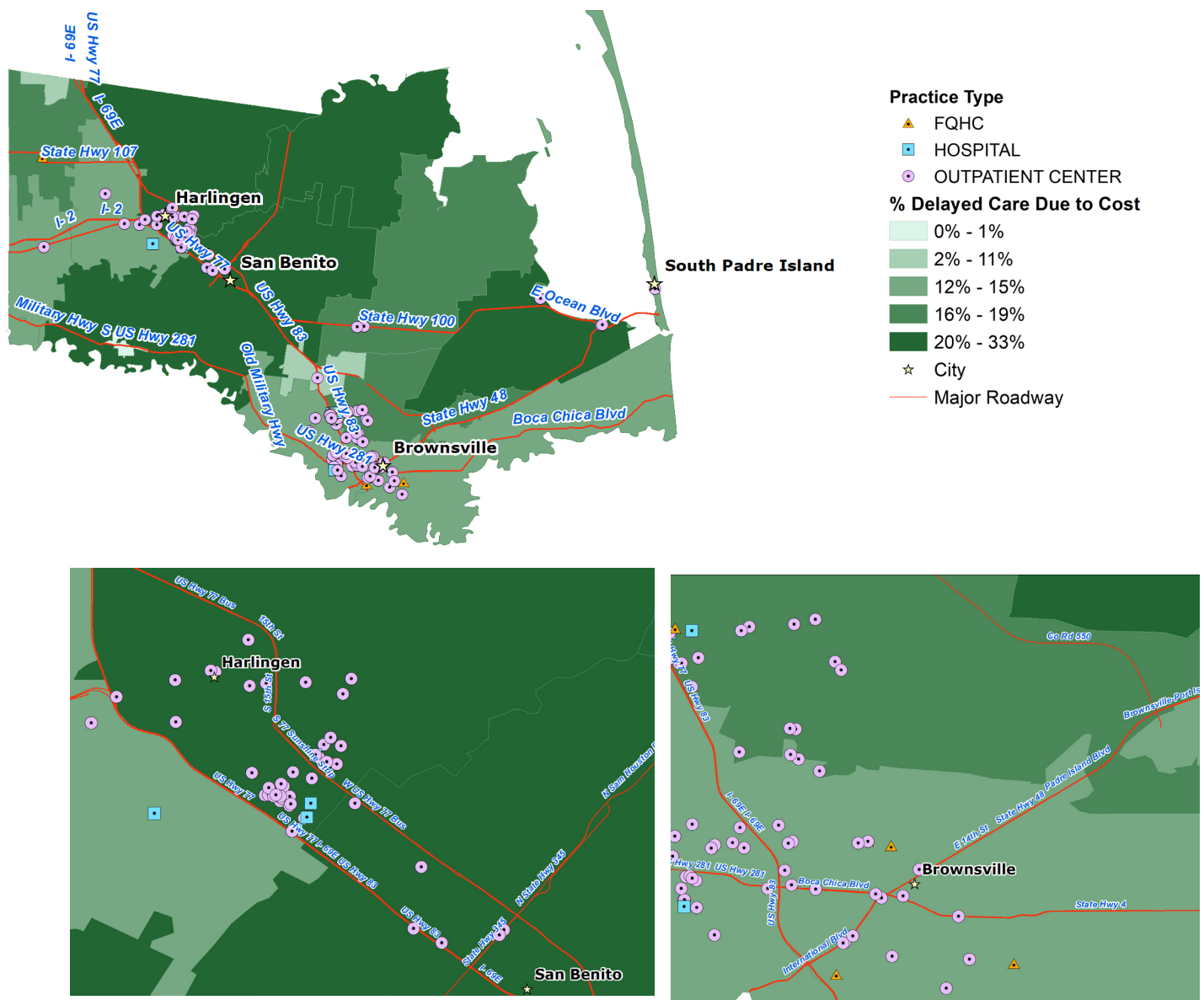


Mental Health Outcomes, 2020



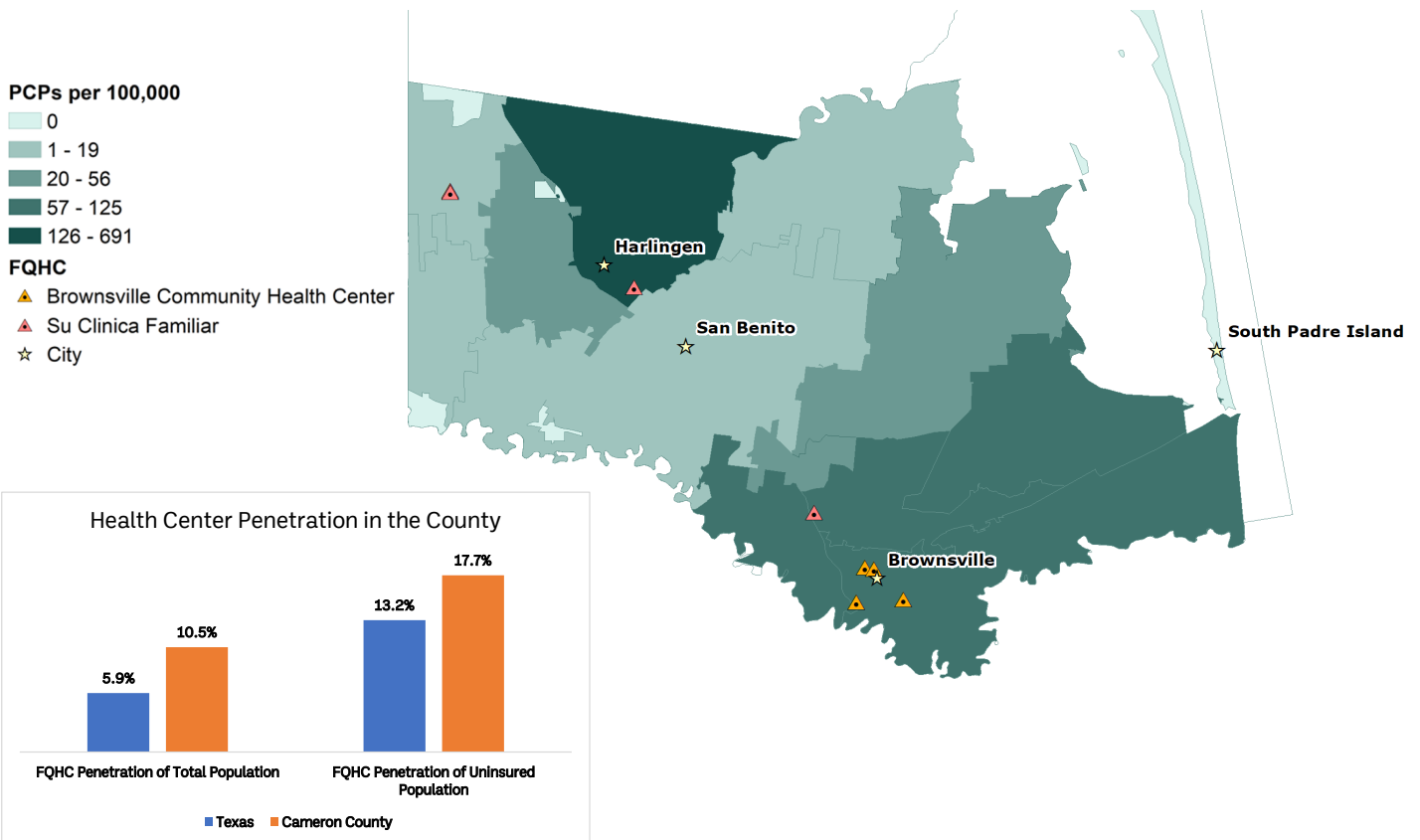
Area Health Status and Resources

The southern and mid-western regions of Cameron County may face greater access barriers than other regions of the county. A majority of the practices and health resources are clustered in the southern tip of the county near Brownsville and the mid-western region of the county near Harlingen. Similarly, communities along Cameron County's westernmost border experience greater rates of unfavorable access barriers, birth outcomes, and high rates of chronic disease. Together this suggests that the current practices are not accessible to many residents due to barriers like costs of care, insurance status, and lack of transportation.

