

# Grayson County External Cardiovascular Health Assessment

TEXOMA MEDICAL CENTER

2022

## Texoma Medical Center Health mission

Since 1965, TMC has forged a special relationship with the people of North Texas and Southern Oklahoma. Texoma residents have come to depend on TMC to meet a spectrum of physical, mental and spiritual needs. TMC has responded with unique services to provide the kind of sophisticated, experienced care that was once available only in major metropolitan areas.

As a trusted name in the region, TMC is not only the region's largest healthcare provider, but is known for quality and having the only accredited Chest Pain Program between Oklahoma City and the Metroplex, the most experienced Trauma Center in the region, as well as being designated as a Primary Stroke Center by the Joint Commission.

Currently, TMC has a robust and comprehensive Chest Pain Program designated by the American College of Cardiology as a Chest Pain Center with 24/7 PCI capabilities. TMC competes with Wilson N. Jones (WNJ) Medical Center located 6.5 miles south on US Highway 75. WNJ is a non-accredited facility that also has PCI capabilities.

Each day TMC's leadership and employees work to carry out the hospital's mission of providing quality care, delivering innovative services and exceeding expectations.

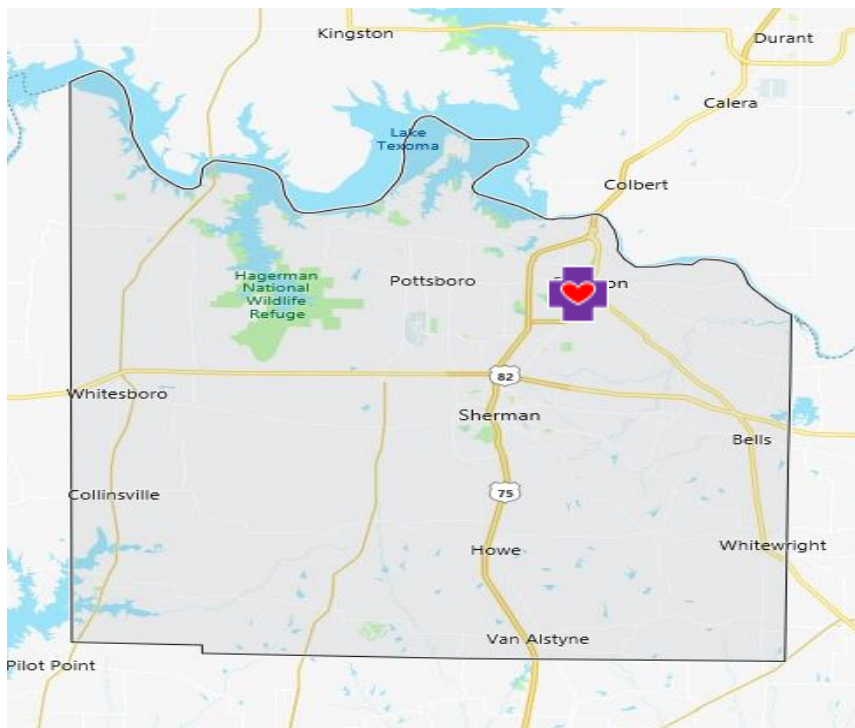


## Community Served – Grayson County

In 2021, Grayson County, TX has an estimated population of 139,336. Between 2020 and 2021 the population of Grayson County, TX grew from 135,543 to 139,336, a 2.8% increase.

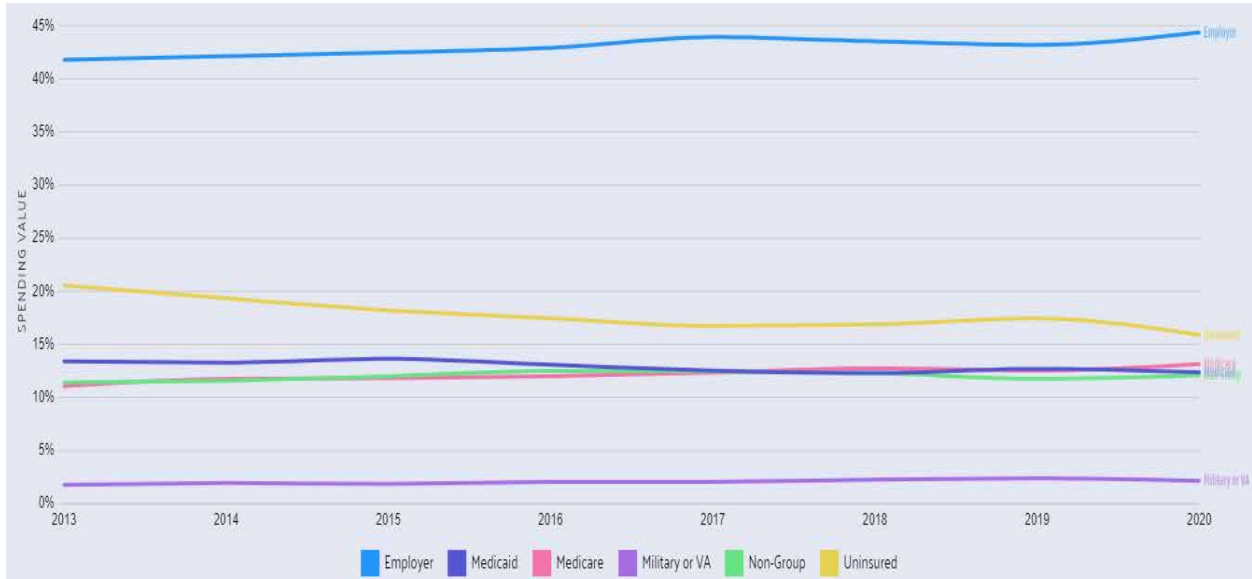
The ethnic composition of the population of Grayson County, TX is composed of 87.3% White Alone residents (121,640), 15% Hispanic or Latino residents (20,900), 6.2% Black or African American Alone residents (8,638), 2.9% Two or More Races residents (4,040), 1.5% Asian Alone residents (2,090), 1.9% American Indian & Alaska Native Alone residents (2,647), and 0.1% Native Hawaiian & Other Pacific Islander Alone residents (139).

### Grayson County Health Community map

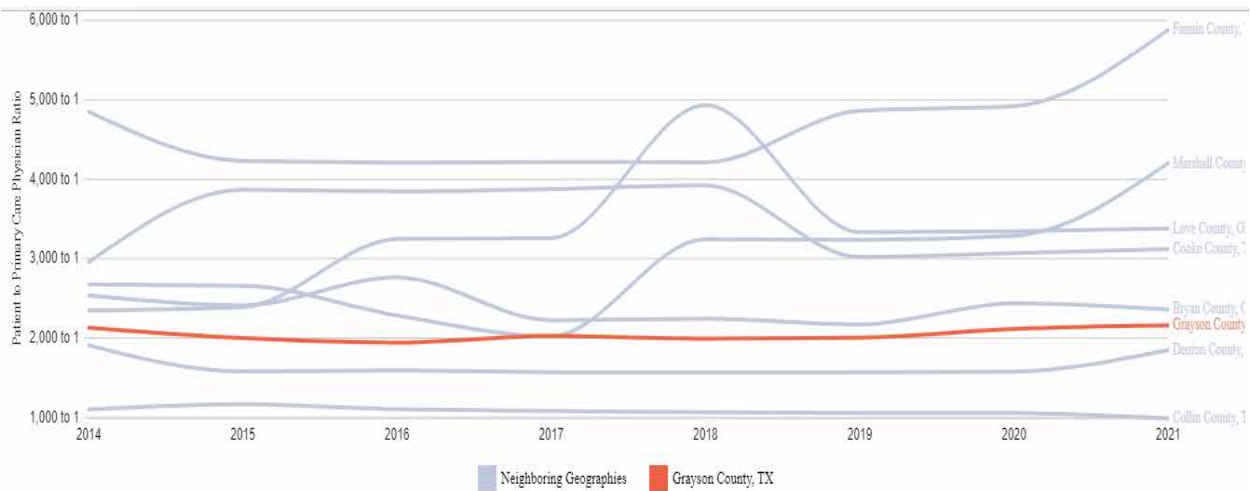


# Health – Grayson County

84.1% of the population of Grayson County, TX has health coverage, with 44.4% on employee plans, 12.4% on Medicaid, 13.1% on Medicare, 12.1% on non-group plans, and 2.15% on military or VA plans.

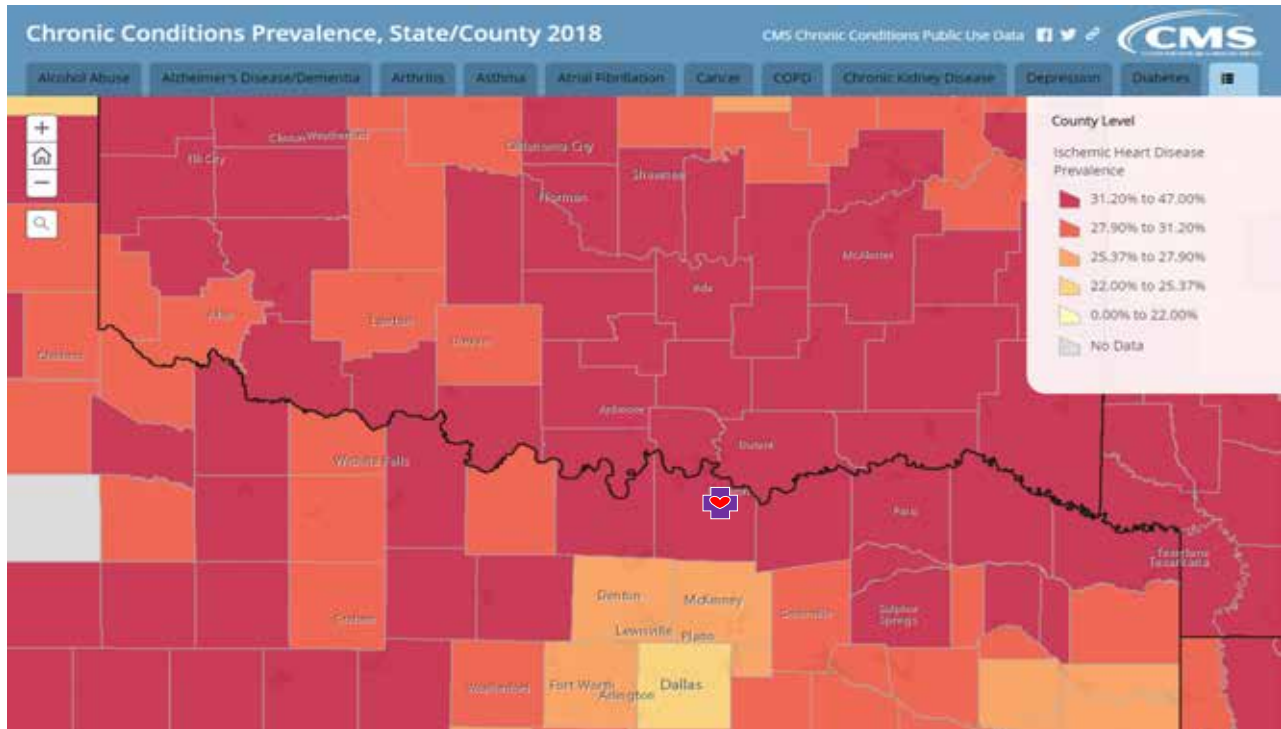


Primary care physicians in Grayson County, TX see 2,161 patients per year on average, which represents a 2.17% increase from the previous year (2,115 patients). Compare this to dentists who see 1,548 patients per year, and mental health providers who see 778 patients per year.

