Community Health Needs Assessment 2022

Report adopted by the Board of Directors in June 2022.
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Executive Summary

Purpose Statement
The purpose of this Community Health Needs Assessment (CHNA) is to identify and prioritize significant health needs of the community served by St. Luke’s Health – Lakeside Hospital. The priorities identified in this report help to guide the hospital’s community health improvement programs and community benefit activities, as well as its collaborative efforts with other organizations that share a mission to improve health. This CHNA report meets requirements of the Patient Protection and Affordable Care Act that nonprofit hospitals conduct a CHNA at least once every three years.

CommonSpirit Health Commitment and Mission Statement
The hospital’s dedication to engaging with the community, assessing priority needs, and helping to address them with community health program activities is in keeping with its mission. As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

CHNA Collaborators
This CHNA was conducted in partnership with St. Luke’s Health – Patients Medical Center, St. Luke’s Health – The Vintage Hospital, St. Luke’s Health – The Woodlands Hospital, St. Luke’s Health – Springwoods Village Hospital, St. Luke’s Health – Sugar Land Hospital, and Baylor St. Luke’s Medical Center. The hospital engaged Biel Consulting, Inc. to conduct the CHNA.

Community Definition
St. Luke’s Health – Lakeside Hospital is located at 17400 St. Luke’s Way, The Woodlands, Texas, 77384. The population of the service area is 832,737. Children and youth, ages 0-17, make up 27.2% of the population, 60.9% are adults, ages 18-64, and 11.9% of the population are seniors, ages 65 and older. 56.5% of the population in the service area identifies as non-Hispanic White, and 25.6% of the population identifies as Hispanic/Latino. 11.1% of the population identifies as Black/African-American, 4.4% of the population as Asian, and 1.8% of individuals identify as multiracial (two-or-more races). 0.3% of residents identify as American Indian/Alaskan Natives, 0.2% as of a race/ethnicity not listed, and Native Hawaiians/Pacific Islanders represent 0.1% of the service area population. In the service area, 75% of the population, 5 years and older, speak only English in the home. Among the area population, 19.4% speak Spanish, 2.6% speak an Indo-European language and 2.4% speak an Asian/Pacific Islander language in the home.
Among the residents in the service area, 9% are at or below 100% of the federal poverty level (FPL) and 24.5% are at 200% of FPL or below. Those who spend more than 30% of their income on housing are said to be “cost burdened.” In the service area, 28.8% of owner and renter occupied households spend 30% or more of their income on housing. Educational attainment is a key driver of health. In the hospital service area, 10.2% of adults, ages 25 and older, lack a high school diploma. 36.2% of area adults have a Bachelor’s degree or higher degree.

Assessment Process and Methods
Secondary data were collected from local, county, and state sources to present community demographics, social determinants of health, health care access, birth indicators, leading causes of death, COVID-19, chronic disease, health behaviors, mental health, substance use and misuse and preventive practices. Where available, these data are presented in the context of Montgomery County and Texas, framing the scope of an issue as it relates to the broader community. The report includes benchmark comparison data, comparing community data findings with Healthy People 2030 objectives.

Interviews with community stakeholders were conducted to obtain input on health needs, barriers to care and resources available to address the identified health needs. Ten (10) interviews were conducted from December 2021 to March 2022. Community stakeholders identified by the hospital were contacted and asked to participate in the interviews. Interviewees included individuals who are leaders and representatives of medically underserved, low-income, and minority populations, or local health or other departments or agencies that have “current data or other information relevant to the health needs of the community served by the hospital facility.”

Process and Criteria to Identify and Prioritize Significant Health Needs
Significant health needs were identified from an analysis of the primary and secondary data sources. Interviews with community stakeholders were used to gather input and prioritize the significant health needs. The following criteria were used to prioritize the health needs:

- The perceived severity of a health or community issue as it affects the health and lives of those in the community.
- Improving or worsening of an issue in the community.
- Availability of resources to address the need.
- The level of importance the hospital should place on addressing the issue.

The key informant stakeholders were asked to prioritize the health needs according to the highest level of importance in the community.
List of Prioritized Significant Health Needs
Access to care, mental health, birth indicators, chronic diseases, and overweight and obesity were identified as priority needs by the community stakeholders.

Access to health care – Health insurance coverage is considered a key component to ensure access to health care. The Healthy People 2030 objective for health insurance is 92.1% coverage. 86.6% of the population in the service area has health insurance and 91.2% of children, ages 18 and younger, have health insurance coverage in the service area. A community stakeholder noted when people lost their jobs during COVID, they lost health insurance and coverage for medical care.

Mental health – Frequent mental distress is defined as 14 or more bad mental health days in the last month. In the hospital service area, the rate of mental distress among adults was 12.9%. Community stakeholders noted there is a stigma to talking about mental health issues. Often people experiencing mental health crises end up at the local Emergency Department.

Birth indicators – 60.4% of pregnant women in Montgomery County entered prenatal care on time – during the first trimester. This is a lower rate of entry to on-time prenatal care than found in the state (68.9%). The rate of teen births to females, ages 15-19, in Montgomery County (6.4% of live births) was more than double the Healthy People 2030 objective for teen births (3.1%).

Chronic disease – Leading causes of death in the service area are heart disease and cancer. 10.6% of area adults have been diagnosed with diabetes, 31.2% have high blood pressure and 8.5% of adults have been diagnosed with asthma. Stakeholders commented that diabetes and its co-morbidities are on the rise among all populations.

Overweight and obesity – Over a third of adults in the service area (34.9%) are obese and 33% are overweight. Community stakeholders noted that obesity is a growing epidemic, especially among youth. Obesity is tied to chronic diseases and unhealthy eating habits.

Resources Potentially Available to Address Needs
Community stakeholders identified community resources potentially available to address the identified community needs. A partial list of community resources can be found in the CHNA report.
Report Adoption, Availability and Comments
This CHNA report was adopted by the Lakeside Hospital Board of Directors in June 2022. The Lakeside Hospital report is available to the public on the web site at https://www.stlukeshealth.org/about-st-lukes-health/healthy-communities. A paper copy of the report is available for inspection upon request at the Mission Office, St. Luke’s Health, 6720 Bertner Avenue MC 4-18, Houston, TX 77030. Please send comments or questions about this report to Fawn Preuss at Fawn.Preuss@commonspirit.org.
Community Definition

Service Area
St. Luke’s Health – Lakeside Hospital is located at 17400 St. Luke’s Way, The Woodlands, TX, 77384. The hospital tracks ZIP Codes of origin for all patient admissions and includes all who received care without regard to insurance coverage or eligibility for financial assistance. The hospital determined the community definition by using the ZIP Codes of the top 75% of inpatient and outpatient visits in 2020. For the purposes of this report, the service area includes 24 ZIP Codes, in 9 cities or communities, located primarily in Montgomery County, with seven ZIP Codes in Harris County. For the purposes of this report, Montgomery County data were reported.

<table>
<thead>
<tr>
<th>Place</th>
<th>ZIP Code</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>San Jacinto, Montgomery and Liberty</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301, 77302, 77303, 77306, 77304, 77305, 77385</td>
<td>Montgomery</td>
</tr>
<tr>
<td>Houston</td>
<td>77073, 77090</td>
<td>Harris</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>Montgomery</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77316, 77356</td>
<td>Montgomery</td>
</tr>
<tr>
<td>Spring</td>
<td>77373, 77379, 77386, 77388, 77389</td>
<td>Harris and Montgomery</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380, 77381, 77382</td>
<td>Montgomery</td>
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<tr>
<td>Tomball</td>
<td>77375</td>
<td>Harris</td>
</tr>
<tr>
<td>Willis</td>
<td>77318, 77378</td>
<td>Montgomery and San Jacinto</td>
</tr>
</tbody>
</table>

St. Luke’s Health – Lakeside Hospital Service Area Map
The population of the service area is 832,737. Children and youth, ages 0-17, make up 27.2% of the population, 60.9% are adults, ages 18-64, and 11.9% of the population are seniors, ages 65 and older. 56.5% of the population in the service area identifies as non-Hispanic White, and 25.6% of the population identifies as Hispanic/Latino. 11.1% of the population identifies as Black/African-American, 4.4% of the population as Asian, and 1.8% of individuals identify as multiracial (two-or-more races). 0.3% of residents identify as American Indian/Alaskan Natives, 0.2% as of a race/ethnicity not listed, and Native Hawaiians/Pacific Islanders represent 0.1% of the service area population. In the service area, 75% of the population, 5 years and older, speak only English in the home. Among the area population, 19.4% speak Spanish, 2.6% speak an Indo-European language and 2.4% speak an Asian/Pacific Islander language in the home.

Among the residents in the service area, 9% are at or below 100% of the federal poverty level (FPL) and 24.5% are at 200% of FPL or below. Those who spend more than 30% of their income on housing are said to be "cost burdened." In the service area, 28.8% of owner and renter occupied households spend 30% or more of their income on housing. Educational attainment is a key driver of health. In the hospital service area, 10.2% of adults, ages 25 and older, lack a high school diploma. 36.2% of area adults have a Bachelor's degree or higher degree.

Montgomery County is designated as a Health Professional Shortage Areas (HPSAs) for mental health care and as a Medically Underserved Area (MUA) for primary care.

**Community Need Index**
One tool used to assess health need is the Community Need Index (CNI). The CNI analyzes data at the ZIP Code level on five factors known to contribute or be barriers to health care access: income, culture/language, education, housing status, and insurance coverage. Scores from 1.0 (lowest barriers) to 5.0 (highest barriers) for each factor are averaged to calculate a CNI score for each ZIP Code in the community. The mean CNI score for the Lakeside Hospital service area is 3.4. Conroe 77301 has the highest CNI score in the service area (4.8), followed by Houston 77090 and Willis (4.6), and Spring 77389 has the lowest CNI score (2.2). Research has shown that communities with the highest CNI scores (those between 4.2 and 5.0) experience twice the rate of hospital admissions for ambulatory care sensitive conditions as those with the lowest scores (1.0 to 1.7).
<table>
<thead>
<tr>
<th>Zip Code</th>
<th>CNI Score</th>
<th>Population</th>
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<td>Harris</td>
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</table>
Assessment Process and Methods

Secondary Data Collection
Secondary data were collected from a variety of local, county, and state sources to present community demographics, social determinants of health, health care access, birth indicators, leading causes of death, COVID-19, chronic disease, health behaviors, mental health, substance use and misuse and preventative practices. Where available, these data are presented in the context of Montgomery County and Texas, framing the scope of an issue as it relates to the broader community.

The report includes benchmark comparison data, comparing community data findings with Healthy People 2030 objectives (Attachment 1). Texas is divided into 11 Public Health Regions, and this distinction is used in some of the data tables in this report. Montgomery County is part of Health Service Region (HSR) 6, along with the following counties: Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Walker, Waller, and Wharton.

Primary Data Collection
The hospital conducted interviews with community stakeholders to obtain input on health needs, barriers to care and resources available to address the identified health needs.

Interviews
Ten (10) telephone interviews were conducted from December 2021 through March 2022. Interview participants included a broad range of stakeholders concerned with health and wellbeing within the service area. The hospital identified stakeholders who were invited by email to participate in a phone interview. Appointments for the interviews were made on dates and times convenient to the stakeholders. At the beginning of each interview, the purpose of the interview in the context of the assessment was explained, the stakeholders were assured their responses would remain confidential, and consent to proceed was given. Attachment 2 lists the stakeholder interview respondents, their titles and organizations.

A review of health data and needs in the service area was conducted prior to the interviews in order to develop an interview framework. The interview asked questions to identify the major health issues impacting the community and the social determinants of health contributing to poor health outcomes. Interviewees were asked to identify populations least likely to receive or seek services. They were also asked to reflect on the impact that COVID-19 had on the health issues in the community. Key stakeholders shared their perspectives on the issues, challenges, and barriers relative to the
identified community needs (What makes each need a significant issue in the community? What are the challenges and barriers people face in addressing these needs?). They also identified potential resources to address the community needs, such as services, programs and/or community efforts. Stakeholder responses to the questions from the interviews are detailed in Attachment 3.

Analysis of the primary data occurred through a process that compared and combined responses to identify themes. The interviews focused on these significant health needs:

- Access to health care
- Birth indicators
- Chronic diseases (asthma, cancer, heart disease, lung disease, Parkinson’s disease)
- COVID-19
- Homelessness
- Mental health
- Overweight and obesity
- Preventive practices (vaccines, screenings)
- Substance use
- Unintentional injury (accidents, falls)

Public Comment
In compliance with IRS regulations 501(r) for charitable hospitals, a hospital CHNA and Implementation Strategy are to be made widely available to the public and public comment is to be solicited. These documents are posted on the web site where they are widely available to the public. The Lakeside Hospital report is available to the public on the hospital’s web site at https://www.stlukeshealth.org/about-st-lukes-health/healthy-communities. No written comments have been received.

Project Oversight
The CHNA process was overseen by:
Tyler Whipkey, MDiv, MBA, BCC
Director – Mission & Spiritual Care

Consultants
Biel Consulting, Inc. conducted the CHNA. Melissa Biel, MSN, DPA was joined by Denise Flanagan, BA and Smruti Shah, MPH. Biel Consulting, Inc. is an independent consulting firm that works with hospitals, clinics and community-based nonprofit organizations. Biel Consulting, Inc. has over 25 years of experience conducting hospital
CHNAs and working with hospitals on developing, implementing, and evaluating community benefit programs. [www.bielconsulting.com](http://www.bielconsulting.com)
Community Demographics

Population
The population of the St. Luke’s Health – Lakeside Hospital (LH) service area is 832,737. From 2014 to 2019, the population increased by 15.9%, which is a higher rate of growth than the state (8.3%), but lower than a 17.4% rate of growth in Montgomery County.

Total Population and Change in Population

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
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</thead>
<tbody>
<tr>
<td>Total population</td>
<td>832,737</td>
<td>571,949</td>
<td>28,260,856</td>
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<tr>
<td>Change in population, 2014-2019</td>
<td>15.9%</td>
<td>17.4%</td>
<td>8.3%</td>
</tr>
</tbody>
</table>


While data from the 2020 U.S. Census are not yet available at the city or ZIP Code level, the population for Montgomery County shows a 36.1% increase in population over the 2010 Census, more than double the state rate of growth (15.9%).

Total Population and Change in Population, 2010-2020

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total population</td>
<td>620,443</td>
<td>29,145,505</td>
</tr>
<tr>
<td>Change in population, 2010-2020</td>
<td>36.1%</td>
<td>15.9%</td>
</tr>
</tbody>
</table>


The service area population is 50.8% female and 49.2% male.

Population, by Gender

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>49.2%</td>
<td>49.5%</td>
<td>49.7%</td>
</tr>
<tr>
<td>Female</td>
<td>50.8%</td>
<td>50.5%</td>
<td>50.3%</td>
</tr>
</tbody>
</table>


Children and youth, ages 0-17, make up 27.2% of the population, 60.9% are adults, ages 18-64, and 11.9% of the population are seniors, ages 65 and older. The service area population has a larger percentage of children, ages 0 to 17, and adults, age 25 to 44, and a smaller percentage of adults, ages 45 and older, than Montgomery County.

Population, by Age

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
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<tbody>
<tr>
<td>Age 0-4</td>
<td>58,757</td>
<td>38,701</td>
<td>1,999,803</td>
</tr>
<tr>
<td></td>
<td>7.1%</td>
<td>6.8%</td>
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<tr>
<td>Age 5-17</td>
<td>167,304</td>
<td>112,628</td>
<td>5,338,642</td>
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<td></td>
<td>20.1%</td>
<td>19.7%</td>
<td>18.9%</td>
</tr>
<tr>
<td>Age 18-24</td>
<td>68,040</td>
<td>47,246</td>
<td>2,790,857</td>
</tr>
<tr>
<td></td>
<td>8.2%</td>
<td>8.3%</td>
<td>9.9%</td>
</tr>
</tbody>
</table>

St. Luke’s Health – Lakeside Hospital
<table>
<thead>
<tr>
<th>Age Group</th>
<th>LH Service Area Number</th>
<th>Percent</th>
<th>Montgomery County Number</th>
<th>Percent</th>
<th>Texas Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 25-44</td>
<td>232,269</td>
<td>27.9%</td>
<td>151,276</td>
<td>26.4%</td>
<td>7,977,267</td>
<td>28.2%</td>
</tr>
<tr>
<td>Age 45-64</td>
<td>207,177</td>
<td>24.9%</td>
<td>148,746</td>
<td>26.0%</td>
<td>6,691,760</td>
<td>23.7%</td>
</tr>
<tr>
<td>Age 65+</td>
<td>99,190</td>
<td>11.9%</td>
<td>73,352</td>
<td>12.8%</td>
<td>3,462,527</td>
<td>12.3%</td>
</tr>
</tbody>
</table>


When the service area is examined by ZIP Code, Spring 77389 (33.1%) has the highest percentage of children and youth. The Woodlands 77380 has the lowest percentage of children and youth in the service area (17.2%). Montgomery 77356 has the highest percentage of seniors, ages 65 and older (24.4%). Spring 77386 (6.6%) has the lowest percentage of seniors in the service area.