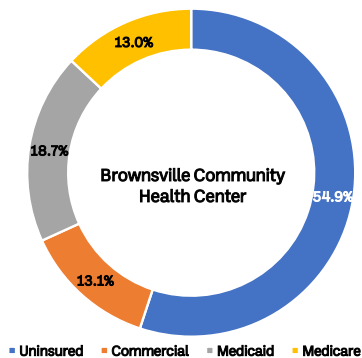


FQHCs in Cameron County, TX

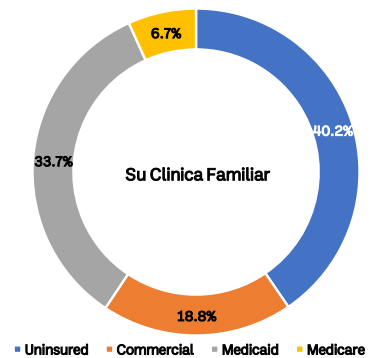
Cameron County has a total of 48,791 residents that received health care services at a federally qualified health center (FQHC) in 2021. Su Clinica Familiar (3 sites in Cameron County) and Brownsville Community Health Center (4 sites in Cameron County) are the only two FQHCs. Su Clinica Familiar served 30,273 unique patients and Brownsville Community Health Center served 19,753 unique patients in 2021. Most of their patients were Cameron County residents, with some patients traveling from outside the county to receive services.