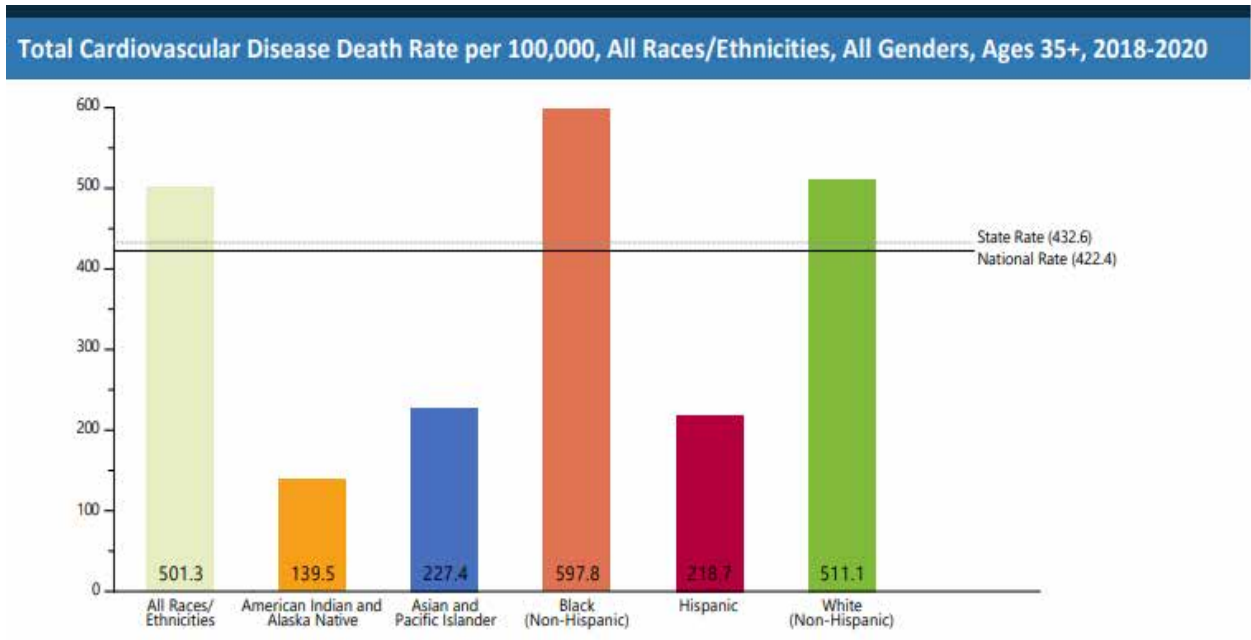
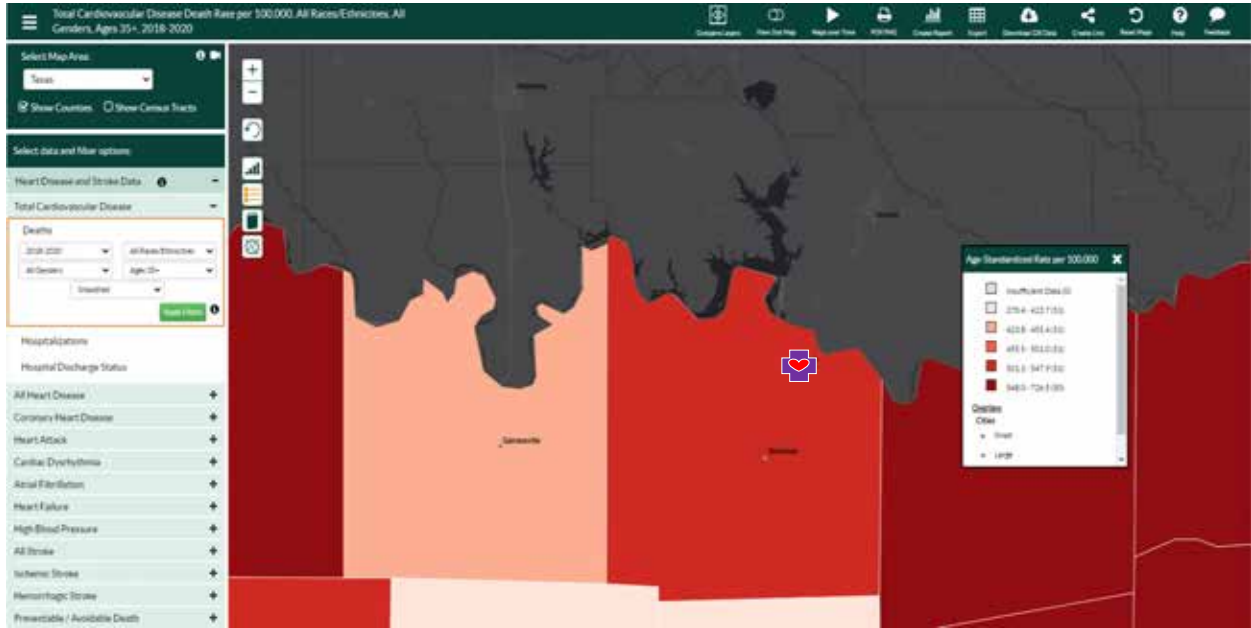


## Heart Disease – Grayson County

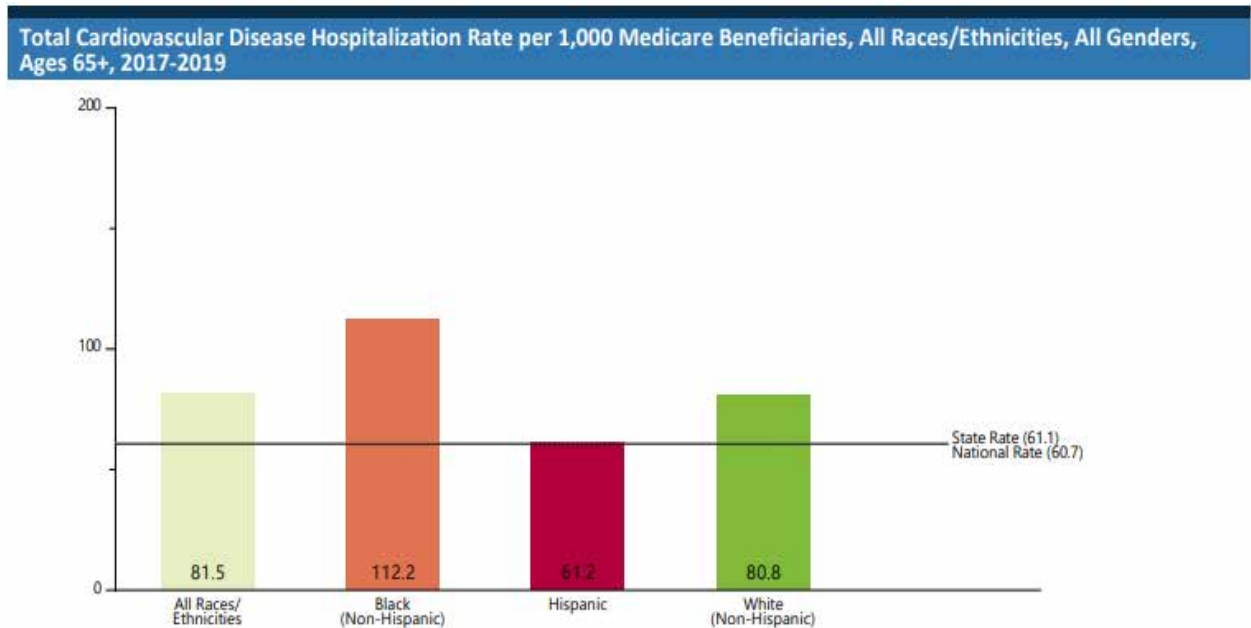
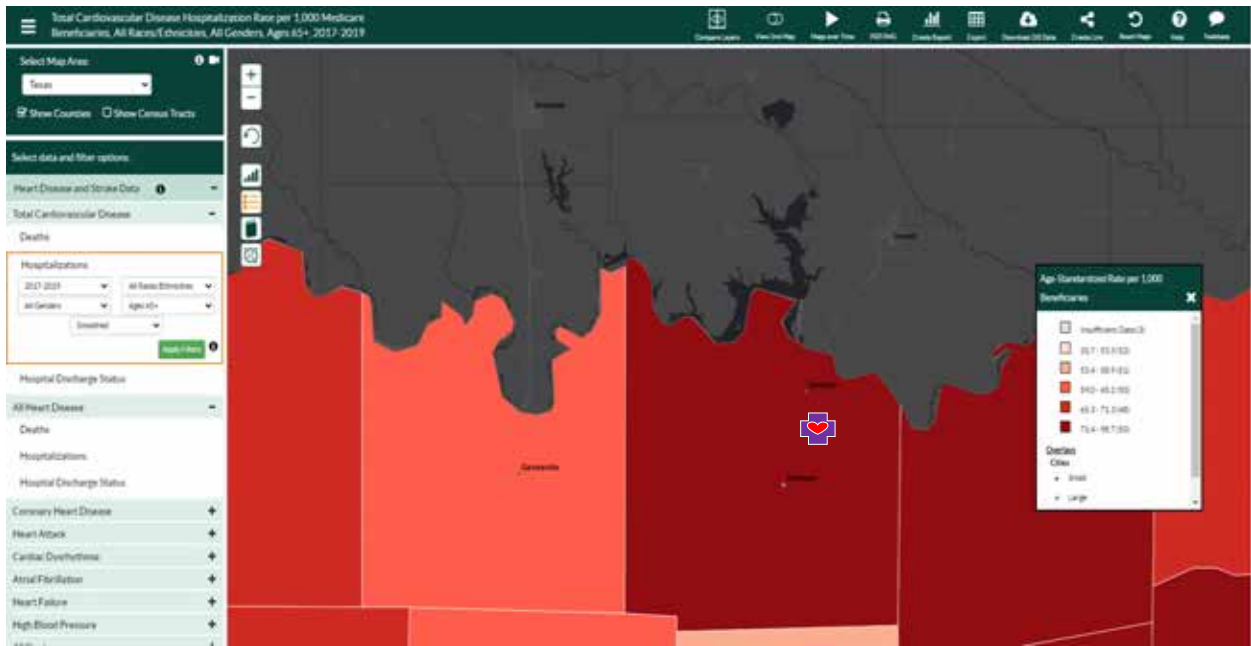
According to Centers for Medicare & Medicaid Services, 34.37% of Medicare beneficiaries in Grayson County suffered from ischemic heart disease in 2018. This is above both the state and national averages of 28.99% and 26.81% respectively.