### Population, by Youth, Ages 0-17, and Seniors, Ages 65 and Older

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Total Population</th>
<th>Youth Ages 0 – 17</th>
<th>Seniors Ages 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>14,438</td>
<td>29.5%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Conroe</td>
<td>34,169</td>
<td>26.8%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Conroe</td>
<td>18,658</td>
<td>28.0%</td>
<td>14.1%</td>
</tr>
<tr>
<td>Conroe</td>
<td>20,655</td>
<td>28.3%</td>
<td>9.6%</td>
</tr>
<tr>
<td>Conroe</td>
<td>33,364</td>
<td>23.6%</td>
<td>15.2%</td>
</tr>
<tr>
<td>Conroe</td>
<td>13,569</td>
<td>30.5%</td>
<td>9.8%</td>
</tr>
<tr>
<td>Conroe</td>
<td>19,467</td>
<td>20.9%</td>
<td>19.1%</td>
</tr>
<tr>
<td>Conroe</td>
<td>25,160</td>
<td>27.7%</td>
<td>10.2%</td>
</tr>
<tr>
<td>Houston</td>
<td>39,939</td>
<td>29.6%</td>
<td>7.1%</td>
</tr>
<tr>
<td>Houston</td>
<td>40,761</td>
<td>29.9%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Magnolia</td>
<td>37,058</td>
<td>27.3%</td>
<td>13.2%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>26,119</td>
<td>28.5%</td>
<td>12.7%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>26,987</td>
<td>18.0%</td>
<td>24.4%</td>
</tr>
<tr>
<td>Spring</td>
<td>61,501</td>
<td>25.9%</td>
<td>10.1%</td>
</tr>
<tr>
<td>Spring</td>
<td>81,368</td>
<td>26.2%</td>
<td>14.0%</td>
</tr>
<tr>
<td>Spring</td>
<td>57,421</td>
<td>32.2%</td>
<td>6.6%</td>
</tr>
<tr>
<td>Spring</td>
<td>50,701</td>
<td>26.3%</td>
<td>11.8%</td>
</tr>
<tr>
<td>Spring</td>
<td>38,222</td>
<td>33.1%</td>
<td>9.2%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>25,761</td>
<td>17.2%</td>
<td>13.8%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>36,160</td>
<td>23.5%</td>
<td>17.9%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>41,581</td>
<td>31.9%</td>
<td>8.9%</td>
</tr>
<tr>
<td>Tomball</td>
<td>55,759</td>
<td>28.0%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Willis</td>
<td>16,303</td>
<td>19.3%</td>
<td>21.8%</td>
</tr>
<tr>
<td>Willis</td>
<td>17,616</td>
<td>30.9%</td>
<td>12.6%</td>
</tr>
<tr>
<td><strong>Lakeside Hospital Service Area</strong></td>
<td><strong>832,737</strong></td>
<td><strong>27.1%</strong></td>
<td><strong>11.9%</strong></td>
</tr>
<tr>
<td><strong>Montgomery County</strong></td>
<td><strong>571,949</strong></td>
<td><strong>26.5%</strong></td>
<td><strong>12.8%</strong></td>
</tr>
<tr>
<td><strong>Texas</strong></td>
<td><strong>28,260,856</strong></td>
<td><strong>26.0%</strong></td>
<td><strong>12.3%</strong></td>
</tr>
</tbody>
</table>


### Race/Ethnicity

56.5% of the population in the service area identifies as non-Hispanic White, and 25.6% of the population identifies as Hispanic/Latino. 11.1% of the population identifies as Black/African-American, 4.4% of the population as Asian, and 1.8% of individuals...
identify as multiracial (two-or-more races). 0.3% of residents identify as American Indian/Alaskan Natives, 0.2% as of a race/ethnicity not listed, and Native Hawaiians/Pacific Islanders represent 0.1% of the service area population. Compared to Montgomery County, the service area has a larger percentage of Black, Asian, and Hispanic residents, and a smaller percentage of White residents.

### Race/Ethnicity

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>56.5%</td>
<td>66.0%</td>
<td>42.0%</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>25.6%</td>
<td>24.1%</td>
<td>39.3%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>11.1%</td>
<td>4.8%</td>
<td>11.8%</td>
</tr>
<tr>
<td>Asian</td>
<td>4.4%</td>
<td>2.9%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Multiracial</td>
<td>1.8%</td>
<td>1.8%</td>
<td>1.7%</td>
</tr>
<tr>
<td>American Indian/AK Native</td>
<td>0.3%</td>
<td>0.2%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Some other race</td>
<td>0.2%</td>
<td>0.1%</td>
<td>0.2%</td>
</tr>
<tr>
<td>Native HI/Pacific Islander</td>
<td>0.1%</td>
<td>0.04%</td>
<td>0.08%</td>
</tr>
</tbody>
</table>


When race/ethnicity is examined by ZIP Code, Montgomery 77356 (84.2%) has the highest percentage of Whites. Conroe 77301 (52.1%) has the highest percentage of the population identifying as Hispanic/Latino. Houston 77090 (46.8%) has the highest percentage of Blacks/African Americans in the service area. Spring 77379 (11.2%) has the highest percentage of Asians in the service area.

### Race/Ethnicity, by ZIP Code

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>White</th>
<th>Hispanic/Latino</th>
<th>Black</th>
<th>Asian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>71.6%</td>
<td>23.7%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>35.4%</td>
<td>52.1%</td>
<td>10.3%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>71.5%</td>
<td>23.4%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>61.8%</td>
<td>32.3%</td>
<td>3.8%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>70.5%</td>
<td>19.3%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>52.3%</td>
<td>44.8%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>73.3%</td>
<td>9.3%</td>
<td>7.4%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77385</td>
<td>61.5%</td>
<td>26.1%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Houston</td>
<td>77073</td>
<td>14.7%</td>
<td>51.0%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Houston</td>
<td>77090</td>
<td>14.7%</td>
<td>33.2%</td>
<td>46.8%</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>69.6%</td>
<td>20.2%</td>
<td>3.4%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77316</td>
<td>83.6%</td>
<td>13.4%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77356</td>
<td>84.2%</td>
<td>6.8%</td>
<td>5.6%</td>
</tr>
<tr>
<td>Spring</td>
<td>77373</td>
<td>40.4%</td>
<td>31.9%</td>
<td>22.0%</td>
</tr>
<tr>
<td>Spring</td>
<td>77379</td>
<td>58.0%</td>
<td>19.2%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Spring</td>
<td>77386</td>
<td>61.7%</td>
<td>21.3%</td>
<td>10.7%</td>
</tr>
<tr>
<td>Spring</td>
<td>77388</td>
<td>52.7%</td>
<td>23.8%</td>
<td>11.5%</td>
</tr>
<tr>
<td>Spring</td>
<td>77389</td>
<td>57.6%</td>
<td>27.0%</td>
<td>5.9%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380</td>
<td>64.6%</td>
<td>19.1%</td>
<td>8.5%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77381</td>
<td>77.9%</td>
<td>14.1%</td>
<td>1.6%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77382</td>
<td>68.6%</td>
<td>17.4%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Tomball</td>
<td>77375</td>
<td>51.4%</td>
<td>29.3%</td>
<td>12.0%</td>
</tr>
<tr>
<td>ZIP Code</td>
<td>White</td>
<td>Hispanic/Latino</td>
<td>Black</td>
<td>Asian</td>
</tr>
<tr>
<td>--------------------</td>
<td>-------</td>
<td>-----------------</td>
<td>-------</td>
<td>-------</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>76.8%</td>
<td>20.0%</td>
<td>0.9%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>50.8%</td>
<td>37.2%</td>
<td>8.7%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area</td>
<td>56.5%</td>
<td>25.6%</td>
<td>11.1%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>66.0%</td>
<td>24.1%</td>
<td>4.8%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Texas</td>
<td>42.0%</td>
<td>39.3%</td>
<td>11.8%</td>
<td>4.7%</td>
</tr>
</tbody>
</table>


**Language**

In the service area, 75% of the population, 5 years and older, speak only English in the home. Among the area population, 19.4% speak Spanish in the home, 2.6% speak an Indo-European language, and 2.4% speak an Asian/Pacific Islander language in the home. 0.5% of the population speak some other language.

Language Spoken at Home for the Population, Ages 5 and Older

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population, 5 years and older</td>
<td>773,980</td>
<td>533,248</td>
<td>26,261,053</td>
</tr>
<tr>
<td>English only</td>
<td>75.0%</td>
<td>77.0%</td>
<td>64.5%</td>
</tr>
<tr>
<td>Speaks Spanish</td>
<td>19.4%</td>
<td>19.0%</td>
<td>29.3%</td>
</tr>
<tr>
<td>Speaks non-Spanish Indo-European language</td>
<td>2.6%</td>
<td>2.0%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Speaks Asian or Pacific Islander language</td>
<td>2.4%</td>
<td>1.7%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Speaks other language</td>
<td>0.5%</td>
<td>0.4%</td>
<td>1.0%</td>
</tr>
</tbody>
</table>


There are three ZIP Codes within the service area where more than one-third of households speak Spanish in the home: Conroe 77301 (46.7%) and 77306 (37.1%), and Houston 77073 (40.2%). Conroe 77384 has the highest percentage of households that speak and Indo-European language in the home (7.5%). Spring 77379 and 77388 (5.7%) have the highest percentage of Asian/Pacific-Islander language households. Montgomery 77356 (94.9%) has the highest percentage of English-only speaking households.

**Language Spoken at Home, by ZIP Code**

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>English</th>
<th>Spanish</th>
<th>Non-Spanish Indo European</th>
<th>Asian/Pacific Islander</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>78.1%</td>
<td>21.0%</td>
<td>0.3%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>51.9%</td>
<td>46.7%</td>
<td>0.4%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>80.3%</td>
<td>17.0%</td>
<td>1.8%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>71.9%</td>
<td>27.2%</td>
<td>0.1%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>85.4%</td>
<td>11.5%</td>
<td>1.2%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>60.8%</td>
<td>37.1%</td>
<td>1.6%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>82.5%</td>
<td>7.6%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77385</td>
<td>75.9%</td>
<td>17.8%</td>
<td>3.5%</td>
</tr>
<tr>
<td>Houston</td>
<td>77073</td>
<td>55.5%</td>
<td>40.2%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Houston</td>
<td>77090</td>
<td>67.4%</td>
<td>27.7%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>79.3%</td>
<td>17.7%</td>
<td>0.9%</td>
</tr>
</tbody>
</table>

St. Luke’s Health – Lakeside Hospital
Among area school districts, the percentage of students classified as Limited English Proficient and English Language Learners ranges from 2.2% in the Montgomery Independent School District, to 47% of Cleveland Independent School District students.

### English Language Learner Students, by School District

<table>
<thead>
<tr>
<th>School District</th>
<th>Number</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland Independent School District</td>
<td>3,553</td>
<td>47.0%</td>
</tr>
<tr>
<td>Conroe Independent School District</td>
<td>9,871</td>
<td>15.3%</td>
</tr>
<tr>
<td>Klein Independent School District</td>
<td>9,175</td>
<td>17.0%</td>
</tr>
<tr>
<td>Magnolia Independent School District</td>
<td>2,156</td>
<td>16.3%</td>
</tr>
<tr>
<td>Montgomery Independent School District</td>
<td>198</td>
<td>2.2%</td>
</tr>
<tr>
<td>Spring Independent School District</td>
<td>9,880</td>
<td>28.0%</td>
</tr>
<tr>
<td>Tomball Independent School District</td>
<td>1,823</td>
<td>10.0%</td>
</tr>
<tr>
<td>Willis Independent School District</td>
<td>1,156</td>
<td>14.8%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>19,156</td>
<td>16.6%</td>
</tr>
<tr>
<td>Texas</td>
<td>1,112,588</td>
<td>20.3%</td>
</tr>
</tbody>
</table>


### Veteran Status

In the service area, 6.9% of the civilian population, 18 years and older, are veterans. This is below Montgomery County (7.5%) rates of veterans.

### Veteran Status, Civilian Population, Ages 18 and Older

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>7.2%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>4.7%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>10.4%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>7.7%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>9.1%</td>
</tr>
</tbody>
</table>


<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conroe 77306</td>
<td>7.8%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>9.8%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>6.7%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>5.5%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>4.5%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>7.5%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>8.8%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>9.3%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>5.9%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>6.1%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>7.7%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>6.1%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>5.3%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>6.4%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>6.8%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>6.5%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>7.1%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>8.3%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>7.5%</td>
</tr>
</tbody>
</table>

**Lakeside Hospital Service Area**

<table>
<thead>
<tr>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreign born</td>
<td>15.4%</td>
</tr>
<tr>
<td>Of the foreign born, not a U.S. citizen</td>
<td>57.3%</td>
</tr>
</tbody>
</table>

**Source:** U.S. Census Bureau, American Community Survey, 2015-2019, DP02. [http://data.census.gov](http://data.census.gov)

**Citizenship**

In the service area, 15.4% of the population is foreign-born, which is higher than the Montgomery County (13.5%) rate. Of the foreign-born, 57.3% are not citizens. It is important to note that not being a U.S. citizen does not indicate an illegal resident status within the U.S.

**Foreign-Born Residents and Citizenship**

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreign born</td>
<td>15.4%</td>
<td>13.5%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Of the foreign born, not a U.S. citizen</td>
<td>57.3%</td>
<td>64.6%</td>
<td>62.5%</td>
</tr>
</tbody>
</table>

**Source:** U.S. Census Bureau, American Community Survey, 2015-2019, DP02. [http://data.census.gov](http://data.census.gov)
Social and Economic Factors Ranking
The County Health Rankings ranks counties according to health factors data. Social and economic indicators are examined as a contributor to the health of a county’s residents. Texas has 254 counties, 243 of which are ranked from 1 to 243 according to social and economic factors. A ranking of 1 is the county with the best factors and a ranking of 243 is the county with the poorest factors. This ranking examines: high school graduation rates, unemployment, children in poverty, social support, and others. Montgomery County is ranked 28 among ranked counties in Texas, according to social and economic factors, placing it in the top quartile of Texas ranked counties.

<table>
<thead>
<tr>
<th>County</th>
<th>County Ranking (out of 243)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery</td>
<td>28</td>
</tr>
</tbody>
</table>

Source: County Health Rankings, 2021 [http://www.countyhealthrankings.org](http://www.countyhealthrankings.org)

Poverty
Poverty thresholds are used for calculating official poverty population statistics. They are updated each year by the Census Bureau. For 2019, the federal poverty level (FPL) for one person was $13,011 and for a family of four $25,926. Among the residents in the service area, 9% are at or below 100% of the federal poverty level (FPL) and 24.5% are at 200% of FPL or below. The highest poverty rates in the service area are found in Houston 77090, where 21.6% of the population lives in poverty. Houston 77090 also has the highest rate of low-income residents (52%).

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>&lt;100% FPL</th>
<th>&lt;200% FPL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>15.3%</td>
<td>35.9%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>19.0%</td>
<td>51.3%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>12.3%</td>
<td>26.8%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>13.3%</td>
<td>38.5%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>7.9%</td>
<td>25.9%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>16.2%</td>
<td>45.6%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>5.7%</td>
<td>12.0%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>5.7%</td>
<td>18.4%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>12.6%</td>
<td>43.1%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>21.6%</td>
<td>52.0%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>11.4%</td>
<td>24.2%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>5.2%</td>
<td>15.8%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>6.7%</td>
<td>16.3%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>9.8%</td>
<td>27.0%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>5.6%</td>
<td>14.6%</td>
</tr>
<tr>
<td>ZIP Code</td>
<td>&lt;100% FPL</td>
<td>&lt;200% FPL</td>
</tr>
<tr>
<td>-----------</td>
<td>-----------</td>
<td>-----------</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>4.4%</td>
<td>13.2%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>6.6%</td>
<td>17.4%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>5.3%</td>
<td>14.2%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>8.0%</td>
<td>23.6%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>5.6%</td>
<td>15.1%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>2.4%</td>
<td>10.8%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>7.5%</td>
<td>21.8%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>9.3%</td>
<td>26.4%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>20.0%</td>
<td>48.6%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area</td>
<td>9.0%</td>
<td>24.5%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>9.3%</td>
<td>25.0%</td>
</tr>
<tr>
<td>Texas</td>
<td>14.7%</td>
<td>34.3%</td>
</tr>
</tbody>
</table>


The rate of poverty among children in the service area is 12.3%. The rate of poverty among seniors in the service area is 6.5%. The rate of poverty for female heads-of-household (HoH), living with their own children, under the age of 18, is 29.3% in the service area. The highest rates of poverty in children in the service area is found in Houston 77090 (33%) and the lowest rate is in The Woodlands 77382 (2.1%). The rate of poverty among female heads-of-household living with children, under 18 years of age, is highest in Conroe 77302 (57.6%) and lowest in Willis 77318 (7.4%). The rate of poverty among seniors, ages 65 and older, is highest in Conroe 77301 (14.1%) and lowest in Tomball (2.7%).

**Poverty Levels of Children, Under Age 18, Seniors, Ages 65 and Older, and Female HoH**

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Children</th>
<th>Seniors</th>
<th>Female HoH with Children*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>20.3%</td>
<td>8.6%</td>
<td>36.0%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>27.0%</td>
<td>14.1%</td>
<td>42.6%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>22.3%</td>
<td>6.7%</td>
<td>57.6%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>20.2%</td>
<td>3.8%</td>
<td>36.7%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>8.8%</td>
<td>5.3%</td>
<td>33.7%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>18.9%</td>
<td>11.8%</td>
<td>28.2%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>4.7%</td>
<td>8.8%</td>
<td>15.8%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>5.1%</td>
<td>10.5%</td>
<td>9.3%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>15.0%</td>
<td>11.7%</td>
<td>21.7%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>33.0%</td>
<td>9.1%</td>
<td>41.5%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>14.4%</td>
<td>13.5%</td>
<td>19.4%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>4.3%</td>
<td>6.3%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>7.4%</td>
<td>4.9%</td>
<td>27.6%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>15.3%</td>
<td>8.8%</td>
<td>27.5%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>7.5%</td>
<td>4.4%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>5.6%</td>
<td>3.3%</td>
<td>26.8%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>7.9%</td>
<td>4.1%</td>
<td>19.4%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>6.7%</td>
<td>4.3%</td>
<td>33.1%</td>
</tr>
</tbody>
</table>
### Unemployment

The unemployment rate in the service area, averaged over 5 years, was 4.5%. Rates were lowest in Conroe 77304 (2.7%) and highest in Conroe 77306 (6.7%).