Health Center Payer Mix, 2021

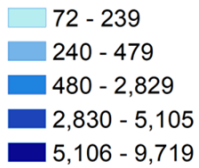


Health Center Payer Mix, 2021



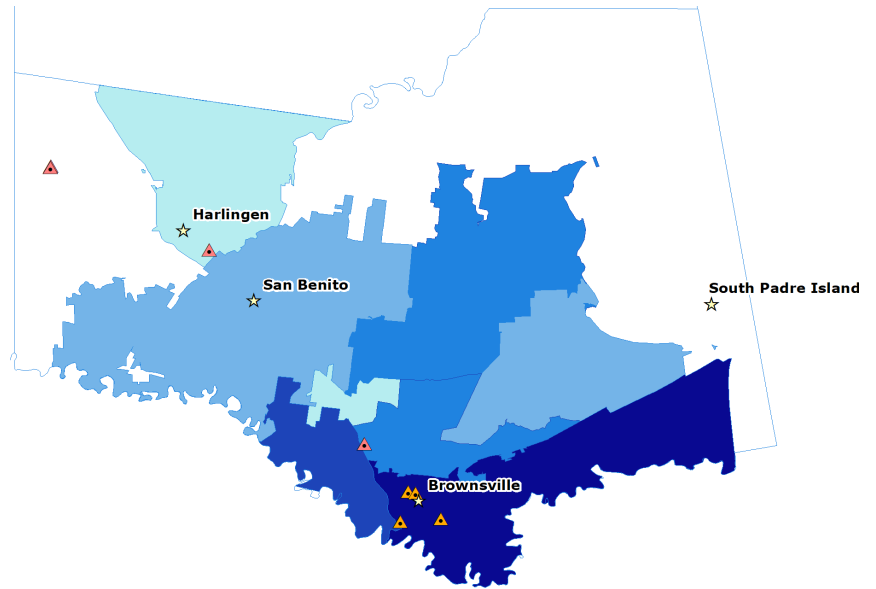
📍 FQHCs in Cameron County, TX

Patients per Zip code, Brownsville Community Health Center

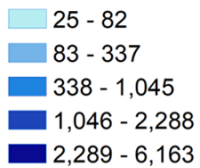


FQHC

- ▲ Brownsville Community Health Center
- ▲ Su Clinica Familiar
- ☆ City

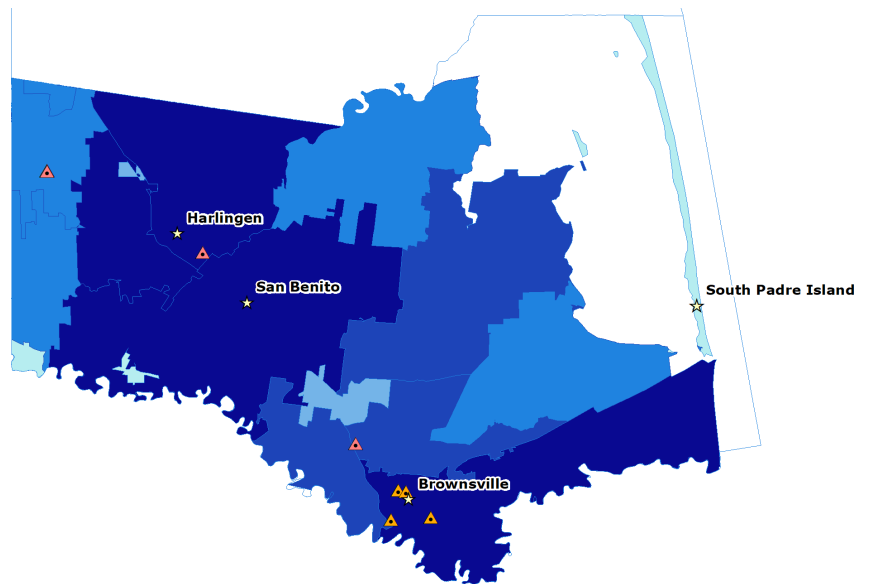


Patients per Zip code, Su Clinica Familiar



FQHC

- ▲ Brownsville Community Health Center
- ▲ Su Clinica Familiar
- ☆ 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.