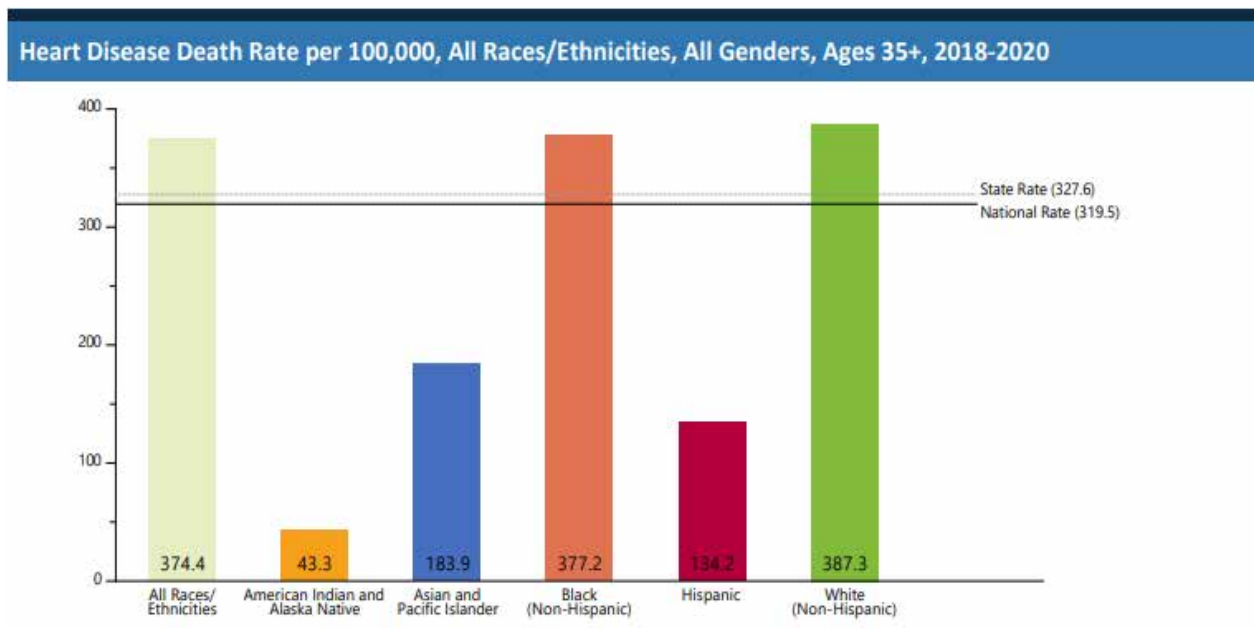
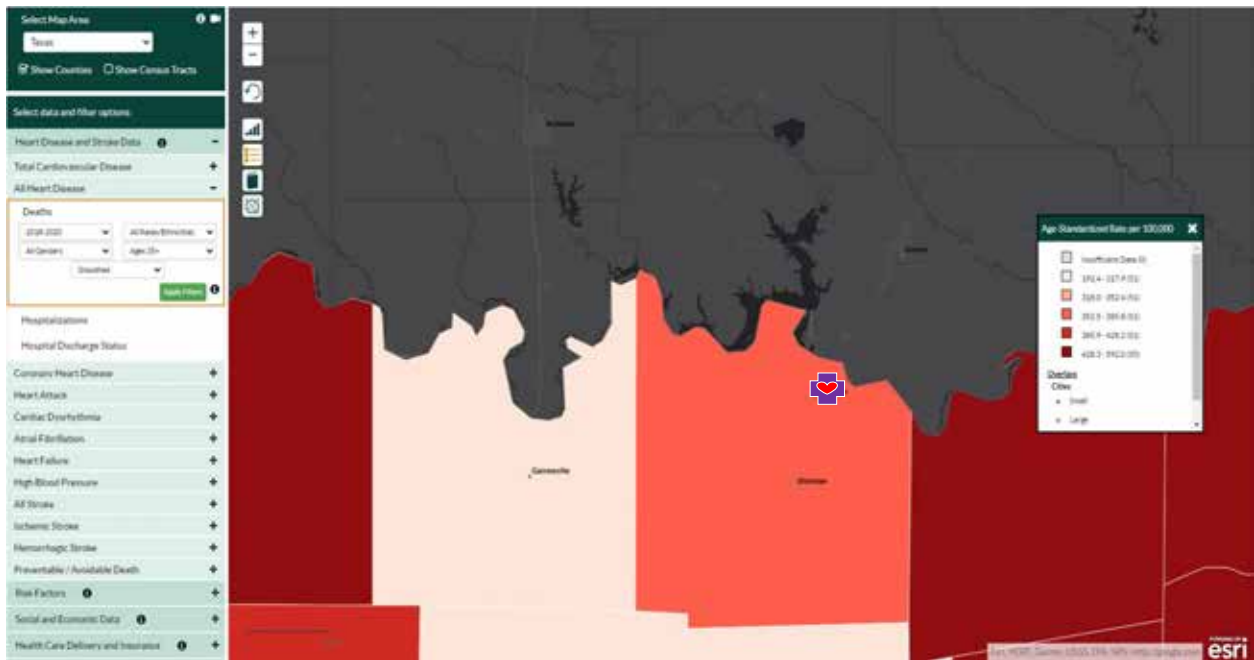
The Centers for Disease Control and Prevention (CDC) reports that the total cardiovascular disease death rate per 100,000 people aged 35 and older in Grayson County as being 501.3 between 2018-2020. This is higher than the state rate of 432.6 and the national rate of 422.4.



The CDC reports the average estimated total cardiovascular disease hospitalization rate per 1,000 Medicare beneficiaries, 65+ in Grayson County between 2017-2019 as being 81.5. This is higher than the state rate of 61.1 and the national rate of 60.7.

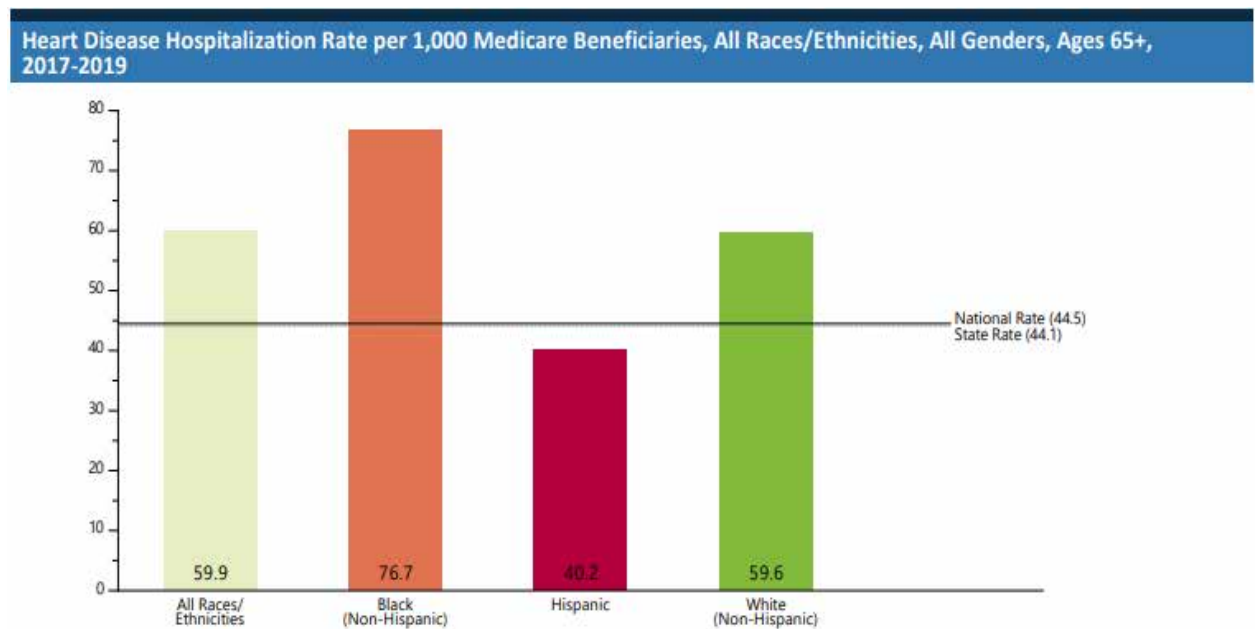
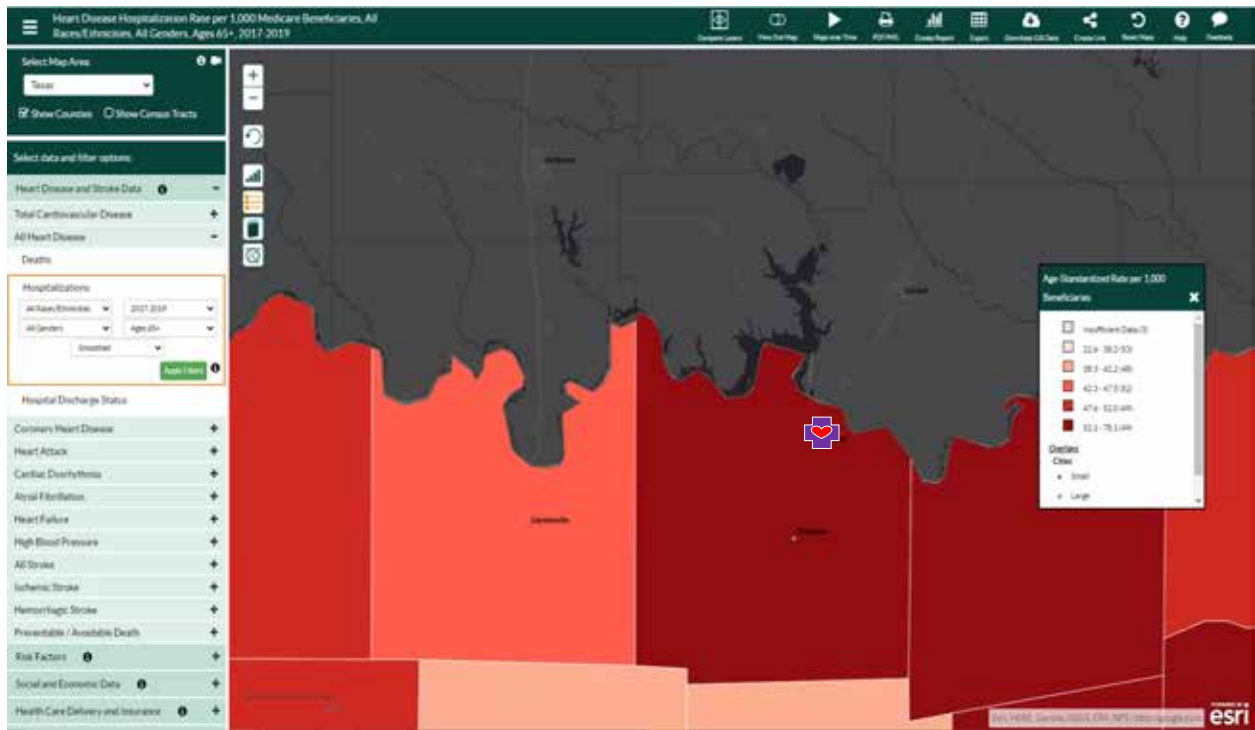


The CDC reports that the total heart disease death rate per 100,000 people aged 35+ in Grayson County as being 374.4 between 2018-2020. This is higher than the state rate of 327.6 and the national rate of 319.5.