#### Employment Status for the Population, Ages 16 and Older

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Civilian Labor Force</th>
<th>Unemployed</th>
<th>Unemployment Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>5,696</td>
<td>370</td>
<td>6.5%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>16,530</td>
<td>775</td>
<td>4.7%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>8,460</td>
<td>359</td>
<td>4.2%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>10,307</td>
<td>471</td>
<td>4.6%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>18,102</td>
<td>484</td>
<td>2.7%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>6,200</td>
<td>415</td>
<td>6.7%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>10,473</td>
<td>304</td>
<td>2.9%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>13,486</td>
<td>532</td>
<td>3.9%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>20,707</td>
<td>948</td>
<td>4.6%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>21,143</td>
<td>1,103</td>
<td>5.2%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>18,268</td>
<td>893</td>
<td>4.9%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>13,031</td>
<td>548</td>
<td>4.2%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>13,441</td>
<td>570</td>
<td>4.2%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>32,590</td>
<td>1,634</td>
<td>5.0%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>41,141</td>
<td>2,065</td>
<td>5.0%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>30,140</td>
<td>988</td>
<td>3.2%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>27,622</td>
<td>1,521</td>
<td>5.5%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>18,695</td>
<td>544</td>
<td>2.9%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>15,315</td>
<td>614</td>
<td>4.0%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>16,859</td>
<td>494</td>
<td>2.9%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>19,584</td>
<td>892</td>
<td>4.6%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>29,421</td>
<td>1,739</td>
<td>5.9%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>7,858</td>
<td>433</td>
<td>5.5%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>7,541</td>
<td>301</td>
<td>4.0%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area</td>
<td>422,610</td>
<td>18,974</td>
<td>4.5%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>284,265</td>
<td>12,076</td>
<td>4.2%</td>
</tr>
<tr>
<td>Texas</td>
<td>13,962,458</td>
<td>708,827</td>
<td>5.1%</td>
</tr>
</tbody>
</table>

Source: U.S. Census Bureau, American Community Survey, 2015-2019, DP03. [http://data.census.gov/]

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St. Luke’s Health – Lakeside Hospital
Vulnerable Populations
When vulnerable populations in the area are mapped, pockets of poverty emerge. The map below shows the hospital service area and surrounding areas, highlighting the percentage of each ZIP Code that has more than 20% poverty (in tan) and more than 25% of the population with low education, defined as less than a high school education (in lavender). Areas above the vulnerable thresholds for both poverty and education are noted on the map in brown. Area hospitals are represented by blue squares, and Lakeside Hospital is grouped with several other hospitals in the bottom right-hand portion of ZIP Code 77384. In the service area, parts of Houston 77090, Willis 77378, Conroe 77302 and part of Conroe 77303 show a high percentage of poverty, while much of the rest of Conroe 77303, 77301, 77306, Willis 77318, and those portions of Cleveland 77328 not in San Jacinto County show low education levels. In the service area, portions of Houston 77073 and Conroe 77301 contain a high percentage of vulnerable populations, with 25% or more of the population possessing less than a high school education and poverty found among 20% or more of the population. Source: Center for Applied Research and Engagement Systems (CARES), Vulnerable Populations Footprint Map. https://careshq.org/map-room/?action=tool_map&tool=footprint

Economically Disadvantaged Students
The percentage of students determined by the Texas Education Agency to be ‘Economically Disadvantaged’ is another indicator of socioeconomic status; this classification is determined by eligibility for the national free and reduced-price meals program, or other public assistance. The rates of economic disadvantage among students enrolled in the 2019-2020 school year were 45.6% in Montgomery County, while 60.3% of students in Texas qualified as economically disadvantaged. Area rates were higher than the state in the Cleveland (90%), Spring (82.6%), and Willis (60.7%) ISDs, and lowest in the Montgomery (26.4%) and Tomball (23.8%) ISDs.
Economically Disadvantaged Students

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2018 - 2019</td>
</tr>
<tr>
<td>Cleveland Independent School District</td>
<td>86.5%</td>
</tr>
<tr>
<td>Conroe Independent School District</td>
<td>40.3%</td>
</tr>
<tr>
<td>Klein Independent School District</td>
<td>45.2%</td>
</tr>
<tr>
<td>Magnolia Independent School District</td>
<td>47.4%</td>
</tr>
<tr>
<td>Montgomery Independent School District</td>
<td>25.3%</td>
</tr>
<tr>
<td>Spring Independent School District</td>
<td>70.1%</td>
</tr>
<tr>
<td>Tomball Independent School District</td>
<td>24.1%</td>
</tr>
<tr>
<td>Willis Independent School District</td>
<td>60.1%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td><strong>46.1%</strong></td>
</tr>
<tr>
<td>Texas</td>
<td><strong>60.6%</strong></td>
</tr>
</tbody>
</table>


Households

In the service area, there are 288,548 households and 312,888 housing units. Over the last five years, the population grew by 15.9%, the number of households grew at a rate of 18%, housing units grew at a rate of 16.3%, and vacant units decreased by 0.6%. Owner-occupied housing increased by 13% and renters increased by 30.7%.

Households and Housing Units, and Percent Change

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Households</td>
<td>244,440</td>
<td>288,548</td>
</tr>
<tr>
<td>Owner occ.</td>
<td>71.6%</td>
<td>68.5%</td>
</tr>
<tr>
<td>Renter occ.</td>
<td>28.4%</td>
<td>31.5%</td>
</tr>
<tr>
<td>Housing units</td>
<td>268,927</td>
<td>312,888</td>
</tr>
<tr>
<td>Vacant</td>
<td>9.1%</td>
<td>7.8%</td>
</tr>
</tbody>
</table>


Households by Type

29.1% of service area households are family households (married or cohabiting couples) with children, ages under 18, and 6% of households are households with a female as head of household with children. 6.6% of area households are seniors who live alone. Seniors living alone may be isolated and lack adequate support systems.

Households, by Type

<table>
<thead>
<tr>
<th></th>
<th>Total Households</th>
<th>Family Households* with Children Under Age18</th>
<th>Female Head of Household with own Children Under Age 18</th>
<th>Seniors, 65 and Older, Living Alone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Percent</td>
<td>Percent</td>
<td>Percent</td>
</tr>
<tr>
<td>LH Service Area</td>
<td>288,548</td>
<td>29.1%</td>
<td>6%</td>
<td>6.6%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>198,649</td>
<td>29.5%</td>
<td>4.8%</td>
<td>7.5%</td>
</tr>
</tbody>
</table>

St. Luke’s Health – Lakeside Hospital
Total Households | Family Households* with Children Under Age 18 | Female Head of Household with own Children Under Age 18 | Seniors, 65 and Older, Living Alone
---|---|---|---
Number | Percent | Percent | Percent
Texas | 9,691,647 | 24.6% | 6.5% | 8.3%


*Family Households refers to married or cohabiting couples with householder’s children under 18.

6.3% of unmarried-partner households in the service area are same-sex couples, while 93.7% are heterosexual couples.

Unmarried Partner Households, by Gender of Partner

<table>
<thead>
<tr>
<th>Total Households</th>
<th>Same Gender Households</th>
<th>Mixed Gender Households</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number</td>
<td>Number</td>
<td>Percent</td>
</tr>
<tr>
<td>LH Service Area</td>
<td>13,182</td>
<td>836</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>9,053</td>
<td>582</td>
</tr>
<tr>
<td>Texas</td>
<td>513,894</td>
<td>33,857</td>
</tr>
</tbody>
</table>


The weighted average of the median household income in the area is $84,987. This is above Montgomery County ($80,902) and state ($61,874) median household incomes. Household incomes range from $39,808 in Houston 77090 to $138,281 in The Woodlands 77382.

Median Household Income

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Households</th>
<th>Median Household Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>4,559</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>10,503</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>6,283</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>6,689</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>13,149</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>4,252</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>7,879</td>
</tr>
<tr>
<td>Conroe</td>
<td>77385</td>
<td>8,580</td>
</tr>
<tr>
<td>Houston</td>
<td>77073</td>
<td>13,745</td>
</tr>
<tr>
<td>Houston</td>
<td>77090</td>
<td>15,927</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>12,327</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77316</td>
<td>8,428</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77356</td>
<td>11,675</td>
</tr>
<tr>
<td>Spring</td>
<td>77373</td>
<td>20,588</td>
</tr>
<tr>
<td>Spring</td>
<td>77379</td>
<td>27,653</td>
</tr>
<tr>
<td>Spring</td>
<td>77386</td>
<td>18,181</td>
</tr>
<tr>
<td>Spring</td>
<td>77388</td>
<td>16,866</td>
</tr>
<tr>
<td>Spring</td>
<td>77389</td>
<td>12,034</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380</td>
<td>11,986</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77381</td>
<td>13,738</td>
</tr>
</tbody>
</table>
According to the US Department of Housing and Urban Development, those who spend more than 30% of their income on housing are said to be “cost burdened.” 28.8% of owner and renter occupied households in the service area spend 30% or more of their income on housing. The service area ZIP Codes where the highest percentage of households pay 30% or more of their income on housing are Houston 77073 (43.6%), and 77090 (52.8%). Residents of Conroe 77306 (19.2%), Spring 77386 (21%) and Conroe 77385 (21.2%) are the least likely to be cost burdened by their housing.

### Households that Spend 30% or More of Income on Housing

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>23.3%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>35.7%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>24.3%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>26.2%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>33.2%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>19.2%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>26.9%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>21.2%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>43.6%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>52.8%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>28.2%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>23.7%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>25.1%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>31.1%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>23.1%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>21.0%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>24.6%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>24.1%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>32.9%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>23.9%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>27.2%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>26.6%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>31.2%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>35.0%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area</td>
<td>28.8%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>26.2%</td>
</tr>
<tr>
<td>Texas</td>
<td>30.5%</td>
</tr>
</tbody>
</table>

**Homelessness**

A point-in-time count (PIT Count) of homeless people is conducted annually in every state in the nation, scheduled to occur on a single night in the third week of January, unless weather does not permit. Most of the service area is covered under The Way Home Continuum of Care (TWH CoC), which covers Harris, Fort Bend and Montgomery Counties. Montgomery County was added to the TWH CoC in 2017. An additional 215 of 254 Texas counties are counted as part of the ‘Balance of State Continuum of Care’ (BoS CoC), when reported to the U.S. Department of Housing and Development, including Montgomery County before 2017. The 2020 PIT Count for the TWH CoC occurred on January 27, 2020 with the unsheltered portion of the count conducted over a three-day period from January 28-30, 2020.

At the time of the 2020 PIT Count, there were an estimated 3,974 persons experiencing homelessness in the TWH CoC, only 145 (3.6%) of whom were in Montgomery County, with another 2% in Fort Bend County and the remainder in Harris County. Over the past three years, the homeless population has risen statewide and in the TWH CoC, while both the number and proportion of homeless who are sheltered has declined. This suggests a loss of shelter beds over that period. Both the number and proportion of homeless who are veterans has declined in the TWH CoC and in Texas.

**Homeless Point-in-Time Count, 2017 and 2020**

<table>
<thead>
<tr>
<th></th>
<th>The Way Home (Harris, Fort Bend, Montgomery Counties) CoC</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2017</td>
<td>2020</td>
</tr>
<tr>
<td><strong>Number</strong></td>
<td><strong>Percent</strong></td>
<td><strong>Number</strong></td>
</tr>
<tr>
<td>Total Homeless</td>
<td>3,605</td>
<td>3,974</td>
</tr>
<tr>
<td>Sheltered</td>
<td>2,477</td>
<td>68.7%</td>
</tr>
<tr>
<td>Unsheltered</td>
<td>1,128</td>
<td>31.3%</td>
</tr>
<tr>
<td>Chronically homeless</td>
<td>539</td>
<td>15.0%</td>
</tr>
<tr>
<td>Veteran</td>
<td>405</td>
<td>11.2%</td>
</tr>
</tbody>
</table>


In 2020, 40.7% of the homeless counted in Montgomery County were sheltered in emergency shelters (with none in transitional shelters or Safe Havens), and 59.3% were unsheltered. This represents a decrease from 2019 in both the number and percent of persons who were homeless who were sheltered, despite a simultaneous decrease in the total number of persons who were homeless counted in the county from 2019 to 2020. The Fact Sheets noted that the TWH CoC homeless counts occur during the day and that homeless are generally found near to where daytime services are offered, and so do not represent the geographic area where the homeless sleep at night. Therefore, a reduction in services offered in an area is also likely to impact the number of
homeless counted in that area.

### Homeless Point-in-Time Count, Montgomery County

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Percent</td>
<td>Number</td>
<td>Percent</td>
</tr>
<tr>
<td>Total Homeless</td>
<td>193</td>
<td>100%</td>
<td>277</td>
<td>100%</td>
</tr>
<tr>
<td>Sheltered</td>
<td>149</td>
<td>77.2%</td>
<td>203</td>
<td>73.3%</td>
</tr>
<tr>
<td>Unsheltered</td>
<td>44</td>
<td>22.8%</td>
<td>74</td>
<td>26.7%</td>
</tr>
</tbody>
</table>


### Community Input – Homelessness

Stakeholder interviews identified the following issues, challenges and barriers related to homelessness. Following are their comments summarized and edited for clarity:

- People don’t realize that Montgomery County has a large homeless population both in the metro and rural areas. They call it a “Houston problem.”
- Many unhoused live in the rural or wooded areas of the county where the problem is not visible. We have 500 unhoused individuals living in the forest behind the junior college in Conroe.
- Many unhoused are male and a growing number of them are veterans who are dealing with mental health issues.
- Many rural parts of the county have substandard housing stock that include mold, lead, and low-quality building materials.
- The definition of housing insecurity should be expanded to include couch surfing by teens who leave a bad home situation, or individuals who can’t afford to pay rent or stay in one place.
- Available services to address root causes of homelessness are insufficient to address the need.
- Reasons for homelessness could include those individuals who can’t afford rent due to a spotty credit history or criminal background.

### Public Program Participation

In the service area, 3.5% of residents received SSI benefits, 1.4% received cash public assistance income, and 7.5% of residents received food stamp benefits.

### Household Supportive Benefits

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total households</td>
<td>288,548</td>
<td>198,649</td>
<td>9,691,647</td>
</tr>
<tr>
<td>Supplemental Security Income (SSI)</td>
<td>3.5%</td>
<td>3.8%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Public Assistance</td>
<td>1.4%</td>
<td>1.0%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Food Stamps/SNAP</td>
<td>7.5%</td>
<td>6.6%</td>
<td>11.8%</td>
</tr>
</tbody>
</table>

Food Security

The U.S. Department of Agriculture (USDA) utilizes an 18-question Food Security Supplement module to determine food insecurity rates of households. Feeding America, the nation’s largest domestic hunger-relief organization, defines ‘Food Insecure’ as three or more affirmative responses to these questions.

In Montgomery County, 12.3% of all residents in 2019 were food insecure, while in Texas the rate was 14.1%. Of those who reported being food insecure, 48% in Montgomery County were likely eligible for SNAP benefits due to household income at or below 165% of the Federal Poverty Level (FPL). Among Montgomery County children, 15.8% were food insecure in 2019. 63% of Montgomery County’s food insecure children were likely to be eligible for federal hunger programs due to household income at or below 185% FPL.

Food Security

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food insecure population, all ages</td>
<td>70,560</td>
<td>4,092,850</td>
</tr>
<tr>
<td>Food insecure rate, all ages</td>
<td>12.3%</td>
<td>14.1%</td>
</tr>
<tr>
<td>Income eligible for SNAP, all ages, at or &lt; 165% FPL</td>
<td>48%</td>
<td>62%</td>
</tr>
<tr>
<td>Food insecure, children</td>
<td>23,970</td>
<td>1,448,490</td>
</tr>
<tr>
<td>Food insecure rate, children</td>
<td>15.8%</td>
<td>19.6%</td>
</tr>
<tr>
<td>Income eligible for federal programs, children, at or &lt; 185% FPL</td>
<td>63%</td>
<td>66%</td>
</tr>
</tbody>
</table>


Educational Attainment

Educational attainment is a key driver of health. In the service area, 10.2% of adults, ages 25 and older, lack a high school diploma. 36.2% of area adults have a Bachelor’s degree or higher.

Education Levels, Population Ages 25 and Older

<table>
<thead>
<tr>
<th></th>
<th>LH Service Area</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population 25 years and older</td>
<td>538,636</td>
<td>373,374</td>
<td>18,131,554</td>
</tr>
<tr>
<td>Less than 9th grade</td>
<td>4.4%</td>
<td>5.1%</td>
<td>8.2%</td>
</tr>
<tr>
<td>9th to 12th grade, no diploma</td>
<td>5.8%</td>
<td>7.2%</td>
<td>8.1%</td>
</tr>
<tr>
<td>High school graduate</td>
<td>22.5%</td>
<td>22.8%</td>
<td>25.0%</td>
</tr>
<tr>
<td>Some college, no degree</td>
<td>22.9%</td>
<td>22.8%</td>
<td>21.6%</td>
</tr>
<tr>
<td>Associate's degree</td>
<td>8.3%</td>
<td>7.5%</td>
<td>7.2%</td>
</tr>
<tr>
<td>Bachelor's degree</td>
<td>24.2%</td>
<td>23.0%</td>
<td>19.5%</td>
</tr>
<tr>
<td>Graduate/professional degree</td>
<td>12.0%</td>
<td>11.5%</td>
<td>10.4%</td>
</tr>
</tbody>
</table>

High School Graduation Rates

High school graduation rates are the percentage of high school students that graduate four years after starting 9th grade. The Healthy People 2030 objective for high school graduation is 90.7%. Among the area school districts, Spring ISD (83.5%) and Cleveland ISD (84.8%) do not meet this objective.

### High School Graduation Rates

<table>
<thead>
<tr>
<th>District</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland Independent School District</td>
<td>84.8%</td>
</tr>
<tr>
<td>Conroe Independent School District</td>
<td>96.4%</td>
</tr>
<tr>
<td>Klein Independent School District</td>
<td>94.1%</td>
</tr>
<tr>
<td>Magnolia Independent School District</td>
<td>94.2%</td>
</tr>
<tr>
<td>Montgomery Independent School District</td>
<td>96.4%</td>
</tr>
<tr>
<td>Spring Independent School District</td>
<td>83.5%</td>
</tr>
<tr>
<td>Tomball Independent School District</td>
<td>96.4%</td>
</tr>
<tr>
<td>Willis Independent School District</td>
<td>91.6%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>95.2%</td>
</tr>
<tr>
<td>Texas</td>
<td>92.8%</td>
</tr>
</tbody>
</table>


*County and State rates do not include Districts whose graduation rates were either suppressed or otherwise unavailable.

Preschool Enrollment

45.1% of children, ages 3 and 4, were enrolled in preschool in the service area. The enrollment rates ranged from 15.8% in Willis 77318 to 87.5% in The Woodlands 77382. The Texas Public Education Information Resource (TPEIR) website reports that among children eligible for public preschool, those who attended were more likely to graduate high school than those who did not ([https://www.texaseducationinfo.org/](https://www.texaseducationinfo.org/)).

### Enrolled in Preschool, Children, Ages 3 and 4

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Population, Ages 3 and 4</th>
<th>Percent Enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>485</td>
<td>32.4%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>1,154</td>
<td>37.1%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>251</td>
<td>38.6%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>401</td>
<td>16.7%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>861</td>
<td>38.6%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>650</td>
<td>43.1%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>546</td>
<td>64.1%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>729</td>
<td>48.4%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>1,241</td>
<td>51.7%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>1,327</td>
<td>30.1%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>975</td>
<td>57.7%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>772</td>
<td>51.2%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>484</td>
<td>33.7%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>2,007</td>
<td>28.6%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>2,054</td>
<td>51.0%</td>
</tr>
</tbody>
</table>

St. Luke’s Health – Lakeside Hospital
<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Population, Ages 3 and 4</th>
<th>Percent Enrolled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring</td>
<td>77386</td>
<td>2,141</td>
</tr>
<tr>
<td>Spring</td>
<td>77388</td>
<td>1,415</td>
</tr>
<tr>
<td>Spring</td>
<td>77389</td>
<td>1,692</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380</td>
<td>538</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77381</td>
<td>915</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77382</td>
<td>576</td>
</tr>
<tr>
<td>Tomball</td>
<td>77375</td>
<td>1,904</td>
</tr>
<tr>
<td>Willis</td>
<td>77318</td>
<td>317</td>
</tr>
<tr>
<td>Willis</td>
<td>77378</td>
<td>478</td>
</tr>
</tbody>
</table>

| Lakeside Hospital Service Area | 23,913 | 45.1% |
| Montgomery County              | 15,659 | 44.2% |
| Texas                         | 823,538 | 43.2% |


**Crime and Violence**

Crime negatively impacts communities through economic loss, reduced productivity, and disruption of social services. Violent crimes include homicide, rape, robbery, and aggravated assault. Property crimes include arson, burglary, larceny theft, and motor vehicle theft.

Violent crime rates increased from 2014 to 2019 in Montgomery County and Texas. Rates of crime – particularly violent crime – for area cities should be interpreted with care, as the populations involved may be small and thus a single crime can have a large impact on rates. The rate of violent crime does appear to be higher in Cleveland and Willis than in other area cities for which data are available.

Property crime rates decreased from 2014 to 2019 in Montgomery County. Among service area cities for which data are available, property crime rates appear to be highest in Cleveland and Tomball (for which no 2019 data were reported).

**Violent Crime Rates and Property Crime Rates, per 100,000 Persons**

<table>
<thead>
<tr>
<th></th>
<th>Violent Crime Rate</th>
<th>Property Crime Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2014</td>
<td>2019</td>
</tr>
<tr>
<td>Cleveland P.D.</td>
<td>N/A</td>
<td>594.2</td>
</tr>
<tr>
<td>Conroe P.D.</td>
<td>N/A</td>
<td>237.6</td>
</tr>
<tr>
<td>Magnolia P.D.</td>
<td>N/A</td>
<td>315.6</td>
</tr>
<tr>
<td>Montgomery P.D.</td>
<td>N/A</td>
<td>181.5</td>
</tr>
<tr>
<td>Tomball P.D.</td>
<td>374.5</td>
<td>N/A</td>
</tr>
<tr>
<td>Willis P.D.</td>
<td>N/A</td>
<td>409.9</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>178.8</td>
<td>197.0</td>
</tr>
<tr>
<td>Texas</td>
<td>406.8</td>
<td>418.9</td>
</tr>
</tbody>
</table>

Health Care Access

Health Insurance Coverage
Health insurance coverage is considered a key component to ensure access to health care. 86.6% of the population in the service area has health insurance. The Woodlands 77381 (95%) has the highest health insurance rates. Conroe 77306 (71.4%) has the lowest rates of health insurance. 91.2% of children, ages 0-18, have health insurance coverage in the service area. Spring 77389 (96.4%) has the highest health insurance rates among children, and Willis 77378 (72.7%) has the lowest percentage of children with health insurance. Among adults, ages 19-64, 81.9% in the service area have health insurance. The Woodlands 77381 has the highest insurance rate (93.3%) followed by Conroe 77384 (93.2%). Conroe 77306 (56.1%) has the lowest health insurance rates among adults, ages 19-64. The Healthy People 2030 objective is for 92.1% of the population to be covered by health insurance.

| Health Insurance, Total Population, Children, Ages 0-18, and Adults, Ages 19-64 |
|--------------------------|-----------|-----------------|------------------|
| ZIP Code | Total Population | Children, Ages 0-18 | Adults, Ages 19-64 |
| Cleveland | 77328 | 80.2% | 90.2% | 69.4% |
| Conroe | 77301 | 70.0% | 83.7% | 59.3% |
| Conroe | 77302 | 87.5% | 92.9% | 81.5% |
| Conroe | 77303 | 76.4% | 88.4% | 67.7% |
| Conroe | 77304 | 85.4% | 91.5% | 79.2% |
| Conroe | 77306 | 71.4% | 90.5% | 56.1% |
| Conroe | 77384 | 93.1% | 86.9% | 93.2% |
| Conroe | 77385 | 89.3% | 93.6% | 85.4% |
| Houston | 77073 | 79.2% | 88.4% | 72.6% |
| Houston | 77090 | 79.2% | 86.8% | 73.5% |
| Magnolia | 77354 | 86.6% | 91.8% | 81.9% |
| Montgomery | 77316 | 89.8% | 94.0% | 85.5% |
| Montgomery | 77356 | 93.7% | 95.7% | 90.5% |
| Spring | 77373 | 85.2% | 90.0% | 80.9% |
| Spring | 77379 | 90.8% | 93.9% | 87.5% |
| Spring | 77386 | 91.7% | 93.9% | 89.6% |
| Spring | 77388 | 88.5% | 92.1% | 85.4% |
| Spring | 77389 | 92.3% | 96.4% | 88.8% |
| The Woodlands | 77380 | 89.3% | 93.3% | 86.2% |
| The Woodlands | 77381 | 95.0% | 95.6% | 93.3% |
| The Woodlands | 77382 | 92.8% | 94.8% | 90.5% |
| Tomball | 77375 | 85.3% | 88.6% | 81.4% |
| Willis | 77318 | 86.9% | 92.1% | 79.8% |
| Willis | 77378 | 72.9% | 72.7% | 66.8% |
| Lakeside Hospital Service Area | 86.6% | 91.2% | 81.9% |
| Montgomery County | 85.9% | 90.7% | 80.9% |
| Texas | 82.8% | 89.2% | 76.7% |

When examined by race/ethnicity, there are differences in the rate of health insurance coverage in the service area. In every age group, health insurance coverage is lowest among those residents who identified as some Other race than the listed races (non-Hispanic White, Asian, Black, AIAN, Hawaiian or Pacific Islander). The second-lowest rates were among Hispanic residents and for seniors, among Multiracial residents. It is important to keep in mind, however, that rates for several service area groups are based on small numbers of residents and should be interpreted with caution, particularly Native Hawaiian/Pacific Islander residents (representing just 0.1% of the area population), those who identified as a race Other than those listed (0.2% of the service area population), and AIAN residents (0.3% of the area population).

The service area average for health insurance coverage among the total population is 86.6%. The lowest rates of coverage are seen among those who identify as Other race (70.7%), Hispanic residents (74.9%), and AIAN residents (79.6%). Service area coverage in children is 91.2%. The lowest rate of coverage is seen in Other race children (80.1%), Hispanic children (85.9%), Multiracial children (91%), and Black/African-American children (92.1%). Among adults, ages 19 to 64, 81.9% have health insurance. The lowest rate is seen among adults who identify as Other race (64.8%), followed by Hispanic adults (66.5%) and AIAN adults (67.7%). The lowest rates of coverage among service area seniors, ages 65 and older, are found among Other race seniors (86.8%), Multiracial seniors (92.5%) and Hispanic seniors (93%). Asian seniors also have a below-average rate of coverage (93.6%).

<table>
<thead>
<tr>
<th>Health Insurance, by Race/Ethnicity and Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Native Hawaiian/Pacific Islander</td>
</tr>
<tr>
<td>Non-Hispanic White</td>
</tr>
<tr>
<td>Asian</td>
</tr>
<tr>
<td>Multiracial</td>
</tr>
<tr>
<td>Black/African American</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
</tr>
<tr>
<td>Hispanic</td>
</tr>
<tr>
<td>Other race</td>
</tr>
<tr>
<td><strong>Lakeside Hospital Service Area</strong></td>
</tr>
</tbody>
</table>


Regular Source of Care
Access to a medical home and a primary care provider improve continuity of care and decrease unnecessary emergency room visits. 29.9% of adults in the service area do not have a usual primary care provider, which is a higher rate than in Montgomery
County (29.3%). Rates are lowest in The Woodlands 77381 (22.6%) and highest in Houston 77073, where 40.3% of the population has no usual primary care provider.

<table>
<thead>
<tr>
<th>No Usual Primary Care Provider</th>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>30.0%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>39.5%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>31.1%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>34.0%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>28.2%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>34.0%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>24.6%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77385</td>
<td>33.1%</td>
</tr>
<tr>
<td>Houston</td>
<td>77073</td>
<td>40.3%</td>
</tr>
<tr>
<td>Houston</td>
<td>77090</td>
<td>35.2%</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>28.4%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77316</td>
<td>26.6%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77356</td>
<td>23.6%</td>
</tr>
<tr>
<td>Spring</td>
<td>77373</td>
<td>32.2%</td>
</tr>
<tr>
<td>Spring</td>
<td>77379</td>
<td>27.2%</td>
</tr>
<tr>
<td>Spring</td>
<td>77386</td>
<td>31.9%</td>
</tr>
<tr>
<td>Spring</td>
<td>77388</td>
<td>28.6%</td>
</tr>
<tr>
<td>Spring</td>
<td>77389</td>
<td>28.6%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380</td>
<td>27.7%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77381</td>
<td>22.6%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77382</td>
<td>25.2%</td>
</tr>
<tr>
<td>Tomball</td>
<td>77375</td>
<td>30.0%</td>
</tr>
<tr>
<td>Willis</td>
<td>77318</td>
<td>25.3%</td>
</tr>
<tr>
<td>Willis</td>
<td>77378</td>
<td>32.5%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area*</td>
<td></td>
<td>29.9%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td></td>
<td>29.3%</td>
</tr>
<tr>
<td>Texas</td>
<td></td>
<td>31.8%</td>
</tr>
</tbody>
</table>


Unmet Medical Need
17.9% of adults in Health Service Region 6 reported an unmet medical need as a result of not being able to afford care. The Healthy People 2030 objective is 3.3% of the population.

St. Luke’s Health – Lakeside Hospital
Unmet Medical Need Due to Cost, Adults

<table>
<thead>
<tr>
<th>Health Service Region 6</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texas</td>
<td>16.8%</td>
</tr>
</tbody>
</table>


Primary Care Physicians

The ratio of the population to primary care physicians in Montgomery County is 1,670 persons per primary care provider.

Primary Care Physicians, Number and Ratio

<table>
<thead>
<tr>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of primary care physicians</td>
<td>353</td>
</tr>
<tr>
<td>Ratio of population to primary care physicians</td>
<td>1,670:1</td>
</tr>
</tbody>
</table>

Source: County Health Rankings, 2018. [http://www.countyhealthrankings.org](http://www.countyhealthrankings.org)

Access to Primary Care Community Health Centers

Community Health Centers provide primary care (including medical, dental and mental health services) for uninsured and medically underserved populations. Using ZCTA (ZIP Code Tabulation Area) data for the service area and information from the Uniform Data System (UDS)\(^1\), 24.6% of the population in the service area is low-income (200% of Federal Poverty Level) and 9% of the population are living in poverty. There are several Section 330-funded grantees (Federally Qualified Health Centers – FQHCs and FQHC Look-Alikes) located in the service area.

Even with Section 330 funded Community Health Centers serving the area, there are a number of low-income residents who are not served by one of these clinic providers. The FQHCs have a total of 41,043 patients in the service area, which equates to 20.2% penetration among low-income patients and 4.9% penetration among the total population. From 2018-2020, the Community Health Center providers added 4,185 patients for an 11.4% increase in patients served by Community Health Centers in the service area. However, there remain 162,239 low-income residents, 79.8% of the population at or below 200% FPL, which are not served by an FQHC.

---

\(^1\) The UDS is an annual reporting requirement for grantees of HRSA primary care programs:
- Community Health Center, Section 330 (e)
- Migrant Health Center, Section 330 (g)
- Health Care for the Homeless, Section 330 (h)
- Public Housing Primary Care, Section 330 (i)
### Low-Income Patients Served and Not Served by FQHCs

<table>
<thead>
<tr>
<th>Low-Income Population</th>
<th>Patients served by Section 330 Grantees In Service Area</th>
<th>Penetration among Low-Income Patients</th>
<th>Penetration of Total Population</th>
<th>Low-Income Not Served</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>203,282</td>
<td>41,043</td>
<td>20.2%</td>
<td>4.9%</td>
<td>162,239</td>
</tr>
</tbody>
</table>


### Dental Care

The Healthy People 2030 objective among adults, ages 18 and older is for 45% of the population, ages 2 years and older, to have a dental visit within the prior 12 months (55% who do not access dental care). Among Montgomery County adults, 37.2% did not access dental care in the prior year.

### Did Not Access Dental Care, Prior Year, Adults

<table>
<thead>
<tr>
<th></th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>37.2%</td>
</tr>
<tr>
<td>Texas*</td>
<td>42.2%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. [https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb](https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb)

*Weighted average of Texas county rates.

The ratio of residents to dentists in Montgomery County is 2,020:1, which is fewer dentists per capita than the state rate of 1,680 residents per dentist.

### Dentists, Number and Ratio

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of dentists</td>
<td>300</td>
<td>17,293</td>
</tr>
<tr>
<td>Ratio of population to dentists</td>
<td>2,020:1</td>
<td>1,680:1</td>
</tr>
</tbody>
</table>

Source: County Health Rankings, 2019. [http://www.countyhealthrankings.org](http://www.countyhealthrankings.org)

### Mental Health Providers

Mental health providers include psychiatrists, clinical psychologists, clinical social workers, psychiatric nurse specialists, and marriage and family therapists who meet certain qualifications and certifications. In Montgomery County, the ratio of residents to mental health providers is 1,150 residents per mental health provider, compared to 830 persons per mental health provider in the state of Texas.