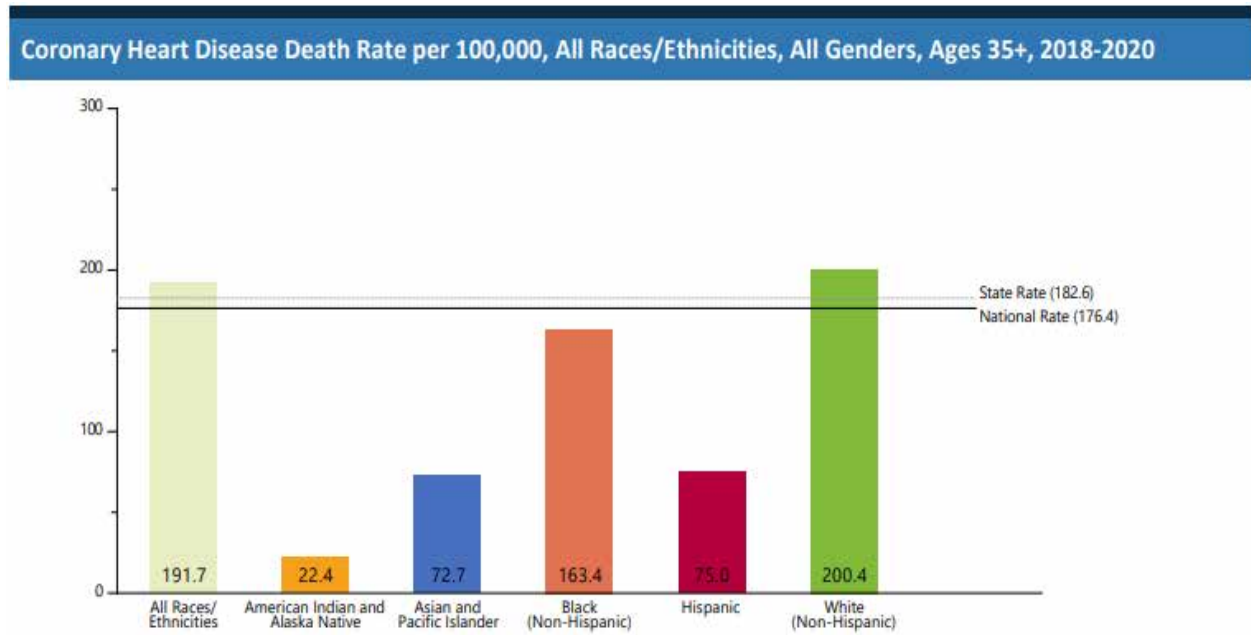
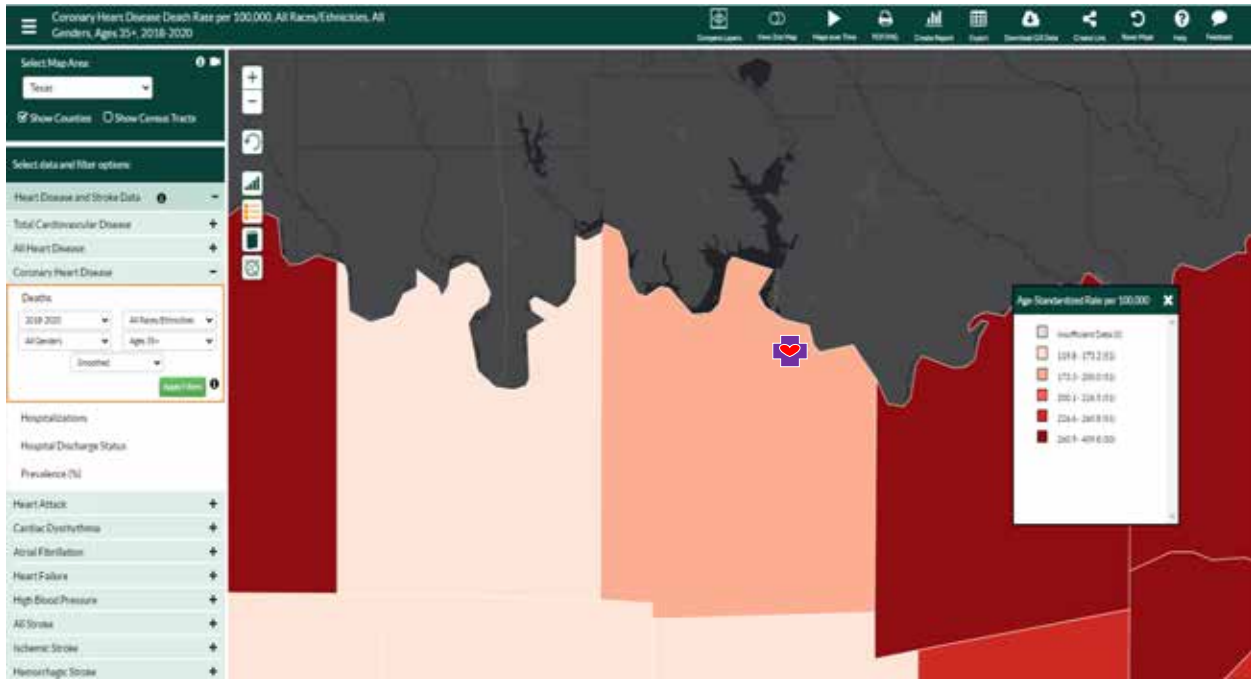




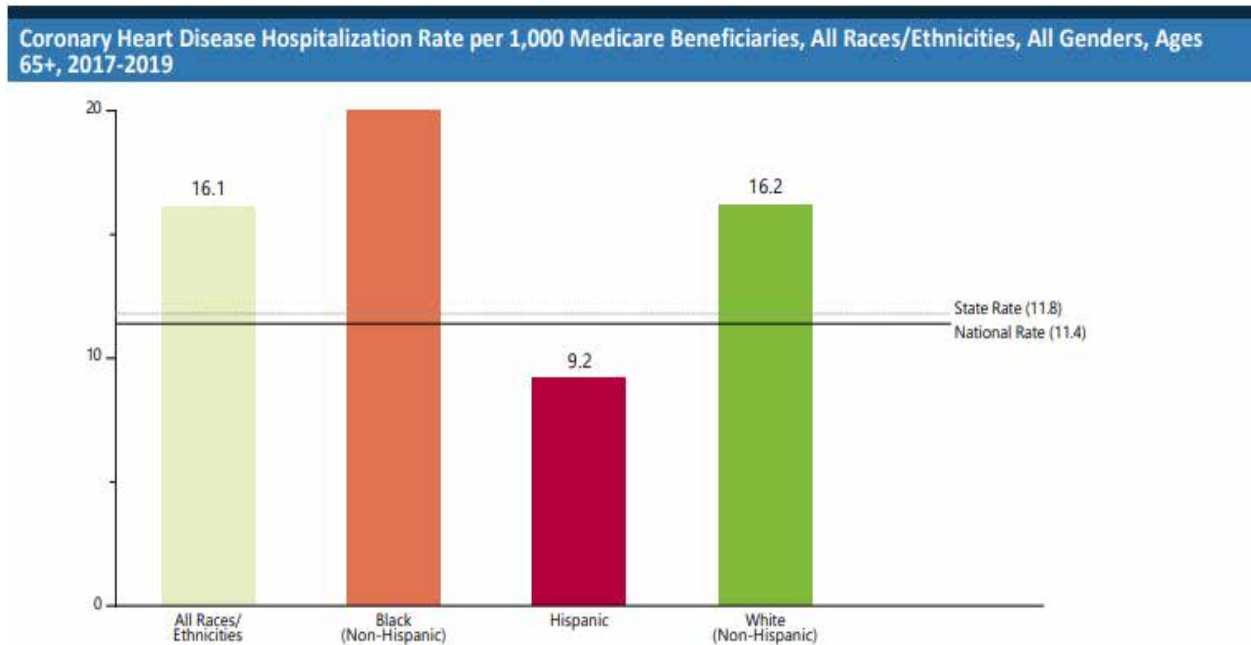
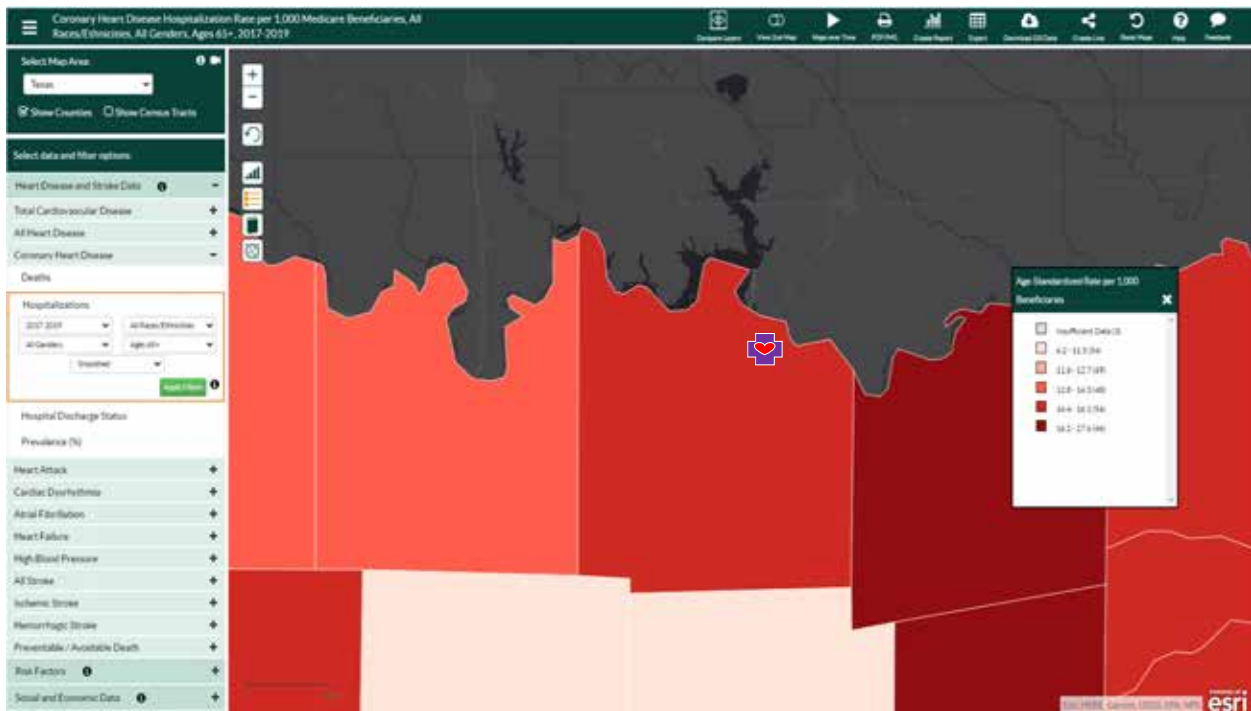
The CDC reports the total heart disease hospitalization rate per 1,000 Medicare beneficiaries, 65+ in Grayson County between 2017-2019 as being 59.9. This is higher than the state rate of 44.1 and the national rate of 44.5.