### Mental Health Providers, Number and Ratio

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of mental health providers</td>
<td>526</td>
<td>35,039</td>
</tr>
<tr>
<td>Ratio of population to mental health providers</td>
<td>1,150:1</td>
<td>830:1</td>
</tr>
</tbody>
</table>

Community Input – Access to Health Care

Stakeholder interviews identified the following issues, challenges and barriers related to access to health care. Following are their comments summarized and edited for clarity:

- There are a lack of mass transportation options spanning the county.
- Many of our clients lack knowledge or the health literacy to navigate the health system and insurance.
- Many patients lack technology access (smartphones and internet) to make medical appointments or go on line to seek out health information. Everything is on line now and not having access is a definite barrier to managing health.
- There is a language barrier (mostly Spanish) and a lack of bilingual and bicultural providers, especially for mental health issues.
- When people lost their jobs, they lost insurance and coverage for medical care.
- Many low-income individuals have Medicaid, which is not accepted by all providers, especially specialists.
- HCAP is indigent health care program that covers some costs, but people still struggle to pay for rent and food.
- You have to meet very stringent requirements to get health coverage in Texas.
- Health providers can’t always spend time to help change medication or discuss issues if a patient’s insurance doesn’t cover service.
- People tend to seek medical care only when the situation gets very bad.
- Many people do not trust health care providers due to a lack of familiarity and historical issues of discrimination.
Birth Indicators

Births
In 2019, the number of births in Montgomery County was 7,395. The average annual births from 2015 to 2019 was 7,315.

Total Births

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>7,338</td>
<td>7,347</td>
<td>7,139</td>
<td>7,355</td>
<td>7,395</td>
</tr>
<tr>
<td>Texas</td>
<td>403,618</td>
<td>398,047</td>
<td>382,050</td>
<td>378,624</td>
<td>377,599</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control and Prevention (CDC); National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2015-2019, on CDC WONDER, [https://wonder.cdc.gov/natality-current.html](https://wonder.cdc.gov/natality-current.html)

From 2013 to 2017, births to mothers in the service area averaged 10,893.6 per year. The highest number of births was to mothers in Spring 77379 (873.2 births per year). Willis 77318 had, on average, 185.4 births per year.

Births, by ZIP Code, Five-Year Average

<table>
<thead>
<tr>
<th></th>
<th>ZIP Code</th>
<th>Average Annual Live Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>222.4</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>623.6</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>259.2</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>284.2</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>382.6</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>216.2</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>192.2</td>
</tr>
<tr>
<td>Conroe</td>
<td>77385</td>
<td>372.4</td>
</tr>
<tr>
<td>Houston</td>
<td>77073</td>
<td>789.6</td>
</tr>
<tr>
<td>Houston</td>
<td>77090</td>
<td>761.6</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>448.8</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77316</td>
<td>278.4</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77356</td>
<td>238.8</td>
</tr>
<tr>
<td>Spring</td>
<td>77373</td>
<td>857.0</td>
</tr>
<tr>
<td>Spring</td>
<td>77379</td>
<td>873.2</td>
</tr>
<tr>
<td>Spring</td>
<td>77386</td>
<td>845.0</td>
</tr>
<tr>
<td>Spring</td>
<td>77388</td>
<td>593.6</td>
</tr>
<tr>
<td>Spring</td>
<td>77389</td>
<td>492.8</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380</td>
<td>319.4</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77381</td>
<td>309.6</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77382</td>
<td>252.0</td>
</tr>
<tr>
<td>Tomball</td>
<td>77375</td>
<td>861.4</td>
</tr>
</tbody>
</table>
The race/ethnicity of mothers in Montgomery County in 2019 was 54.6% White, 33.6% Hispanic/Latina, 6.1% Black/African-American, and 4% Asian.

### Births, by Mother’s Race/Ethnicity

<table>
<thead>
<tr>
<th></th>
<th>Hispanic/Latina</th>
<th>White</th>
<th>Black/African American</th>
<th>Asian</th>
<th>Other or Unknown</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>33.6%</td>
<td>54.6%</td>
<td>6.1%</td>
<td>4.0%</td>
<td>1.7%</td>
</tr>
<tr>
<td>Texas</td>
<td>47.6%</td>
<td>33.0%</td>
<td>12.5%</td>
<td>5.3%</td>
<td>1.6%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data, 2019, on CDC WONDER. [https://wonder.cdc.gov/natality-current.html](https://wonder.cdc.gov/natality-current.html)

### Teen Birth Rate

From 2013 to 2017, teen births to mothers, ages 15 to 19, occurred in Montgomery County at a rate of 63.6 per 1,000 live births (6.4% of total births). The Healthy People 2030 objective is for no more than 31.4 pregnancies per 1,000 teens, age 15 to 19.

### Births to Teens, Ages 15-19, Number and Rate, per 1,000 Live Births, Five-Year Average

<table>
<thead>
<tr>
<th>Births to mother ages 14 and younger</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.6</td>
<td>431.2</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Births to mothers ages 15 – 17</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>116.4</td>
<td>9,740.0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Births to mothers ages 18 – 19</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>334.4</td>
<td>22,622.4</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Births to mothers ages 19 and younger</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>455.4</td>
<td>32,793.6</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate per 1,000 live births, mothers ages 14 and younger</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.6</td>
<td>1.1</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate per 1,000 live births, mothers ages 15 - 17</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.4</td>
<td>24.7</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate per 1,000 live births, mothers ages 18 - 19</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>47.2</td>
<td>57.4</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rate per 1,000 live births, mothers ages 15 to 19</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>63.6</td>
<td>82.2</td>
<td></td>
</tr>
</tbody>
</table>


### Prenatal Care

From 2017 to 2019, 60.4% of pregnant women in Montgomery County entered prenatal care on-time – during the first trimester – where time-of-entry was known. County and state rates of on-time prenatal care did not meet the Healthy People 2020 objective of 84.8% of women receiving on-time prenatal care (the Healthy People 2030 objective is...
not comparable with data as currently reported by Texas or the CDC).

**First Trimester Prenatal Care, Three-Year Average**

<table>
<thead>
<tr>
<th></th>
<th>Percent of Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>60.4%</td>
</tr>
<tr>
<td>Texas</td>
<td>68.9%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER, [https://wonder.cdc.gov/natality-current.html](https://wonder.cdc.gov/natality-current.html)

**Low Birth Weight**

Low birth weight is a negative birth indicator. Babies born at a low birth weight are at higher risk for disease, disability and possibly death. For this measurement, a lower rate is a better indicator. The rate of low-birth-weight babies in Montgomery County is 7.6%.

**Low Birth Weight (Under 2,500 grams), Three-Year Average**

<table>
<thead>
<tr>
<th></th>
<th>Percent of Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>7.6%</td>
</tr>
<tr>
<td>Texas</td>
<td>8.4%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER, [https://wonder.cdc.gov/natality-current.html](https://wonder.cdc.gov/natality-current.html)

**Preterm Births**

Preterm births – those occurring before 37 weeks of gestation – have higher rates of death and disability. Between 9.8% and 9.9% of births in Montgomery County (where gestational age was known and recorded) were before 37 weeks of gestation. The exact percentage cannot be determined due to privacy constraints.

**Preterm Births, Babies Born Before 37 Weeks of Gestation**

<table>
<thead>
<tr>
<th></th>
<th>Percent of Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>9.8% to 9.9%</td>
</tr>
<tr>
<td>Texas</td>
<td>10.8%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Natality public-use data 2017-2019, on CDC WONDER, [https://wonder.cdc.gov/natality-current.html](https://wonder.cdc.gov/natality-current.html)

**Maternal Smoking During Pregnancy**

Among pregnant women, 96.5% in Montgomery County did not smoke during pregnancy, which met the Healthy People 2030 objective of 95.7% of women to abstain from cigarette smoking during pregnancy.

**No Smoking during Pregnancy**

<table>
<thead>
<tr>
<th></th>
<th>Percent of Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>96.5%</td>
</tr>
<tr>
<td>Texas</td>
<td>97.3%</td>
</tr>
</tbody>
</table>

Infant Mortality
For the purposes of this report, the infant mortality rate is defined as deaths to infants under 1 year of age. The infant mortality rate in Montgomery County, from 2016 to 2018, was 5.27 deaths per 1,000 live births. These rates do not meet the Healthy People 2030 objective of 5.0 deaths per 1,000 live births.

Infant Mortality Rate, per 1,000 Live Births, Three-Year Average

<table>
<thead>
<tr>
<th></th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>5.27</td>
</tr>
<tr>
<td>Texas</td>
<td>5.69</td>
</tr>
</tbody>
</table>


Breastfeeding Initiation
Breastfeeding has been proven to have considerable benefits to baby and mother. The American Academy of Pediatrics recommends that babies are fed only breast milk for the first six months of life. According to data from birth certificates, 90.5% of infants in Montgomery County were breastfed at some point prior to discharge from the hospital. This rate exceeds the state rate of breastfeeding prior to hospital discharge (88.2%).

Infants Breastfed at Some Point Prior to Discharge

<table>
<thead>
<tr>
<th></th>
<th>Percent of Births</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>90.5%</td>
</tr>
<tr>
<td>Texas</td>
<td>88.2%</td>
</tr>
</tbody>
</table>


Community Input – Birth Indicators
Stakeholder interviews identified the following issues, challenges and barriers related to birth indicators. Following are their comments summarized and edited for clarity:

- Pregnant women in certain communities are not aware or haven’t been told by social service or medical providers that they can receive low cost or free prenatal services once they are signed up for insurance.
- Women who have not come for regular prenatal visits to a single provider will go to an ER to deliver. Sometimes that’s the first visit they have made to a medical provider since becoming pregnant.
- Many of the local pregnancy care centers have religious affiliations so people will not go there because they feel judged.
- Many providers do not accept CHIP insurance, which many families qualify for.
- Many of our clients are the housekeepers and caregivers of the more affluent residents of the county. Their own providers are farther away and many times the
clients don’t go for care because they don’t/can’t take time off from work for fear of losing income.
Mortality/Leading Causes of Death

Life Expectancy at Birth
The life expectancy at birth in Montgomery County was 79.7 years.

<table>
<thead>
<tr>
<th>Life Expectancy at Birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Years</td>
</tr>
<tr>
<td>Montgomery County</td>
</tr>
<tr>
<td>Texas</td>
</tr>
</tbody>
</table>


Mortality Rates
Age-adjusted death rates are an important factor to examine when comparing mortality data. The crude death rate is a ratio of the number of deaths to the entire population. Age-adjusted death rates eliminate the bias of age in the makeup of the populations. The age-adjusted death rate in Montgomery County was 705.6 deaths annually per 100,000 persons.

Mortality Rates, per 100,000 Persons, Three-Year Average

| Mortality Rates, per 100,000 Persons, Three-Year Average |
|--------------------------|--------------------------|
| Deaths                  | Crude Rate              | Age-Adjusted Rate |
| Montgomery County        | 3,986.3                  | 675.9             | 705.6         |
| Texas                    | 201,226.3                | 701.9             | 728.2         |


Leading Causes of Death
The top two leading causes of death in both Montgomery County and the state are heart disease and cancer. The age-adjusted heart disease mortality rate in Montgomery County is 168.8 deaths per 100,000 persons. The Healthy People 2030 objective is specific to ischemic heart disease only: 71.1 deaths per 100,000 persons. The Montgomery County rate of ischemic heart disease (77.6 deaths per 100,000 persons) does not meet the Healthy People 2030 objective.

The cancer death rate in Montgomery County is 141 per 100,000 persons, which does not meet the Healthy People 2030 objective for cancer mortality of 122.7 deaths per 100,000 persons.

In addition to heart disease and cancer, Chronic Lower Respiratory Disease, unintentional injury and stroke are among the top five causes of death in the county.
Mortality, Crude and Age-Adjusted Rates, per 100,000 Persons, Three-Year Average

<table>
<thead>
<tr>
<th>Condition</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Crude Rate</td>
</tr>
<tr>
<td>All causes</td>
<td>3,986.3</td>
<td>675.9</td>
</tr>
<tr>
<td>Heart disease</td>
<td>941.3</td>
<td>159.6</td>
</tr>
<tr>
<td>Ischemic heart disease</td>
<td>448.0</td>
<td>76.0</td>
</tr>
<tr>
<td>All cancers</td>
<td>858.7</td>
<td>145.6</td>
</tr>
<tr>
<td>Stroke</td>
<td>200.0</td>
<td>33.9</td>
</tr>
<tr>
<td>Chronic Lower Respiratory Disease</td>
<td>251.0</td>
<td>42.6</td>
</tr>
<tr>
<td>Unintentional injury</td>
<td>233.0</td>
<td>39.5</td>
</tr>
<tr>
<td>Alzheimer’s disease</td>
<td>166.3</td>
<td>28.2</td>
</tr>
<tr>
<td>Diabetes</td>
<td>80.0</td>
<td>13.6</td>
</tr>
<tr>
<td>Kidney disease</td>
<td>79.0</td>
<td>13.4</td>
</tr>
<tr>
<td>Chronic liver disease and cirrhosis</td>
<td>69.0</td>
<td>11.7</td>
</tr>
<tr>
<td>Septicemia</td>
<td>85.3</td>
<td>14.5</td>
</tr>
<tr>
<td>Suicide</td>
<td>95.0</td>
<td>16.1</td>
</tr>
<tr>
<td>Pneumonia and flu</td>
<td>55.3</td>
<td>9.4</td>
</tr>
<tr>
<td>Parkinson’s disease</td>
<td>51.7</td>
<td>8.8</td>
</tr>
<tr>
<td>Essential hypertension &amp; hypertensive renal disease</td>
<td>38.3</td>
<td>6.5</td>
</tr>
<tr>
<td>Homicide</td>
<td>24.3</td>
<td>4.1</td>
</tr>
</tbody>
</table>


Cancer Mortality
The age-adjusted mortality rate for female breast cancer in Montgomery County was 18.1 deaths per 100,000 women, and the rate for prostate cancer deaths was 15.8 per 100,000 men in Montgomery County.

Cancer, Crude and Age-Adjusted Death Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th>Condition</th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Crude Rate</td>
</tr>
<tr>
<td>Female Breast Cancer</td>
<td>269</td>
<td>19.2</td>
</tr>
<tr>
<td>Prostate Cancer</td>
<td>14,585</td>
<td>20.8</td>
</tr>
</tbody>
</table>


The age-adjusted rate of colorectal cancer deaths in Montgomery County was 13 per 100,000 persons. The rate of lung cancer mortality in Montgomery County was 37.7 per 100,000 persons, which is higher than the rate in the state (34.0 per 100,000 persons).
Cancer, Crude and Age-Adjusted Death Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th>Colorectal Cancer</th>
<th>Lung Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Crude Rate</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>356</td>
<td>12.8</td>
</tr>
<tr>
<td>Texas</td>
<td>18,758</td>
<td>13.4</td>
</tr>
</tbody>
</table>


Rates of death in Montgomery County from urinary bladder cancer (4.6 per 100,000 persons) and esophageal cancer (3.7 per 100,000 persons) exceed state rates for these types of cancer.

Cancer, Age Adjusted Death Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urinary Bladder</td>
<td>4.6</td>
<td>3.7</td>
</tr>
<tr>
<td>Esophagus</td>
<td>3.7</td>
<td>3.2</td>
</tr>
</tbody>
</table>


Unintentional Injuries
The unintentional injury death rate in Montgomery County was 40 per 100,000 persons, which was higher than the state rate of unintentional injury deaths (38.7 per 100,000 persons).

Unintentional Injury Deaths, Number and Rate, per 100,000 Persons, Three-Year Average

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>233</td>
<td>40.0</td>
</tr>
<tr>
<td>Texas</td>
<td>10,931</td>
<td>38.7</td>
</tr>
</tbody>
</table>


Community Input – Unintentional Injuries
Stakeholder interviews identified the following issues, challenges and barriers related to unintentional injuries. Following are their comments summarized and edited for clarity:

- A lot of people are not paying attention to what they are doing because they are focused on their phones. When they injure themselves, they are embarrassed to seek care.
- People get on disability due to injury and it leads to household stress on finances and mental health concerns. It turns into a cycle where they injure themselves more frequently and it gets worse.

Drug Overdose Deaths
Rates of death by drug overdose, whether unintentional, suicide, homicide, or undetermined intent, have been rising in Montgomery County with a rate of 15.1 per
100,000 persons in 2019. Montgomery County meets the Healthy People 2030 objective of 20.7 drug overdose deaths per 100,000 persons.

**Drug Overdose, Age-Adjusted Death Rates, per 100,000 Persons**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery</td>
<td>8.3</td>
<td>9.7</td>
<td>9.1</td>
<td>10.0</td>
<td>8.4</td>
<td>10.9</td>
<td>11.4</td>
<td>16.7</td>
<td>11.6</td>
<td>15.1</td>
<td>14.4</td>
</tr>
<tr>
<td>Texas</td>
<td>9.6</td>
<td>10.1</td>
<td>9.4</td>
<td>9.3</td>
<td>9.7</td>
<td>9.4</td>
<td>10.1</td>
<td>10.5</td>
<td>10.4</td>
<td>10.8</td>
<td>10.6</td>
</tr>
</tbody>
</table>


Opioid deaths include those from heroin, methadone, fentanyl and other synthetic opioids, and oxycodone and other natural or semi-synthetic opioids. The rate of opioid drug overdoses in Montgomery County was 8.5 per 100,000 persons. This rate is higher than the state (5 opioid overdose deaths per 100,000 persons) but meets the Healthy People 2030 objective of a maximum of 13.1 deaths from opioids per 100,000 persons.

**Fatal Opioid Overdoses, Age-Adjusted Rates, per 100,000 Persons, Three-Year Average**

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>51.3</td>
<td>8.5</td>
</tr>
<tr>
<td>Texas</td>
<td>1,452.3</td>
<td>5.0</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control and Prevention (CDC), National Center for Health Statistics (NCHS), Division of Vital Statistics, Multiple Cause Death public-use data 2017-2019, on CDC WONDER. [https://wonder.cdc.gov/mcd.html](https://wonder.cdc.gov/mcd.html)

From 2015 through 2019 combined, drug overdose deaths in Texas were highest among men (64.4% of deaths). Non-Hispanic Whites have the highest rates of drug overdose deaths (14.7 deaths per 100,000 persons), followed by Blacks (11.5 deaths per 100,000 deaths), and American Natives (8.3 deaths per 100,000 deaths). Non-Hispanic Asians had the lowest rate of drug overdose deaths (1.9 deaths per 100,000 persons).