The CDC reports that the total coronary heart disease death rate per 100,000 people aged 35+ in Grayson County as being 191.7 between 2018-2020. This is higher than the state rate of 182.6 and the national rate of 176.4.

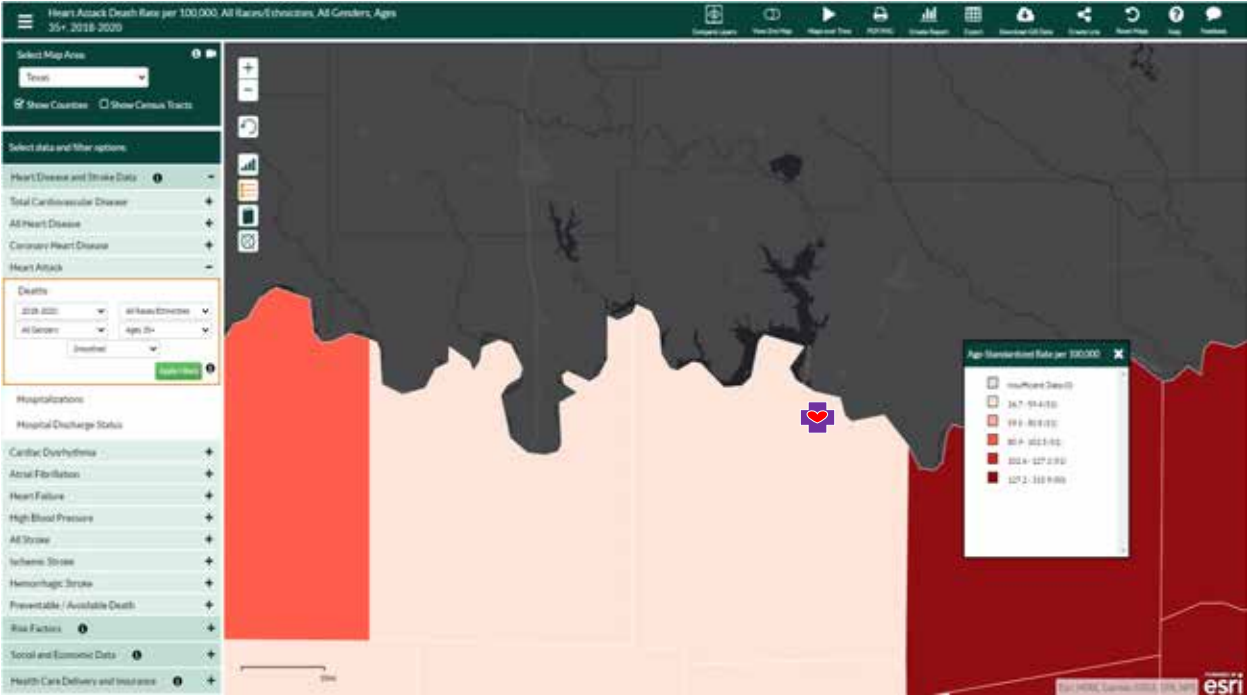


The CDC reports the total coronary heart disease hospitalization rate per 1,000 Medicare beneficiaries, 65+ in Grayson County between 2014-2016 as being 16.1. This is above the state rate of 11.8 and the national rate of 11.4.

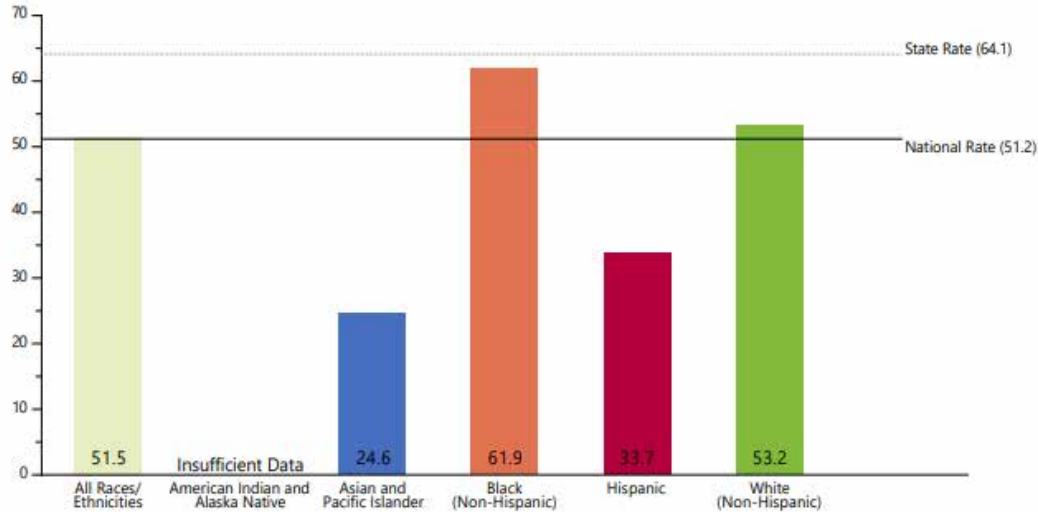


# Acute Myocardial Infarction – Grayson County

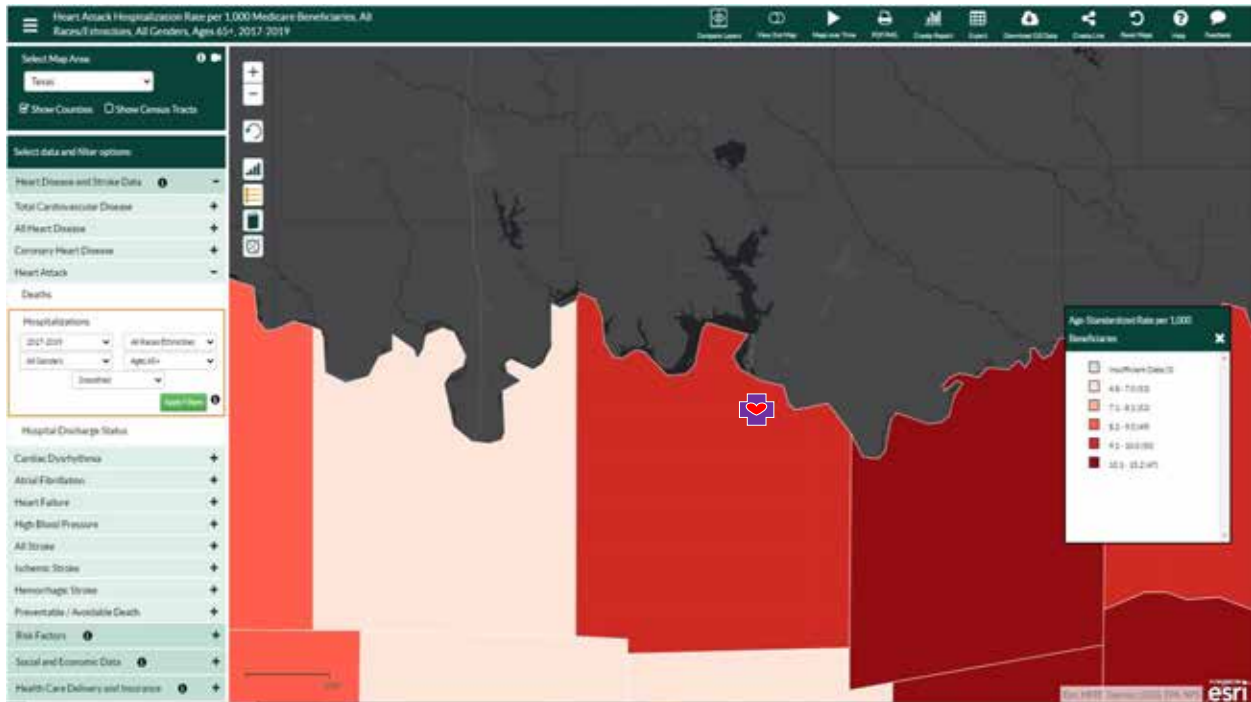
The CDC reports that the Acute Myocardial Infarction (AMI) death rate per 100,000 people aged 35+ in Grayson County as being 51.5 between 2018-2020. This is below the state rate of 64.1 and above the national rate of 51.2.



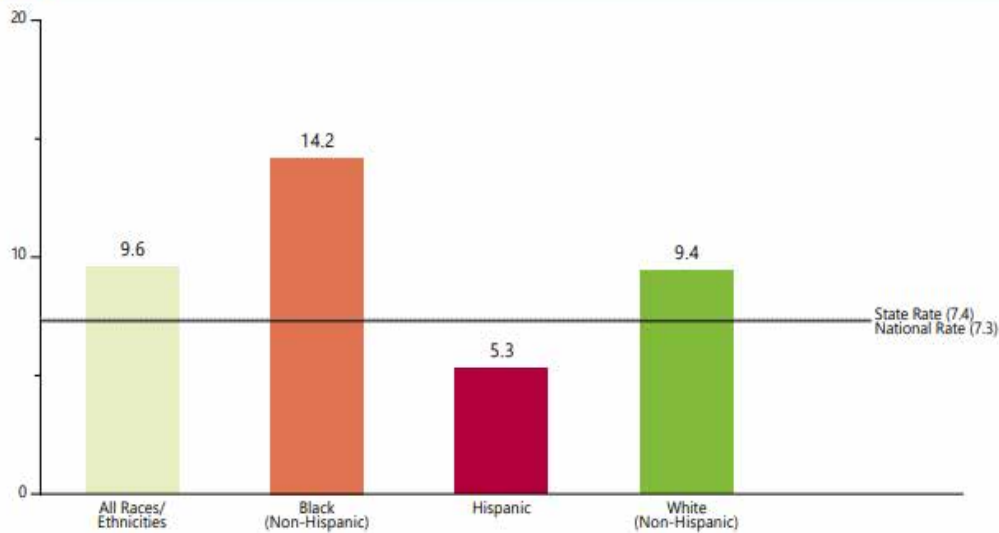
**Heart Attack Death Rate per 100,000, All Races/Ethnicities, All Genders, Ages 35+, 2018-2020**



The CDC reports the AMI hospitalization rate per 1,000 Medicare beneficiaries, 65+ in Grayson County between 2017-2019 as being 9.6. This is above the state rate of 7.4 and the national rate of 7.3.

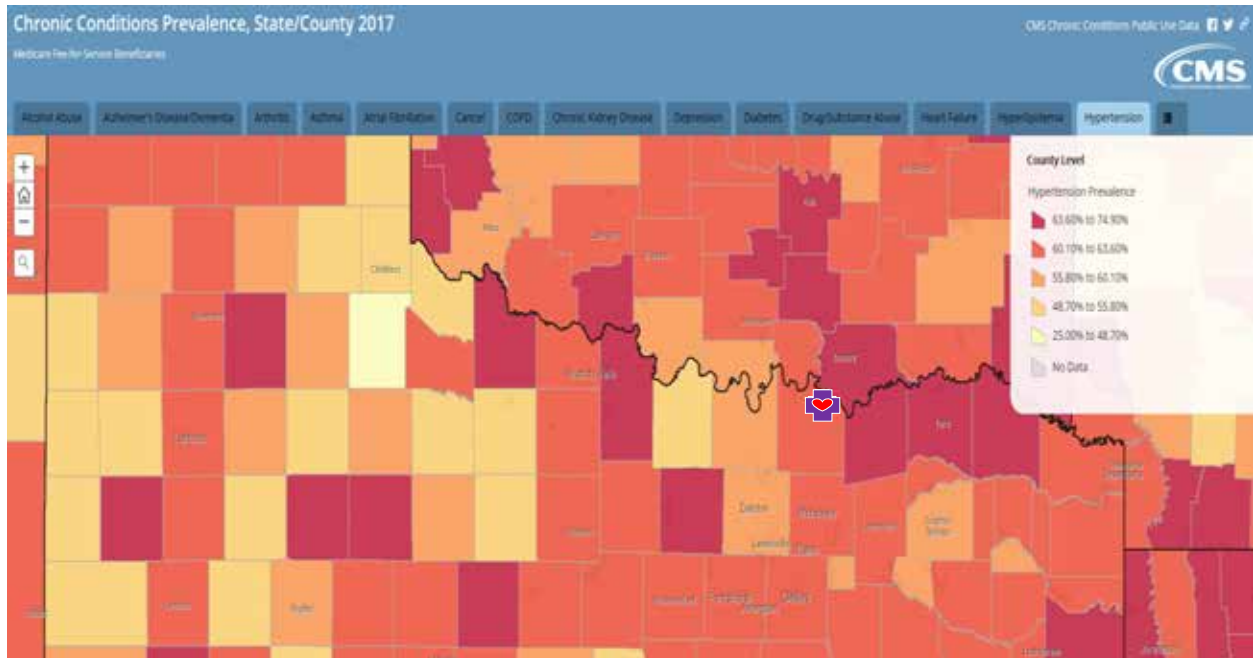


Heart Attack Hospitalization Rate per 1,000 Medicare Beneficiaries, All Races/Ethnicities, All Genders, Ages 65+, 2017-2019



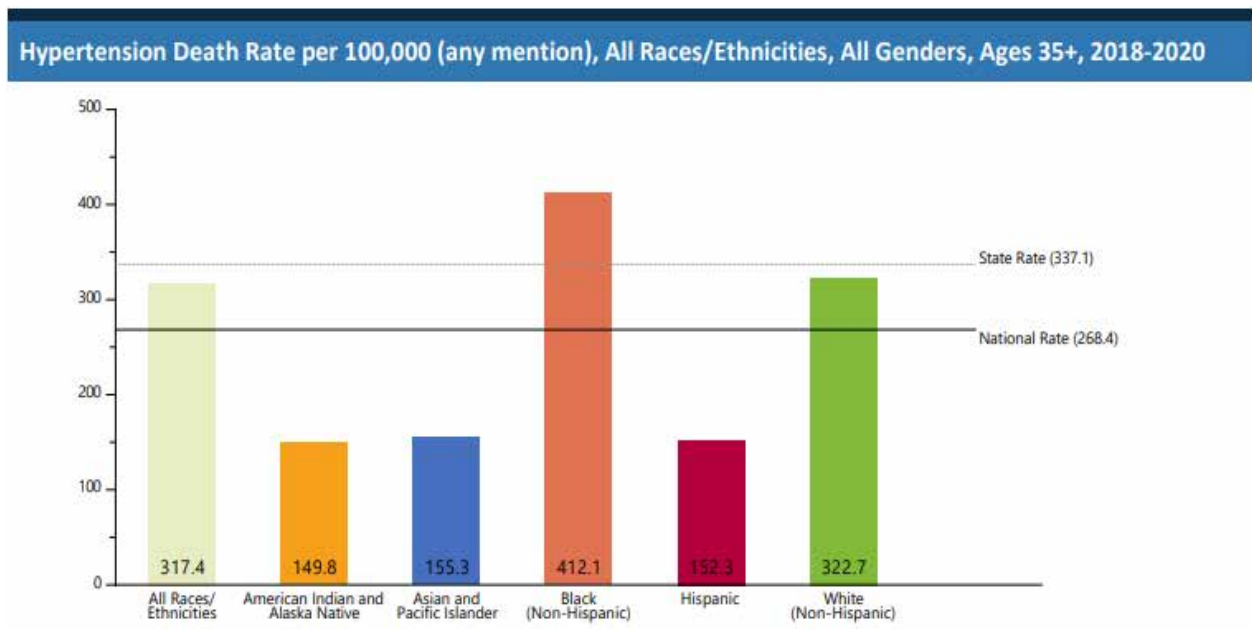
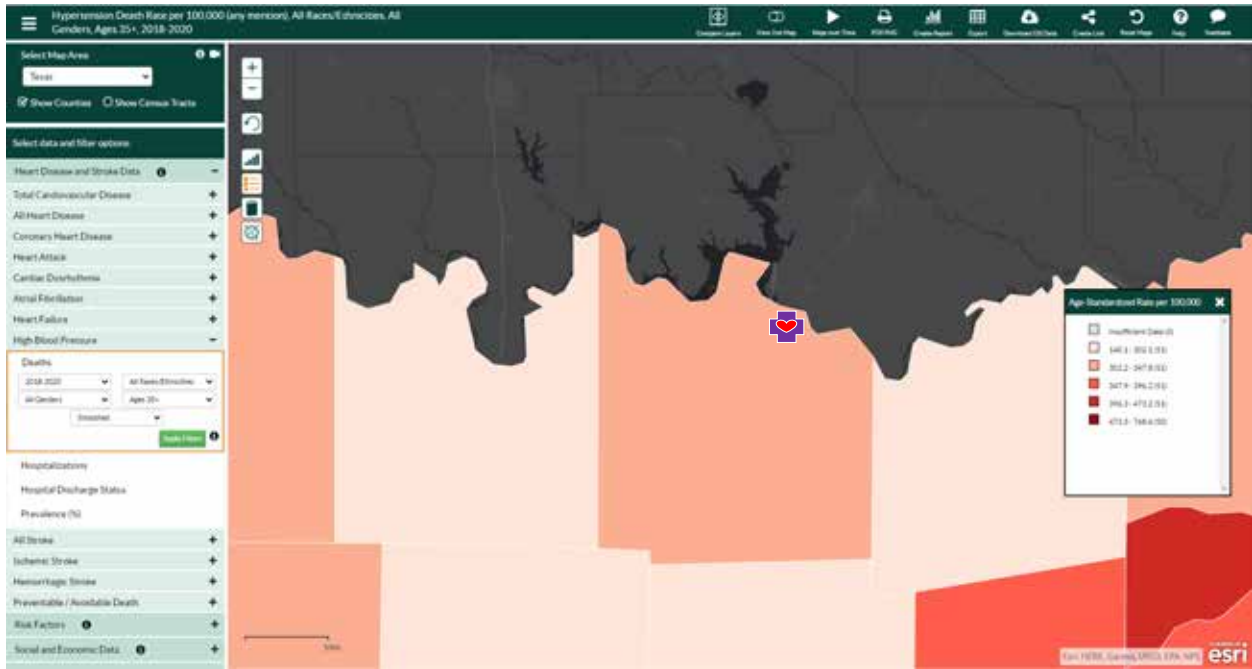
## Hypertension – Grayson County

According to Centers for Medicare & Medicaid Services, 62.86% of Medicare Beneficiaries in Grayson County had a diagnosis of hypertension in 2018. This is above both the state and national averages of 59.87% and 57.20% respectively.

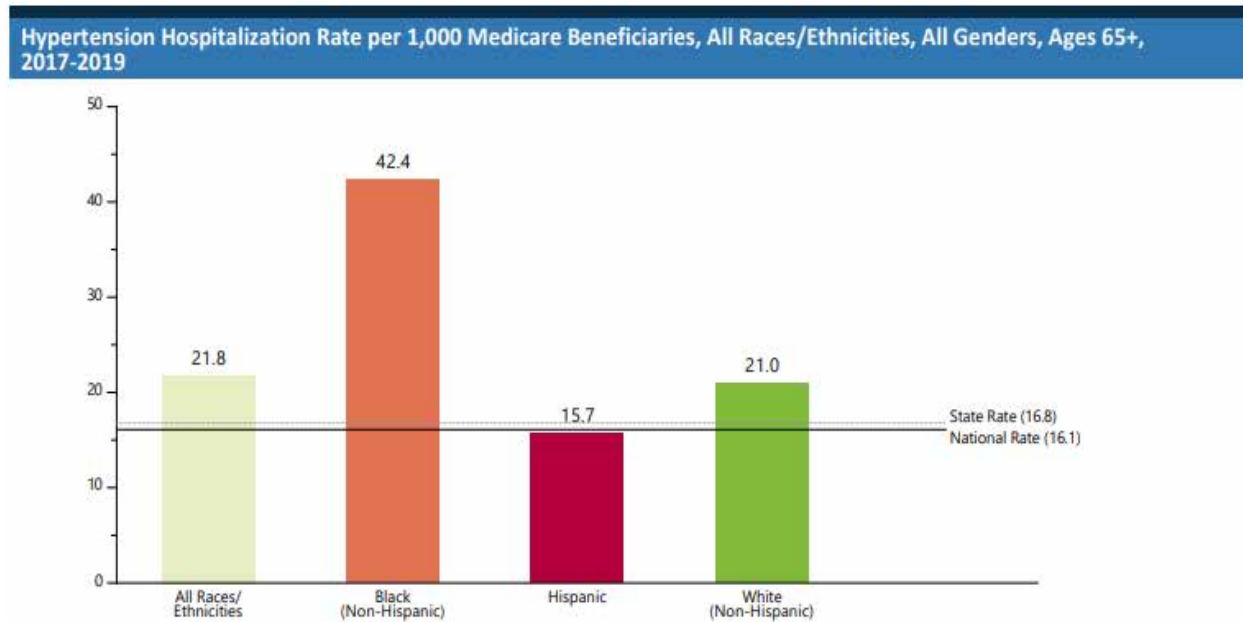
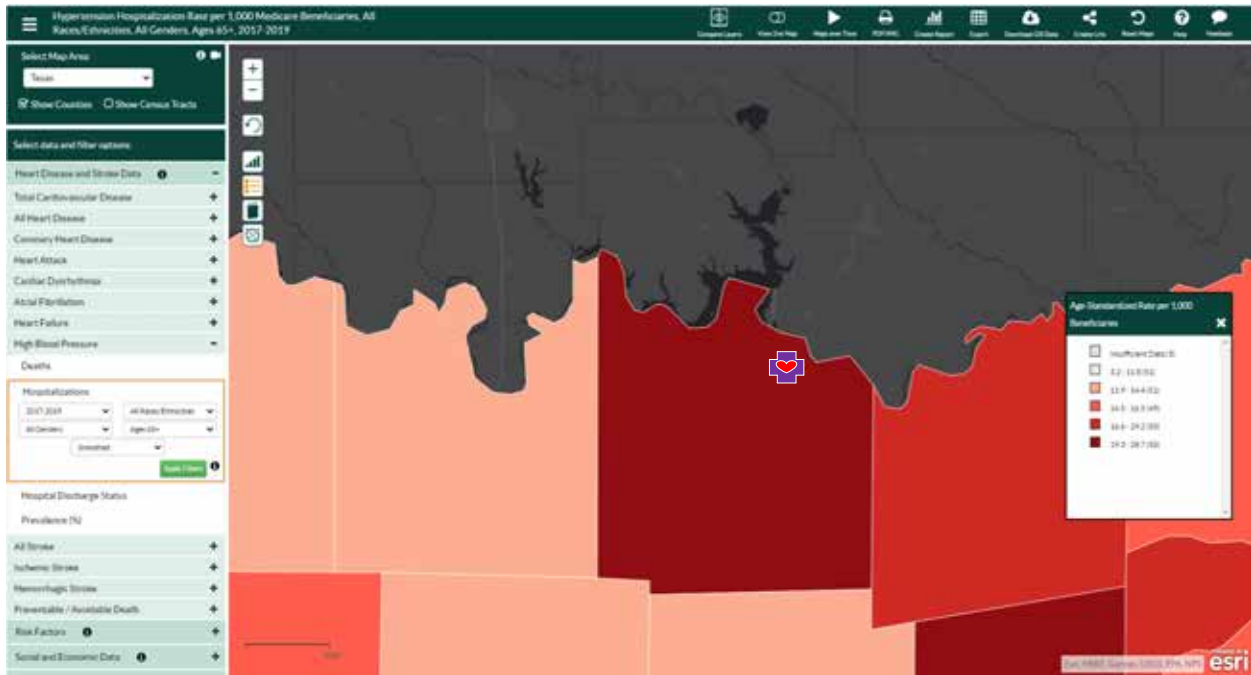