**Drug Overdoses, Age-Adjusted Death Rates, per 100,000 Texas Residents, by Race and Ethnicity, Five Years Combined**

<table>
<thead>
<tr>
<th></th>
<th>Number</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asian, non-Hispanic</td>
<td>149</td>
<td>1.9</td>
</tr>
<tr>
<td>Hispanic</td>
<td>3,174</td>
<td>6.0</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td>44</td>
<td>8.3</td>
</tr>
<tr>
<td>Black, non-Hispanic</td>
<td>2,023</td>
<td>11.5</td>
</tr>
<tr>
<td>White, non-Hispanic</td>
<td>9,087</td>
<td>14.7</td>
</tr>
<tr>
<td>Texas, all races</td>
<td>14,549</td>
<td>10.3</td>
</tr>
</tbody>
</table>

COVID-19

In Montgomery County, there have been 138,887 confirmed or probable cases of the Coronavirus known as COVID-19 reported as of April 4, 2022. This represents a rate of 22,385.1 cases per 100,000 persons, which is below the statewide average of 22,909 confirmed or probable cases per 100,000 persons. As of the same date, according to the Texas Department of State Health, 1,285 persons have died in Montgomery County due to COVID-19 complications, a rate of 207.1 deaths per 100,000 persons, which is lower than the state COVID death rate of 295.3 deaths per 100,000 persons.

COVID-19, Cases and Crude Death Rates, per 100,000 Persons, 4/4/22

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Rate *</td>
</tr>
<tr>
<td>Confirmed or probable cases</td>
<td>138,887</td>
<td>22,385.1</td>
</tr>
<tr>
<td>Deaths</td>
<td>1,285</td>
<td>207.1</td>
</tr>
</tbody>
</table>


The Montgomery County Public Health District stopped providing COVID-19 case data by ZIP Code as of November 9, 2022 and at the county level as of March 9, 2022. As of November 9, 2021, in the service area, there had been 115,088 confirmed cases of COVID-19 and 620 confirmed deaths from COVID. This rate of infection (13,820.4 cases per 100,000 persons) was lower than the Montgomery County rate of 15,484.9 cases. The rate of confirmed deaths due to COVID in the service area (74.5 per 100,000 persons) as of that date was lower than the Montgomery County rate (87.9 deaths per 100,000 persons).

The highest rate of infection and death in the service area as of November 9, 2021, was in Conroe 77301. Data are subject to delays and errors, and care should be taken when interpreting rates as with relatively small numbers a single case or death could substantially affect rates.

COVID-19, Cases and Crude Death Rates, per 100,000 Persons, 11/9/21

<table>
<thead>
<tr>
<th>ZIP Codes</th>
<th>Total Reported Cases</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Rate***</td>
</tr>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>767</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>6,740</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>2,779</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>2,920</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>5,349</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>2,128</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>3,443</td>
</tr>
<tr>
<td>ZIP Codes</td>
<td>Total Reported Cases</td>
<td>Deaths</td>
</tr>
<tr>
<td>-----------</td>
<td>----------------------</td>
<td>--------</td>
</tr>
<tr>
<td></td>
<td>Number</td>
<td>Rate***</td>
</tr>
<tr>
<td>Conroe</td>
<td>4,066</td>
<td>16,160.6</td>
</tr>
<tr>
<td>Houston*</td>
<td>6,105</td>
<td>15,285.8</td>
</tr>
<tr>
<td>Houston*</td>
<td>4,860</td>
<td>11,923.2</td>
</tr>
<tr>
<td>Magnolia**</td>
<td>6,128</td>
<td>16,536.2</td>
</tr>
<tr>
<td>Montgomery</td>
<td>4,311</td>
<td>15,974.4</td>
</tr>
<tr>
<td>Montgomery</td>
<td>4,334</td>
<td>16,593.3</td>
</tr>
<tr>
<td>Spring**</td>
<td>7,917</td>
<td>12,873.0</td>
</tr>
<tr>
<td>Spring**</td>
<td>9,205</td>
<td>11,312.8</td>
</tr>
<tr>
<td>Spring**</td>
<td>8,308</td>
<td>14,468.6</td>
</tr>
<tr>
<td>Spring*</td>
<td>5,912</td>
<td>11,660.5</td>
</tr>
<tr>
<td>The Woodlands**</td>
<td>3,779</td>
<td>14,669.5</td>
</tr>
<tr>
<td>The Woodlands**</td>
<td>4,294</td>
<td>1,875.0</td>
</tr>
<tr>
<td>The Woodlands**</td>
<td>5,041</td>
<td>12,123.3</td>
</tr>
<tr>
<td>Tomball*</td>
<td>7,547</td>
<td>13,535.0</td>
</tr>
<tr>
<td>Willis</td>
<td>2,241</td>
<td>13,745.9</td>
</tr>
<tr>
<td>Willis</td>
<td>2,484</td>
<td>14,100.8</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area</td>
<td>115,088</td>
<td>13,820.4</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>88,566</td>
<td>15,484.9</td>
</tr>
</tbody>
</table>


In Montgomery County, 69.8% of the population, ages 5 and older, and 93.4% of the population, ages 65 and older, have received at least one vaccine dose.

**COVID-19 Vaccinations, Partial and Full, Ages 5 and Older and Seniors, 4/3/22**

<table>
<thead>
<tr>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partially Vaccinated</td>
<td>Completed</td>
</tr>
<tr>
<td>Population 5+</td>
<td>9.5%</td>
</tr>
<tr>
<td>Population 65+</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

Source: Texas Department of State Health Services, Vaccine Dashboard. Updated April 4, 2022. [https://dshs.texas.gov/coronavirus/](https://dshs.texas.gov/coronavirus/)

In Montgomery County, White residents make up 66% of the population. But only 58.5% of persons vaccinated in Montgomery County are Whites.

**Montgomery County Vaccinations for COVID-19, by Race, 4/3/22**

<table>
<thead>
<tr>
<th></th>
<th>Percent of Population*</th>
<th>Percent of People Vaccinated**</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>66.0%</td>
<td>58.5%</td>
</tr>
<tr>
<td>Hispanic or Latino</td>
<td>24.1%</td>
<td>31.9%</td>
</tr>
<tr>
<td>Black/African American</td>
<td>4.8%</td>
<td>5.6%</td>
</tr>
<tr>
<td>Asian</td>
<td>2.9%</td>
<td>4.1%</td>
</tr>
</tbody>
</table>

Community Input – COVID-19
Stakeholder interviews identified the following issues, challenges and barriers related to COVID-19. Following are their comments summarized and edited for clarity:

- A lot of misinformation was out in the community about the vaccine and its effectiveness.
- County health and the National Guard teamed up to set up vaccine clinics.
- There was a lot of fear from essential workers about passing COVID to their families.
- We had to pivot to provide services for immediate needs like rent support, utilities, and food.
- Different communities and ethnic groups had different opinions and barriers to COVID precautions and that took a lot of time to overcome.
Chronic Disease

Diabetes
10.6% of adults in the service area had been diagnosed with diabetes by a health professional. Rates of adult diabetes were lowest in The Woodlands 77382 (9%) and highest in Montgomery 77356 (13.7%).

Diabetes Diagnoses, Adults

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>11.9%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>11.3%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>11.5%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>11.0%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>11.4%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>11.2%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>11.0%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>9.9%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>10.3%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>9.9%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>10.6%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>11.3%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>13.7%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>10.3%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>10.6%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>9.2%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>11.1%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>10.1%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>9.3%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>10.9%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>9.0%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>9.7%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>12.8%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>11.4%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area*</td>
<td>10.6%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>10.8%</td>
</tr>
<tr>
<td>Texas</td>
<td>12.6%</td>
</tr>
</tbody>
</table>

Heart Disease and Stroke
3.8% of service area adults report being told by a health professional they have heart disease. The rate of heart disease diagnosis was highest in Montgomery 77356 (6.1%) and lowest in Houston 77073 (2.3%). 2.9% of service area adults reported being told by a health professional they have had a stroke. The prevalence of stroke diagnoses was highest in Montgomery 77356 (4.3%) and lowest in Houston 77073 (2.3%).

Heart Disease and Stroke Prevalence, Adults

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Heart Disease</th>
<th>Stroke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland</td>
<td>77328</td>
<td>4.6%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77301</td>
<td>3.6%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77302</td>
<td>4.4%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77303</td>
<td>4.0%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77304</td>
<td>4.9%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77306</td>
<td>4.0%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77384</td>
<td>4.7%</td>
</tr>
<tr>
<td>Conroe</td>
<td>77385</td>
<td>3.4%</td>
</tr>
<tr>
<td>Houston</td>
<td>77073</td>
<td>2.3%</td>
</tr>
<tr>
<td>Houston</td>
<td>77090</td>
<td>2.7%</td>
</tr>
<tr>
<td>Magnolia</td>
<td>77354</td>
<td>4.1%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77316</td>
<td>4.6%</td>
</tr>
<tr>
<td>Montgomery</td>
<td>77356</td>
<td>6.1%</td>
</tr>
<tr>
<td>Spring</td>
<td>77373</td>
<td>3.1%</td>
</tr>
<tr>
<td>Spring</td>
<td>77379</td>
<td>3.6%</td>
</tr>
<tr>
<td>Spring</td>
<td>77386</td>
<td>3.2%</td>
</tr>
<tr>
<td>Spring</td>
<td>77388</td>
<td>3.7%</td>
</tr>
<tr>
<td>Spring</td>
<td>77389</td>
<td>3.5%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77380</td>
<td>3.8%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77381</td>
<td>4.6%</td>
</tr>
<tr>
<td>The Woodlands</td>
<td>77382</td>
<td>3.3%</td>
</tr>
<tr>
<td>Tomball</td>
<td>77375</td>
<td>3.4%</td>
</tr>
<tr>
<td>Willis</td>
<td>77318</td>
<td>5.6%</td>
</tr>
<tr>
<td>Willis</td>
<td>77378</td>
<td>4.2%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area*</td>
<td></td>
<td>3.8%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td></td>
<td>4.2%</td>
</tr>
<tr>
<td>Texas</td>
<td></td>
<td>3.8%</td>
</tr>
</tbody>
</table>

6.1% of service area adults reported having been diagnosed with angina or coronary heart disease, or a heart attack (Myocardial Infarction). Rates were lowest in Houston 77073 (4.1%) and highest in Montgomery 77356 (9.5%).

### Heart Disease or Heart Attack, Adults

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>7.5%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>6.1%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>7.3%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>6.6%</td>
</tr>
<tr>
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</tr>
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<td>Conroe 77306</td>
<td>6.7%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>7.3%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>5.7%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>4.1%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>4.5%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>6.5%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
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</tr>
<tr>
<td>Montgomery 77356</td>
<td>9.5%</td>
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<tr>
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</tr>
<tr>
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<td>5.7%</td>
</tr>
<tr>
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<td>5.3%</td>
</tr>
<tr>
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<tr>
<td>Spring 77389</td>
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<tr>
<td>The Woodlands 77381</td>
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</tr>
<tr>
<td>Tomball 77375</td>
<td>5.5%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>8.8%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>6.9%</td>
</tr>
<tr>
<td><strong>Lakeside Hospital Service Area</strong></td>
<td><strong>6.1%</strong></td>
</tr>
<tr>
<td><strong>Montgomery County</strong></td>
<td><strong>6.7%</strong></td>
</tr>
<tr>
<td><strong>Texas</strong></td>
<td><strong>6.7%</strong></td>
</tr>
</tbody>
</table>


### High Blood Pressure and High Cholesterol

Co-morbidity factors for diabetes and heart disease are high blood pressure (hypertension) and high blood cholesterol. The percent of adults who reported being diagnosed with high blood pressure in the service area was 31.2%. Rates of high blood pressure diagnosis were highest in Willis 77318 (37.2%), and lowest in Spring 77386.
Rates of high cholesterol diagnosis were highest in Montgomery 77356 (37.8%) and lowest in Houston 77073 (24.3%).

### High Blood Pressure and High Cholesterol

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Hypertension</th>
<th>High Cholesterol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>33.6%</td>
<td>32.4%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>30.3%</td>
<td>28.0%</td>
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<tr>
<td>Conroe 77302</td>
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</tr>
<tr>
<td>Conroe 77303</td>
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</tr>
<tr>
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<td>32.3%</td>
</tr>
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<tr>
<td>Houston 77090</td>
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<td>24.9%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
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<td>31.7%</td>
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<tr>
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<tr>
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<tr>
<td>Willis 77378</td>
<td>32.3%</td>
<td>30.7%</td>
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<tr>
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<td>30.3%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>31.7%</td>
<td>31.4%</td>
</tr>
<tr>
<td>Texas</td>
<td>32.5%</td>
<td>34.0%</td>
</tr>
</tbody>
</table>

*Weighted average; calculated using 2015-2019 ACS adult population estimates.

Source: PolicyMap, utilizing the CDC’s Behavioral Risk Factor Surveillance System (BRFSS), 2017 data, [https://commonspirit.policymap.com/tables/](https://commonspirit.policymap.com/tables/)

### Cancer

In Montgomery County, the age-adjusted rate of cancer incidence was 396.5 per 100,000 persons. The rate of incidence of melanoma, urinary bladder, lung and bronchus, and esophageal cancers is higher in Montgomery County than in the state.
Cancer, Age Adjusted Incidence Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>All sites</td>
<td>396.5</td>
<td>410.7</td>
</tr>
<tr>
<td>Breast (female)</td>
<td>106.5</td>
<td>114.1</td>
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<tr>
<td>Prostate</td>
<td>89.1</td>
<td>97.5</td>
</tr>
<tr>
<td>Lung and Bronchus</td>
<td>56.3</td>
<td>49.4</td>
</tr>
<tr>
<td>Colon and Rectum</td>
<td>33.0</td>
<td>37.8</td>
</tr>
<tr>
<td>Urinary Bladder</td>
<td>16.7</td>
<td>14.9</td>
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<td>Leukemia</td>
<td>13.7</td>
<td>14.2</td>
</tr>
<tr>
<td>Melanoma of the skin</td>
<td>21.9</td>
<td>13.4</td>
</tr>
<tr>
<td>Esophagus</td>
<td>4.9</td>
<td>3.5</td>
</tr>
</tbody>
</table>


Asthma

8.5% of adults in the service area have been diagnosed with asthma. Rates of asthma diagnosis were highest in Houston 77090 (9.3%) and lowest in The Woodlands 77380 and 77382 (7.8%).

Asthma Prevalence, Adults

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>8.8%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>8.8%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>8.7%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>8.7%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>8.5%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>8.6%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>8.1%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>8.5%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>8.9%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>9.3%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>8.4%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>8.5%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>8.7%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>8.7%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>8.3%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>8.4%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>8.5%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>8.4%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
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<tr>
<td>The Woodlands 77381</td>
<td>8.0%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>7.8%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>8.3%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>8.6%</td>
</tr>
</tbody>
</table>
Asthma hospitalization in children, under age 18, occurred at a rate of 8.4 hospitalizations per 10,000 children in HSR 6. This rate was lower than the state rate of 10.9 hospitalizations per 10,000 children.

### Asthma Hospitalizations, Age-Adjusted Rate, per 10,000 Children, Ages 0-17

<table>
<thead>
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<th>Number</th>
<th>Rate</th>
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<td>Health Service Region 6</td>
<td>1,469</td>
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<tr>
<td>Texas</td>
<td>7,736</td>
<td>10.9</td>
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</table>

Source: Texas Department of State Health Services, 2016 Child Asthma Fact Sheet, March 2016. [https://www.dshs.texas.gov/asthma/data.aspx](https://www.dshs.texas.gov/asthma/data.aspx)

### Tuberculosis

In 2019, there were 11 cases of TB diagnosed in Montgomery County (1.8 per 100,000 persons) compared to Texas rate of 4 cases per 100,000 persons.

### Tuberculosis, Number and Crude Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
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<tbody>
<tr>
<td></td>
<td>No.</td>
<td>Rate</td>
<td>No.</td>
<td>Rate</td>
<td>No.</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>9</td>
<td>1.7</td>
<td>13</td>
<td>2.3</td>
<td>12</td>
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<tr>
<td>Texas</td>
<td>1,334</td>
<td>4.9</td>
<td>1,250</td>
<td>4.5</td>
<td>1,127</td>
</tr>
</tbody>
</table>


### Disability

In the service area, 9.6% of the non-institutionalized civilian population identified as having a disability, which is below Montgomery County (9.9%) and state (11.5%) rates of disability.