The CDC reports that the hypertension death rate per 100,000 people aged 35+ in Grayson County as being 317.4 between 2018-2020. This is below the state rate of 337.1 and the above the national rate of 268.4.

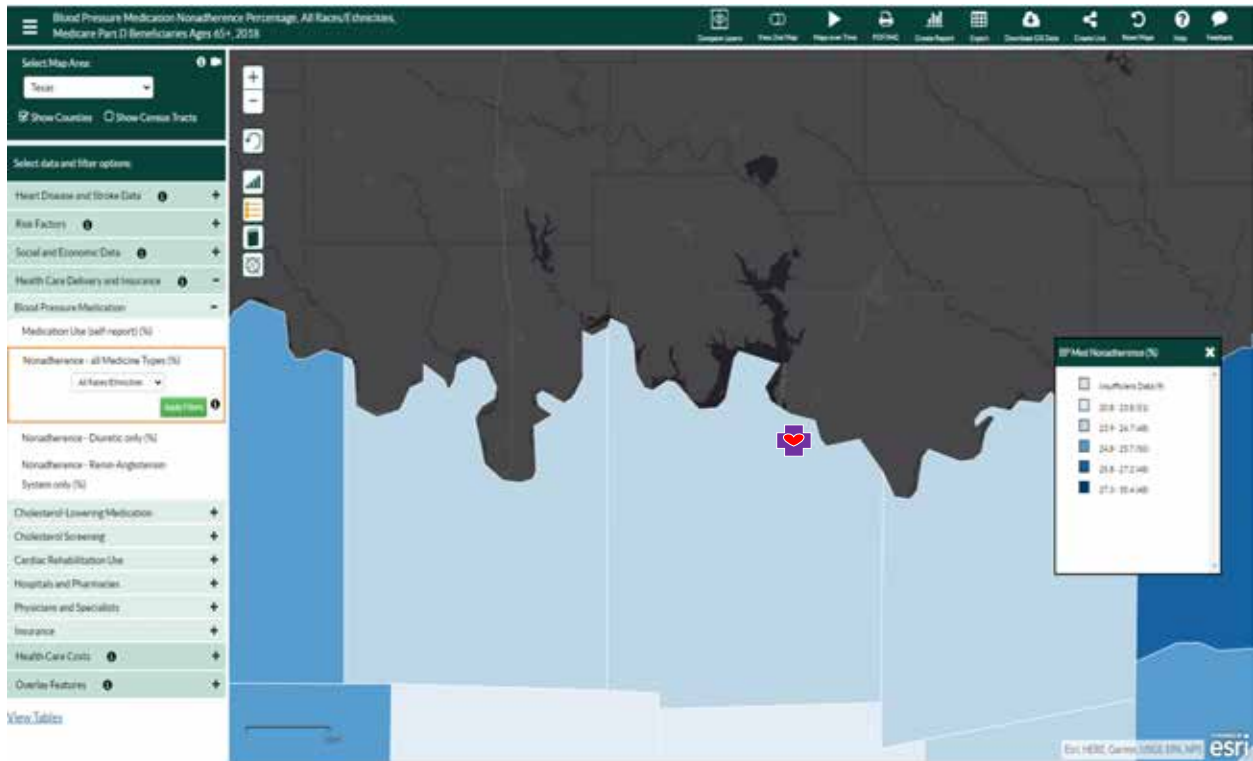


The CDC reports the hypertension hospitalization rate per 1,000 Medicare beneficiaries, 65+ in Grayson County between 2017-2019 as being 21.8. This is above the state rate of 16.8 and the national rate of 16.1.



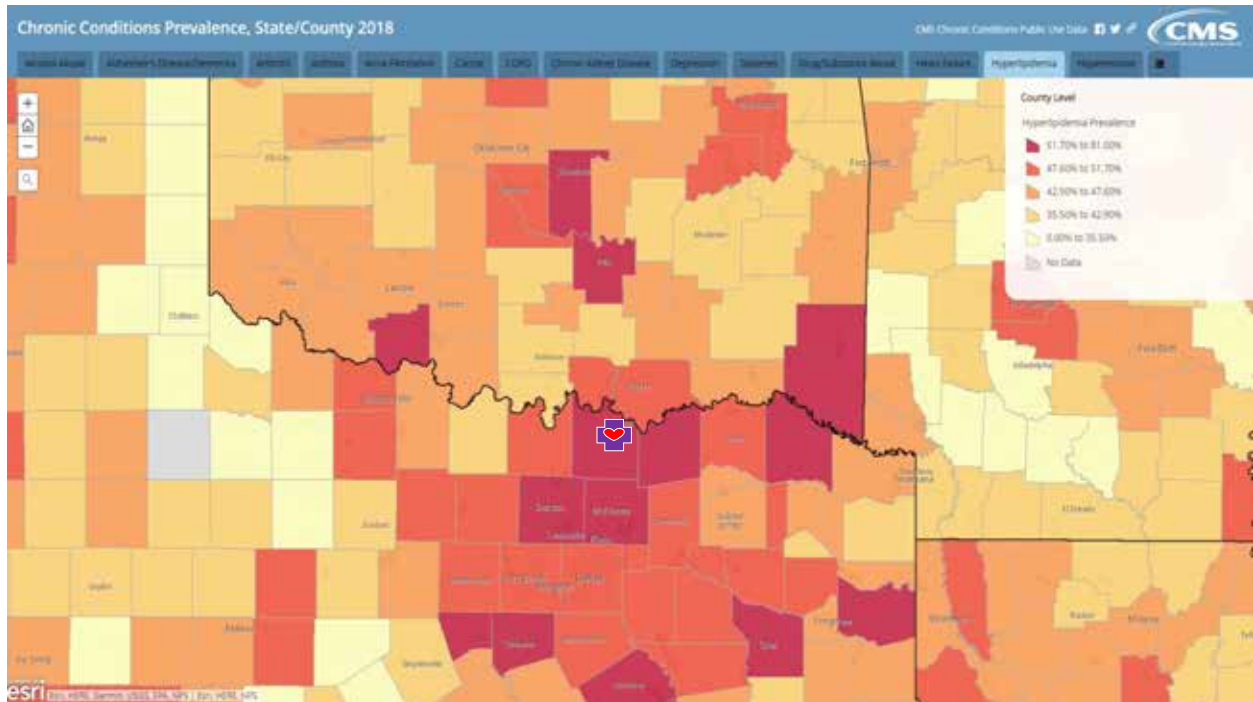


The CDC reported that the percentage of blood pressure medication non-adherence for Medicare Part D Beneficiaries age 65+ was 24.5% for Grayson County in 2018.



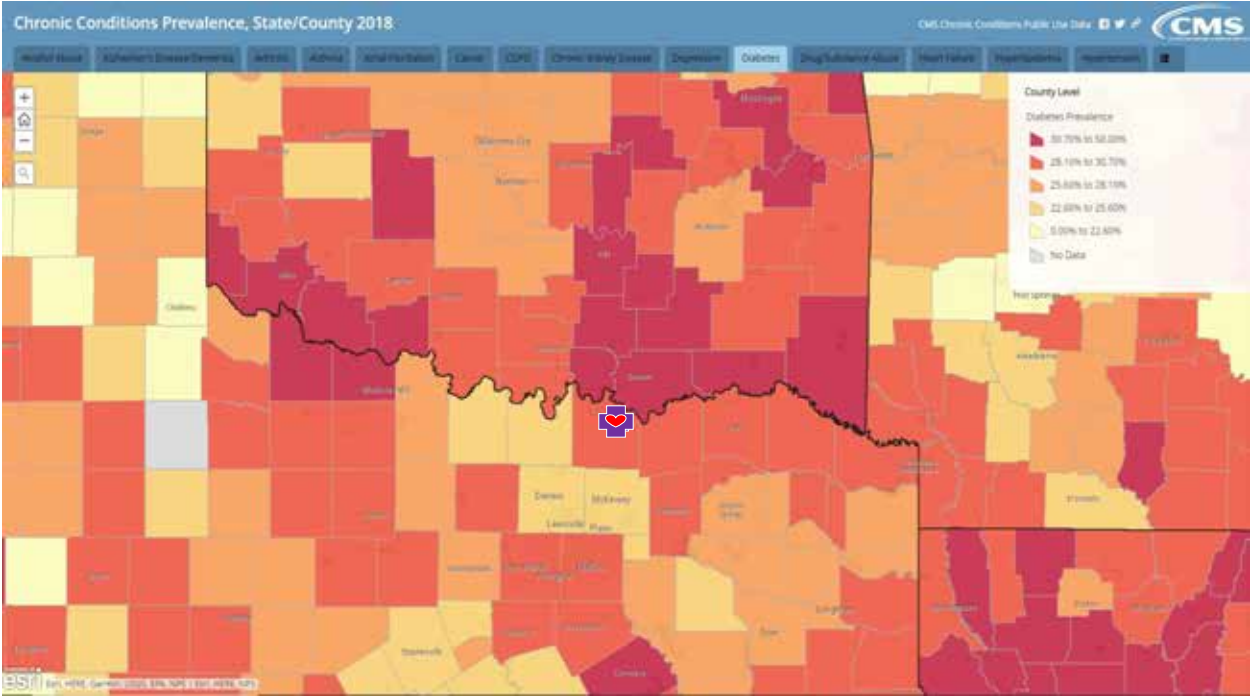
## Hyperlipidemia – Grayson County

According to Centers for Medicare & Medicaid Services, 52.31.97% of Medicare Beneficiaries in Grayson County had a diagnosis of hyperlipidemia in 2018. This is above both the state and national averages of 49.47% and 47.66% respectively.

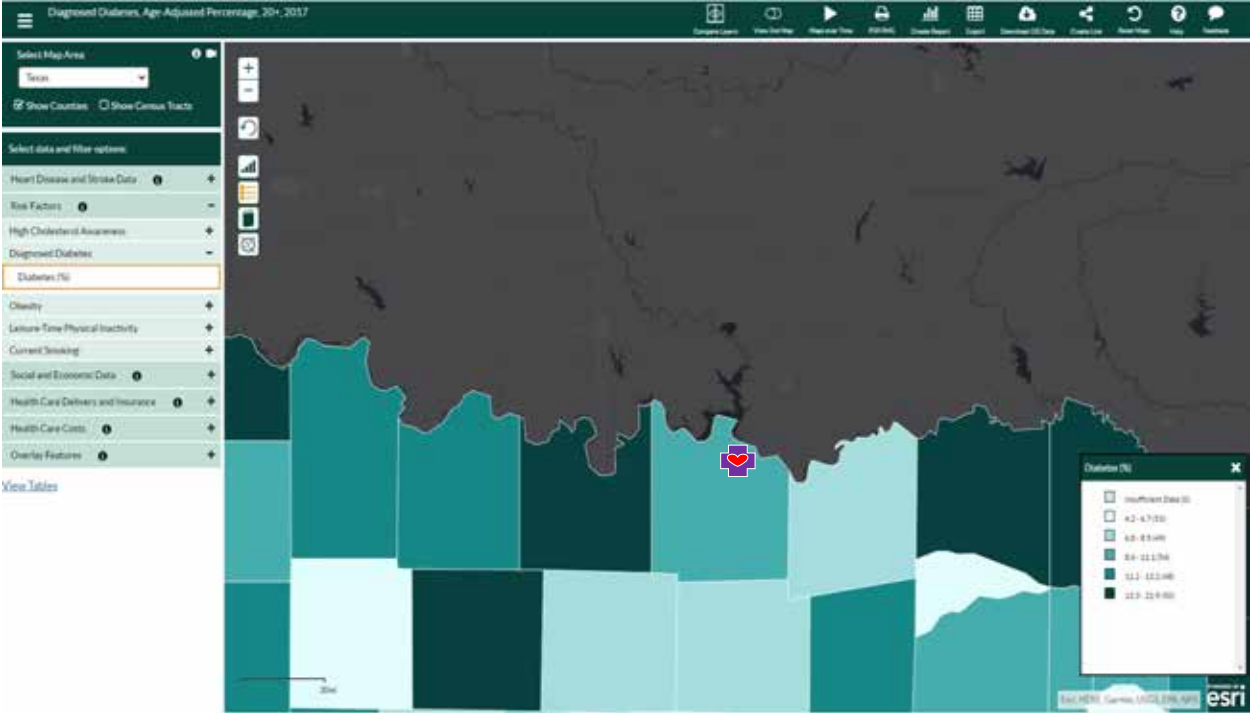


# Diabetes – Grayson County

According to Centers for Medicare & Medicaid Services, 28.33% of Medicare Beneficiaries in Grayson County had a diagnosis of diabetes in 2018. This is below the state average of 28.79% and above the national average of 26.95%.

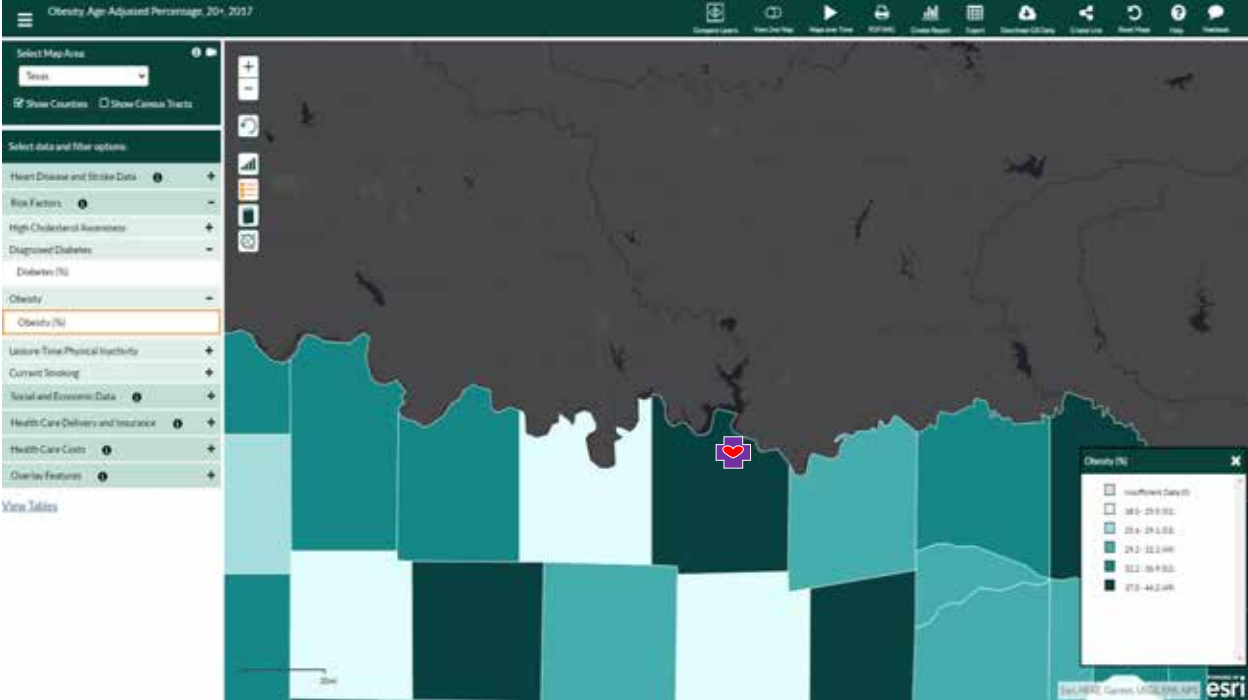


The CDC reported that the age-adjusted percentage of 20+ year olds who have a diagnosis of diabetes in Grayson County as being 9.1% in 2017.



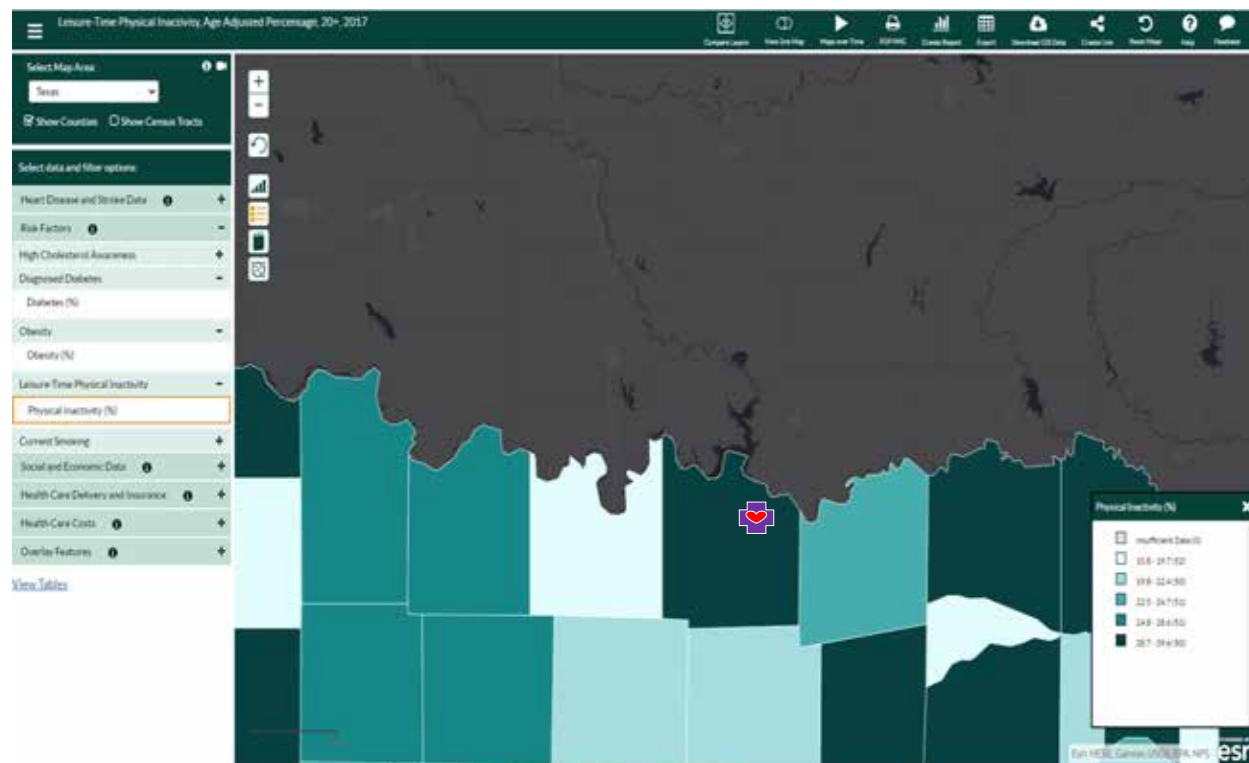
# Obesity – Grayson County

The CDC reported that the age-adjusted percentage of 20+ year olds who are classified as being obese in Grayson County was 38.1% in 2017.



## Physical Inactivity – Grayson County

The CDC reported that the age-adjusted percentage of 20+ year olds who are classified as being physically inactive in Grayson County was 34% in 2017.



## Health Behaviors – Grayson County

According to data obtained from County Health Rankings, Grayson County residents are trailing behind both the state and national averages when it comes to health behaviors including smoking, obesity, physical inactivity, access to exercise.

Health Behaviors			
	Grayson County	Top U.S. Performers	Texas
Adult Smoking	19%	15%	15%
Adult Obesity	36%	30%	34%
Physical Inactivity	28%	23%	27%
Access to Exercise Opportunities	69%	86%	80%
Food Insecurity	16%	9%	14%
Limited Access to Healthy Foods	6%	2%	8%

## Resources

- County Health Rankings & Roadmaps*. County Health Rankings & Roadmaps. (2022). Retrieved 12 September 2022, from <https://www.countyhealthrankings.org/app/texas/2022/rankings/grayson/county/outcomes/overall/snapshot>.
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- Texas Health Data - Health Facts Profile (2014-2015)*. Healthdata.dshs.texas.gov. (2022). Retrieved 12 September 2022, from <https://healthdata.dshs.texas.gov/dashboard/surveys-and-profiles/health-facts-profile-2014-2015>.