### Disability, Five-Year Average

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lakeside Hospital Service Area</td>
<td>9.6%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>9.9%</td>
</tr>
<tr>
<td>Texas</td>
<td>11.5%</td>
</tr>
</tbody>
</table>


### Community Input – Chronic Disease

Stakeholder interviews identified the following issues, challenges and barriers related to
chronic disease. Following are their comments summarized and edited for clarity:

- There is a lack of health literacy on how to manage chronic disease, especially in monolingual Hispanic populations.
- The high cost of medication leads to rationing of pills or stopping treatment early, which leads to ongoing disease.
- Diabetes and its co-morbidities are on the rise among all populations.
- COVID exacerbated respiratory illnesses. We are seeing the long-term cumulative effects of asthma, pollution, and exposure to pollutants.
- Better health education is needed around food choices and how it impacts disease management.
- Different cultures have varying beliefs about how and when to address chronic diseases and providers need to understand how to adjust their care plans accordingly.
- Many people don’t take the time to focus on preventive care.
- More needs to be done to coordinate with medical providers and social services to help patients address lifestyle issues related to chronic disease.
Health Behaviors

Health Behaviors Ranking
The County Health Ranking examines healthy behaviors and ranks counties according to health behavior data. Texas has 254 counties, 243 of which are ranked from 1 (healthiest) to 243 (least healthy) based on indicators that include: adult smoking, obesity, physical inactivity, excessive drinking, sexually transmitted infections, and others. A ranking of 13 for Montgomery County puts it in the top 10% of Texas counties for healthy behaviors.

<table>
<thead>
<tr>
<th>Montgomery County</th>
<th>County Ranking (out of 243)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>13</td>
</tr>
</tbody>
</table>

Source: County Health Rankings, 2021. [http://www.countyhealthrankings.org](http://www.countyhealthrankings.org)

Overweight and Obesity
Over a third of adults in the service area (34.9%) are obese and 33% are overweight. Rates of obesity in service area cities ranged from 32% in The Woodlands 77380 and 32.8% in 77381 to 38.1% in Houston 77073. Combined rates of overweight and obesity were lowest in The Woodlands 77380 (65.6%) and highest in Houston 77073 (70.3%)

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>**Overweight</th>
<th>Obese</th>
<th>Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>32.8%</td>
<td>36.6%</td>
<td>69.4%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>32.4%</td>
<td>36.9%</td>
<td>69.3%</td>
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<tr>
<td>Conroe 77302</td>
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<tr>
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<td>Conroe 77384</td>
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</tr>
<tr>
<td>Conroe 77385</td>
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<td>35.8%</td>
<td>68.1%</td>
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<td>Houston 77090</td>
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<tr>
<td>Magnolia 77354</td>
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<td>Montgomery 77316</td>
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<td>77375</td>
<td>33.0%</td>
<td>33.1%</td>
</tr>
<tr>
<td>Willis</td>
<td>77318</td>
<td>33.3%</td>
<td>35.7%</td>
</tr>
<tr>
<td>Willis</td>
<td>77378</td>
<td>32.4%</td>
<td>36.8%</td>
</tr>
<tr>
<td>Lakeside Hospital Service Area*</td>
<td><strong>33.0%</strong></td>
<td><strong>34.9%</strong></td>
<td><strong>67.9%</strong></td>
</tr>
<tr>
<td>Montgomery County</td>
<td>33.1%</td>
<td>35.1%</td>
<td>68.2%</td>
</tr>
<tr>
<td>Texas</td>
<td>34.7%</td>
<td>34.8%</td>
<td>69.5%</td>
</tr>
</tbody>
</table>

Source: PolicyMap, utilizing the CDC’s Behavioral Risk Factor Surveillance System (BRFSS), 2018 data, https://commons.policymap.com/tables/ *Weighted average; calculated using 2015-2019 ACS adult population estimates. **Calculated by subtracting percentage of those with BMI of 30 or more from the percentage of total population with a BMI over 24.9.

34.7% of Texas high school students and 38.3% of high school students in Houston are overweight (85th percentile or above for BMI by age and sex, but below the 95th percentile) or obese (95th percentile or above for BMI by age and sex).

**Overweight and Obese, 9th - 12th Grade Youth**

<table>
<thead>
<tr>
<th></th>
<th>Overweight</th>
<th>Obese</th>
<th>Combined</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houston</td>
<td>18.8%</td>
<td>19.5%</td>
<td>38.3%</td>
</tr>
<tr>
<td>Texas</td>
<td>17.8%</td>
<td>16.9%</td>
<td>34.7%</td>
</tr>
</tbody>
</table>


**Youth Body Dysmorphia and Dieting**

33.1% of students surveyed in the Texas Youth Risk Behavior Survey described themselves as slightly or very overweight – less than the percentage who were classified as overweight or obese (34.7%). This apparent lack of self-awareness varied by gender, with 30.1% of boys viewing themselves as overweight when 34.8% were actually overweight or obese. Among females, 36.2% viewed themselves as overweight while only 34.6% of them were classified as overweight or obese. Black students were most likely to underestimate their rates of overweight: 27.5% of Black students said they were overweight versus 37.6% being classified as overweight or obese.

Despite only 33.1% of students describing themselves as overweight, and 34.7% of the total surveyed population being classified as overweight or obese, 51.3% of students described themselves as currently trying to lose weight. Girls were more likely to describe themselves as trying to lose weight (61%), despite only 34.6% being actually classified as overweight or obese and only 36.2% describing themselves as overweight. 41.8% of boys said they were trying to lose weight, despite only 34.8% of them being classified as overweight or obese and only 30.1% describing themselves as overweight.
This dieting despite not being overweight or obese – and not describing themselves as either slightly or very overweight – was most common among non-White, non-Black, non-Hispanic students, 53.9% of whom were trying to lose weight despite only 31.2% being classified as overweight or obese.

### Describes Self as Overweight, and Trying to Lose Weight, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th>Describe Self as Overweight</th>
<th>Combined Overweight &amp; Obese (see above chart)</th>
<th>Trying to Lose Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texas</td>
<td>33.1%</td>
<td>34.7%</td>
</tr>
</tbody>
</table>


### Community Input – Overweight and Obesity

Stakeholder interviews identified the following issues, challenges and barriers related to overweight and obesity. Following are their comments summarized and edited for clarity:

- Overweight and obesity is a growing epidemic, especially among youth.
- The type of food that is cheap and most easily available in Montgomery County is usually fried and fast food.
- Many working poor live in neighborhoods where they shop at small mom and pop stores or gas station mini markets. They don’t feel safe crossing the highway to the other side of town where the larger grocery stores are.
- There are no large grocery stores on the east side of town (Conroe).
- Overweight and obesity is tied to chronic disease and unhealthy eating habits.
- Comorbidities exacerbate chronic disease conditions creating a vicious circle.
- There are definite food deserts/food swamps that contribute to the lack of healthy foods in Montgomery County. Many people lack nutrition knowledge (how to cook, what to choose when shopping and how to incorporate other good habits). There are very few or no classes that teach this information.
- There is a lack of regular exercise and physical activity.
- Although food pantries meet a great need, sometimes the food there is not healthy.

### Physical Activity

The CDC recommendation for adult physical activity is 30 minutes of moderate activity five times a week or 20 minutes of vigorous activity three times a week, and strength training exercises that work all major muscle groups at least 2 times per week. In the service area, 83.5% of adults do not meet these recommendations. Adults in The Woodlands were the most likely to have met the recommendations (those three ZIP Codes ranged from 81.2% to 81.8% of the population who had not met the recommendations).
### Physical Activity Recommendations Not Met, Adults

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>85.2%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>85.5%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>85.5%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>85.4%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>84.0%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>85.7%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>82.4%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>84.7%</td>
</tr>
<tr>
<td>Cleveland 77073</td>
<td>84.6%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>83.0%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>84.0%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>84.2%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>85.3%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>83.6%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>82.5%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>83.7%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>83.5%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>82.8%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>81.2%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>81.8%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>81.3%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>82.4%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>85.0%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>85.4%</td>
</tr>
<tr>
<td><strong>Lakeside Hospital Service Area</strong></td>
<td><strong>83.5%</strong></td>
</tr>
<tr>
<td><strong>Montgomery County</strong></td>
<td><strong>83.9%</strong></td>
</tr>
<tr>
<td><strong>Texas</strong></td>
<td><strong>83.0%</strong></td>
</tr>
</tbody>
</table>


34.7% of adults in the service area were sedentary and did not participate in any leisure-time physical activity in the previous month. Adults in Conroe 77301 (40.4%) were the most likely to report not participating in any leisure-time physical activities, while those in The Woodlands 77382 (29%) were least likely to be sedentary.

### Sedentary Adults

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>38.3%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>40.4%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>38.4%</td>
</tr>
<tr>
<td>ZIP Code</td>
<td>Percent</td>
</tr>
<tr>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>38.8%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>35.6%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>39.1%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>31.9%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>36.4%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>39.1%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>36.0%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>34.8%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>35.1%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>37.4%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>35.3%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>32.2%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>34.5%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>34.4%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>32.9%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>29.8%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>30.5%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>29.0%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>32.7%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>36.9%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>38.7%</td>
</tr>
<tr>
<td><strong>Lakeside Hospital Service Area</strong>*</td>
<td><strong>34.7%</strong></td>
</tr>
<tr>
<td>Montgomery County</td>
<td><strong>35.1%</strong></td>
</tr>
<tr>
<td>Texas</td>
<td><strong>38.1%</strong></td>
</tr>
</tbody>
</table>


30.4% of adults in Health Service Region 6 limited their activities for at least 5 of the prior 30 days due to poor mental or physical health, and 14.7% limited them for at least 14 of the prior 30 days.

**Limited Activity Due to Poor Health, Days Per Month, Adults**

<table>
<thead>
<tr>
<th></th>
<th>&gt; = 5 days</th>
<th>&gt; = 14 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Service Region 6</td>
<td>30.4%</td>
<td>14.7%</td>
</tr>
<tr>
<td>Texas</td>
<td>26.6%</td>
<td>17.0%</td>
</tr>
</tbody>
</table>


The CDC recommendation for youth physical activity is 60 minutes or more each day. Among Houston youth, 82.6% of high school students did not meet this activity recommendation, which was worse than the 77.1% seen statewide. 31.3% of student...
were active for at least 60 minutes on at least 5 of the past 7 days (compared to 41.8% for Texas). 23.2% of Houston’s high school students surveyed indicated there was not one day in the previous week where they got at least an hour of exercise. In all categories, girls were less active than boys.

### Physical Activity, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th></th>
<th>Houston</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active for 60+ minutes, 7 of past 7 days</td>
<td>17.4%</td>
<td>22.9%</td>
</tr>
<tr>
<td>Boys</td>
<td>21.8%</td>
<td>29.9%</td>
</tr>
<tr>
<td>Girls</td>
<td>13.0%</td>
<td>15.9%</td>
</tr>
<tr>
<td>Active for 60+ minutes, at least 5 of past 7 days</td>
<td>31.3%</td>
<td>41.8%</td>
</tr>
<tr>
<td>Boys</td>
<td>35.8%</td>
<td>49.5%</td>
</tr>
<tr>
<td>Girls</td>
<td>26.8%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Active for 60+ minutes, 0 of past 7 days</td>
<td>23.2%</td>
<td>20.1%</td>
</tr>
<tr>
<td>Boys</td>
<td>19.3%</td>
<td>18.0%</td>
</tr>
<tr>
<td>Girls</td>
<td>27.3%</td>
<td>22.4%</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. [https://nccd.cdc.gov/youthonline/app/default.aspx](https://nccd.cdc.gov/youthonline/app/default.aspx)

### Exercise Opportunities

Proximity to exercise opportunities can increase physical activity in a community. 84% of Montgomery County residents live in close proximity to exercise opportunities.

### Adequate Access to Exercise Opportunities, 2010 and 2019 Combined

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>84%</td>
</tr>
<tr>
<td>Texas</td>
<td>81%</td>
</tr>
</tbody>
</table>

Source: County Health Rankings, 2020 ranking, utilizing 2010 and 2019 combined data. [http://www.countyhealthrankings.org](http://www.countyhealthrankings.org)

### Community Walkability

WalkScore.com ranks over 2,500 cities in the United States (over 10,000 neighborhoods) with a walk score. The walk score for a location is determined by its access to amenities. Many locations are sampled within each city and an overall score is issued for the walkability of that city (scores for smaller towns, however, may be based on a single location). A higher score indicates an area is more accessible to walking while a lower score indicates a more vehicle-dependent location.

WalkScore.com has established the range of scores as follows:

- 0-24: Car Dependent (Almost all errands require a car)
- 25-49: Car Dependent (A few amenities within walking distance)
- 50-69: Somewhat Walkable (Some amenities within walking distance)

St. Luke’s Health – Lakeside Hospital
70-89: Very Walkable (Most errands can be accomplished on foot)
90-100: Walker's Paradise (Daily errands do not require a car)

Based on this scoring method, all but one of the ZIP Codes in the service area are classified as “Car Dependent”. The Woodlands 77380 (with a score of 54) qualifies as “Somewhat Walkable”.

### Walkability

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Walk Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>0</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>33</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>0</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>2</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>29</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>3</td>
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<tr>
<td>Conroe 77384</td>
<td>0</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>8</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>10</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>43</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>0</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>0</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>3</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>20</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>47</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>27</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>18</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>13</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>54</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>19</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>15</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>0</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>5</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>0</td>
</tr>
</tbody>
</table>

**Source:** WalkScore.com, 2021.

### Soda Consumption

Houston high school students were less likely to consume soda than students statewide. 28.4% of Houston teens drank no soda in the past week.

#### Daily Soda Consumption, Past Week, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th></th>
<th>Houston</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drank soda at least once per day, past 7 days</td>
<td>14.4%</td>
<td>19.5%</td>
</tr>
</tbody>
</table>

St. Luke’s Health – Lakeside Hospital
Drank soda at least twice per day, past 7 days | 8.5% | 10.6%
Drank no soda, past 7 days | 28.4% | 23.6%


Fruit and Vegetable Consumption
13.4% in high school students in Houston said they ate no vegetables, including salads, carrots, potatoes (excluding fried potatoes, chips or fries) or other vegetables, during the 7 days prior to the survey. 8% of Houston students said they ate no fruit and drank no 100% fruit juice (such as orange, apple or grape juice but excluding all fruit-flavored or sweetened drinks) in the 7 days prior to the survey. Cost and access must be considered as factors that may affect fruit and vegetable consumption, not solely personal preference.

Consumed No Vegetables, Fruit or 100% Fruit Juice, Past Week, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th>Houston</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consumed no vegetables, past 7 days</td>
<td>13.4%</td>
</tr>
<tr>
<td>Did not consume fruit or 100% fruit juice</td>
<td>8.0%</td>
</tr>
</tbody>
</table>


Youth Sexual Behaviors
Among Houston high-school students surveyed in the Texas Youth Risk Behavior Survey, 32.7% of 10th graders and 53% of 12th graders have had sex. These rates were lower than the statewide rates of sexual activity. 43.9% of Texas 10th graders who had sex during the prior three months did not use a condom during their last sexual encounter, and 54.4% of 12th graders did not use a condom during their last sexual encounter.

Sexual Behaviors, Youth

<table>
<thead>
<tr>
<th>Has had Sex</th>
<th>Did Not Use a Condom During Last Sexual Encounter</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10th Grade</td>
</tr>
<tr>
<td>Houston</td>
<td>32.7%</td>
</tr>
<tr>
<td>Texas</td>
<td>38.3%</td>
</tr>
</tbody>
</table>


Sexually Transmitted Infections
Chlamydia occurred at a rate of 269.9 cases per 100,000 persons in Montgomery County, and the rate of gonorhea was 60.8 cases per 100,000 persons. Primary and Secondary syphilis occurred at a rate of 3.7 cases per 100,000 persons in Montgomery County. Rates of STIs were lower in Montgomery County than in the state.
Sexually Transmitted Infection Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th>Montgomery County</th>
<th>Texas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>269.9</td>
<td>508.2</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>60.8</td>
<td>163.6</td>
</tr>
<tr>
<td>Syphilis (primary &amp; secondary)</td>
<td>3.7</td>
<td>8.8</td>
</tr>
</tbody>
</table>

Source: Texas Department of State Health Services, Texas STD Surveillance Report, 2018. [https://www.dshs.texas.gov/hivstd/](https://www.dshs.texas.gov/hivstd/)

HIV

The rate of newly-diagnosed cases of HIV rose from 2014 to 2019 in Montgomery County, from 6.0 per 100,000 persons in 2014 to 8.9 per 100,000 persons in 2019.

Newly Diagnosed HIV Cases, Annual Count and Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>31</td>
<td>41</td>
<td>45</td>
<td>44</td>
<td>51</td>
<td>54</td>
<td>8.9</td>
</tr>
<tr>
<td>Texas</td>
<td>4,462</td>
<td>4,551</td>
<td>4,548</td>
<td>4,368</td>
<td>4,419</td>
<td>4,203</td>
<td>14.5</td>
</tr>
</tbody>
</table>

Source: Texas Department of State Health Services, Texas HIV Surveillance Report, 2019 and Interactive Data Dashboard. [https://www.dshs.texas.gov/hivstd/](https://www.dshs.texas.gov/hivstd/)

The incidence of HIV (annual new cases) in Montgomery County over five years was 8.2 cases per 100,000 persons. The prevalence of HIV/AIDS (those living with HIV/AIDS regardless of when they might have been diagnosed or infected) was 146.5 cases per 100,000 persons in Montgomery County.

HIV Incidence and HIV/AIDS Prevalence Rates, per 100,000 Persons

<table>
<thead>
<tr>
<th></th>
<th>5-Year Average Incidence Rate, 2015-2019</th>
<th>2019 Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>8.2</td>
<td>146.5</td>
</tr>
<tr>
<td>Texas</td>
<td>15.6</td>
<td>337.4</td>
</tr>
</tbody>
</table>

Source: Texas Department of State Health Services, Texas HIV Surveillance Report, 2019 and Interactive Data Dashboard. [https://www.dshs.texas.gov/hivstd/](https://www.dshs.texas.gov/hivstd/)

St. Luke’s Health – Lakeside Hospital  
pg. 67
Mental Health

Frequent Mental Distress

Frequent Mental Distress is defined as 14 or more bad mental health days in the last month. In the service area the rate of mental distress among adults was 12.9%. Adults in Conroe 77301 (14.7%) were the most likely to report frequent mental distress while those in The Woodlands 77381 (10.7%) and 77382 (10.8%) were the least likely to report mental distress.

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>14.0%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>14.7%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>14.1%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>14.3%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>13.0%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>14.4%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>11.3%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>13.9%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>14.2%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>13.8%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>12.9%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>12.9%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>12.7%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>13.4%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>12.1%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>13.4%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>12.7%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>12.7%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>11.1%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>10.7%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>10.8%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>12.3%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>12.9%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>14.2%</td>
</tr>
</tbody>
</table>

**Lakeside Hospital Service Area** 12.9%

**Montgomery County** 12.9%

**Texas** 11.7%

Youth Mental Health
Among Texas high school students, 38.3% had experienced depression in the previous year, described as 'feeling so sad or hopeless every day for two weeks or more in a row that they stopped doing some usual activities'.

Depression, Past 12 Months, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texas</td>
</tr>
<tr>
<td>38.3%</td>
</tr>
</tbody>
</table>


19.6% of high school students in Texas said they had considered suicide in the past year, while 10% said they had attempted suicide in the past year.

Considered and Attempted Suicide, Past 12 Months, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th>Seriously Considered Suicide</th>
<th>Attempted Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Texas 18.9%</td>
<td>10.0%</td>
</tr>
</tbody>
</table>


Experiencing physical or sexual violence from someone they were dating during the prior year was a concern for youth beginning in at least the 9th grade, rising by grade level. 9.3% of Houston teens and 8.3% of Texas teens said they were physically hurt on purpose by someone they were dating during the past 12 months.

Dating Violence, in the Past 12 Months, 9th - 12th Grade Youth

<table>
<thead>
<tr>
<th>Physical Dating Violence</th>
<th>Sexual Dating Violence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houston 9.3%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Texas 8.3%</td>
<td>15.4%</td>
</tr>
</tbody>
</table>


Community Input – Mental Health
Stakeholder interviews identified the following issues, challenges and barriers related to mental health. Following are their comments summarized and edited for clarity:

- There is a lack of bilingual and bicultural case workers in the county. Sam Houston University used to send bilingual case workers/counselors as part of their community counseling program but the program ended.
- Many members of the Hispanic community or elderly individuals feel a stigma in seeking mental health care.
- Often people experiencing mental health crises end up at the local ED where the
staff is already overwhelmed and might not have the right provider or services readily available.

- There is a need for more providers (counselors, therapists, residential facilities) for all types of mental health problems.
- Shelter space dedicated to people who struggle with mental health issues is lacking in the county.
- The mental health provider community was not equipped to handle the surge in needs associated with COVID.
- People prefer to access telehealth services in order to stay anonymous. Initially it works, but then the patients do not follow up.
- Mental health co-pays are usually not enough to cover the complete cost of services, if it’s covered at all.
- There is a lack of time for students and working individuals to access care as most appointments are during class/work times.
- Waiting lists to see a provider for non-emergency situations are 3-4 months long.
- The real question that needs a response is where to send people with mental health needs?
- The minimum wait time for a mental health provider in non-surge times is up a month. It was even worse during COVID.
Substance Use and Misuse

Cigarette Smoking
The Healthy People 2030 objective is for 5% of the population to smoke cigarettes. 15.6% of Montgomery County adults were current smokers in 2018.

<table>
<thead>
<tr>
<th>Smoking, Adults</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>15.6%</td>
</tr>
<tr>
<td>Texas</td>
<td>*16.0%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. [https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb](https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb)

*Weighted average of Texas county rates.

Vapor products are now the most common nicotine product used by youth. 3.8% of high school students surveyed in Houston smoked cigarettes in the prior 30 days, 3.1% used smokeless tobacco in the prior 30 days, and 11.1% had used vapor products. These rates were lower than the statewide rates of tobacco use.

<table>
<thead>
<tr>
<th>Tobacco Use, Past 30 Days, 9th - 12th Grade Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smokes Cigarettes</td>
</tr>
<tr>
<td>------------------</td>
</tr>
<tr>
<td>Houston</td>
</tr>
<tr>
<td>Texas</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. [https://nccd.cdc.gov/youthonline/app/default.aspx](https://nccd.cdc.gov/youthonline/app/default.aspx)

Alcohol Use
Binge drinking is defined as consuming a certain amount of alcohol within a set period of time. For males this is five or more drinks per occasion and for females it is four or more drinks per occasion. Among service area adults, 18.5% reported having engaged in binge drinking in the previous 30 days. Rates of binge drinking were reported to be highest in Spring 77386 (20.2%) and lowest in Montgomery 77356 (16.1%).

<table>
<thead>
<tr>
<th>Binge Drinking, Past 30 Days, Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZIP Code</td>
</tr>
<tr>
<td>----------</td>
</tr>
<tr>
<td>Cleveland</td>
</tr>
<tr>
<td>Conroe</td>
</tr>
<tr>
<td>Conroe</td>
</tr>
<tr>
<td>Conroe</td>
</tr>
<tr>
<td>Conroe</td>
</tr>
<tr>
<td>Conroe</td>
</tr>
<tr>
<td>Conroe</td>
</tr>
</tbody>
</table>
Alcohol use among youth increased by age. 28.9% of 12\textsuperscript{th} grade youth in Houston had consumed at least one alcoholic drink on one or more occasions in the past 30 days. Consumption of alcohol was seen in 25.9% of 11\textsuperscript{th} graders, 14.7% of 10\textsuperscript{th} graders and 16% of 9\textsuperscript{th} graders. Rates of reported alcohol use were lower in Houston than in the state.

### Alcohol Use, Past 30 Days, Youth

<table>
<thead>
<tr>
<th></th>
<th>9\textsuperscript{th} Grade</th>
<th>10\textsuperscript{th} Grade</th>
<th>11\textsuperscript{th} Grade</th>
<th>12\textsuperscript{th} Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Houston</td>
<td>16.0%</td>
<td>14.7%</td>
<td>25.9%</td>
<td>28.9%</td>
</tr>
<tr>
<td>Texas</td>
<td>16.1%</td>
<td>28.1%</td>
<td>28.6%</td>
<td>39.9%</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. [https://nccd.cdc.gov/youthonline/app/default.aspx](https://nccd.cdc.gov/youthonline/app/default.aspx)

Binge drinking was described in the Texas Youth Risk Behavior Survey as four or more alcoholic drinks in a row for female students or five or more drinks in a row for male students, within a couple of hours, on at least one day during the previous month. Extreme binge drinking was described as ten or more alcoholic drinks in a row, within a couple of hours, regardless of gender, on at least one occasion in the prior month.
Reported rates of binge drinking (not extreme) among 10th graders in Houston was 3% and among 12th graders it was 8.8%. Extreme binge drinking among 10th graders in Houston was 1% and among 12th graders it was 2.1%.

<table>
<thead>
<tr>
<th>Binge Drinking and Extreme Binge Drinking, in Past 30 Days, Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10th Grade</strong></td>
</tr>
<tr>
<td>Binge Drinking</td>
</tr>
<tr>
<td>Houston</td>
</tr>
<tr>
<td>Texas</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. [https://nccd.cdc.gov/youthonline/app/default.aspx](https://nccd.cdc.gov/youthonline/app/default.aspx)

**Youth Drug Use**

40.3% of 12th grade youth, and 30.6% of the 10th grade youth in Houston indicated they had tried marijuana. These rates of marijuana usage were lower than state rates. Rates of marijuana use among 12th grade students in the past 30 days were higher in Houston (25.6%) than in the state (22%).

<table>
<thead>
<tr>
<th>Marijuana Use, Ever and in Past 30 Days, Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>10th Grade</strong></td>
</tr>
<tr>
<td>Ever</td>
</tr>
<tr>
<td>Houston</td>
</tr>
<tr>
<td>Texas</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control (CDC), Youth Risk Behavior Survey (YRBS), 2019. [https://nccd.cdc.gov/youthonline/app/default.aspx](https://nccd.cdc.gov/youthonline/app/default.aspx)

While Houston youth were less likely to have tried or currently use tobacco or alcohol, or to binge drink, they were more likely than their statewide peers to use marijuana and to have experimented with other drugs. Among Houston 9th – 12th graders, 17.5% have used prescription pain medications obtained without a prescription, 7.6% had used inhalants, 6.8% had tried ecstasy and 6% cocaine.

<table>
<thead>
<tr>
<th>Other Drug Use, Ever, 9th - 12th Grade Youth</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Houston</strong></td>
</tr>
<tr>
<td>Rx pain meds without a prescription</td>
</tr>
<tr>
<td>Inhalants (glue, aerosol, paints, sprays, etc.)</td>
</tr>
<tr>
<td>Ecstasy</td>
</tr>
<tr>
<td>Cocaine (any form)</td>
</tr>
<tr>
<td>Steroids</td>
</tr>
<tr>
<td>Methamphetamines</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>----------------</td>
</tr>
<tr>
<td>Heroin</td>
</tr>
<tr>
<td>Injected drugs</td>
</tr>
</tbody>
</table>


**Community Input – Substance Use**

Stakeholder interviews identified the following issues, challenges and barriers related to substance use. Following are their comments summarized and edited for clarity:

- While there is an increase in the use of street drugs like heroin and opioids, the amount of treatment facilities and providers has not kept pace with the demand.
- There are no inpatient treatment facilities for young people.
- Since COVID, there has been an increased dependence on alcohol and drugs to deal with stress and isolation.
- Substance use treatment options are expensive and have to be paid out-of-pocket.
- Many people don’t access substance use education because they don’t think it is relevant to them.
- Social service providers need to be aware of the community-based services and referrals points beyond their own network.
- The number of drug overdoses skyrocketed during COVID.
- There is a lack of public and private funding to support substance abuse treatment.
- There are a lack services and education for addiction management.
- Only two or three detox hospitals are available in the nearby area.
Preventive Practices

Flu and Pneumonia Vaccines
24.2% of adults in the service area received a flu shot. The service area rate of flu shots fell below the Healthy People 2030 objective for 70% of all adults, 18 and older, to receive a flu shot. Adults in The Woodlands 77381 (28.4%) were the most likely to be vaccinated for the flu, while those in Houston 77090 (21.4%) were least likely to receive a flu shot.

Flu Shots, Adults, Past 12 Months

<table>
<thead>
<tr>
<th>ZIP Code</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland 77328</td>
<td>23.2%</td>
</tr>
<tr>
<td>Conroe 77301</td>
<td>21.7%</td>
</tr>
<tr>
<td>Conroe 77302</td>
<td>22.9%</td>
</tr>
<tr>
<td>Conroe 77303</td>
<td>21.9%</td>
</tr>
<tr>
<td>Conroe 77304</td>
<td>25.4%</td>
</tr>
<tr>
<td>Conroe 77306</td>
<td>21.9%</td>
</tr>
<tr>
<td>Conroe 77384</td>
<td>27.4%</td>
</tr>
<tr>
<td>Conroe 77385</td>
<td>21.7%</td>
</tr>
<tr>
<td>Houston 77073</td>
<td>19.6%</td>
</tr>
<tr>
<td>Houston 77090</td>
<td>21.4%</td>
</tr>
<tr>
<td>Magnolia 77354</td>
<td>23.8%</td>
</tr>
<tr>
<td>Montgomery 77316</td>
<td>24.5%</td>
</tr>
<tr>
<td>Montgomery 77356</td>
<td>26.7%</td>
</tr>
<tr>
<td>Spring 77373</td>
<td>22.7%</td>
</tr>
<tr>
<td>Spring 77379</td>
<td>26.2%</td>
</tr>
<tr>
<td>Spring 77386</td>
<td>22.1%</td>
</tr>
<tr>
<td>Spring 77388</td>
<td>25.0%</td>
</tr>
<tr>
<td>Spring 77389</td>
<td>25.1%</td>
</tr>
<tr>
<td>The Woodlands 77380</td>
<td>26.2%</td>
</tr>
<tr>
<td>The Woodlands 77381</td>
<td>28.4%</td>
</tr>
<tr>
<td>The Woodlands 77382</td>
<td>25.9%</td>
</tr>
<tr>
<td>Tomball 77375</td>
<td>25.3%</td>
</tr>
<tr>
<td>Willis 77318</td>
<td>26.0%</td>
</tr>
<tr>
<td>Willis 77378</td>
<td>22.2%</td>
</tr>
</tbody>
</table>

Lakeside Hospital Service Area* | 24.2%
Montgomery County | 24.3%
Texas | 26.4%

The state rate of pneumonia vaccination among adults, ages 65 and older, was 71.3%, which was higher than the pneumonia vaccine rate in Health Service Region 6 (70.8%).

**Pneumonia Vaccine, Adults, Ages 65 and Older**

<table>
<thead>
<tr>
<th></th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Service Region 6</td>
<td>70.8%</td>
</tr>
<tr>
<td>Texas</td>
<td>71.3%</td>
</tr>
</tbody>
</table>


**Immunization of Children**

Among area school districts, rates of vaccinations among children entering Kindergarten ranged from 94.1% (for Hepatitis A in Conroe ISD) to 98.9% (for Hepatitis B in Cleveland ISD). In the service area, Magnolia and Montgomery ISDs had the lowest overall rates of vaccination for all required vaccines.

**Up-to-Date Immunization Rates of Children Entering Kindergarten**

<table>
<thead>
<tr>
<th></th>
<th>DTaP</th>
<th>Hep A</th>
<th>Hep B</th>
<th>MMR</th>
<th>Polio</th>
<th>Varicella</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleveland ISD</td>
<td>97.9%</td>
<td>96.3%</td>
<td>98.9%</td>
<td>98.8%</td>
<td>98.1%</td>
<td>97.5%</td>
</tr>
<tr>
<td>Conroe ISD</td>
<td>95.4%</td>
<td>94.1%</td>
<td>96.3%</td>
<td>95.7%</td>
<td>95.6%</td>
<td>94.7%</td>
</tr>
<tr>
<td>Klein ISD</td>
<td>97.3%</td>
<td>97.6%</td>
<td>97.6%</td>
<td>97.3%</td>
<td>97.4%</td>
<td>97.2%</td>
</tr>
<tr>
<td>Magnolia ISD</td>
<td>94.3%</td>
<td>94.5%</td>
<td>95.9%</td>
<td>95.3%</td>
<td>95.7%</td>
<td>94.7%</td>
</tr>
<tr>
<td>Montgomery ISD</td>
<td>94.4%</td>
<td>94.5%</td>
<td>95.4%</td>
<td>94.4%</td>
<td>94.7%</td>
<td>94.9%</td>
</tr>
<tr>
<td>Spring ISD</td>
<td>95.5%</td>
<td>95.2%</td>
<td>96.7%</td>
<td>95.9%</td>
<td>95.4%</td>
<td>95.1%</td>
</tr>
<tr>
<td>Tomball ISD</td>
<td>97.2%</td>
<td>96.9%</td>
<td>96.8%</td>
<td>97.0%</td>
<td>96.9%</td>
<td>96.6%</td>
</tr>
<tr>
<td>Willis ISD</td>
<td>96.0%</td>
<td>95.5%</td>
<td>96.6%</td>
<td>96.5%</td>
<td>96.0%</td>
<td>96.1%</td>
</tr>
<tr>
<td>Montgomery County</td>
<td>95.4%</td>
<td>94.5%</td>
<td>96.2%</td>
<td>95.8%</td>
<td>95.7%</td>
<td>94.7%</td>
</tr>
<tr>
<td>Texas</td>
<td>96.6%</td>
<td>96.4%</td>
<td>97.4%</td>
<td>97.0%</td>
<td>96.8%</td>
<td>96.5%</td>
</tr>
</tbody>
</table>

*Source: Texas Department of State Health Services, 2019-2020. [https://www.dshs.texas.gov/immunize/coverage/schools/](https://www.dshs.texas.gov/immunize/coverage/schools/)*

**Mammograms**

The Healthy People 2030 objective for mammograms is for 77.1% of women, between the ages of 50 and 74, to have a mammogram in the past two years. This translates to a maximum of 22.9% who lack screening. Montgomery County (28.2%) and Texas (28.3%) do not meet this objective.

**No Mammogram, Past Two Years, Women, Ages 50-74, Five-Year Average**

<table>
<thead>
<tr>
<th></th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>28.2%</td>
</tr>
<tr>
<td>Texas*</td>
<td>28.3%</td>
</tr>
</tbody>
</table>

*Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. [https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb](https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb)*

*Weighted average of Texas county rates.*

St. Luke’s Health – Lakeside Hospital
**Pap Smears**
The Healthy People 2030 objective is for 84.3% of women, ages 21 to 65, to have a Pap smear in the past three years. This equates to a maximum of 15.7% of women who lack screening. Texas (18.2%) and Montgomery County (17%) do not meet this objective.

<table>
<thead>
<tr>
<th>No Pap Test, Past Three Years, Women, Ages 21-65</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>17.0%</td>
</tr>
<tr>
<td>Texas*</td>
<td>18.2%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. [https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb](https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb)

*Weighted average of Texas county rates.

**Colorectal Cancer Screening**
The Healthy People 2030 objective for adults, ages 50 to 75, is for 74.4% to obtain colorectal cancer screening (defined as a blood stool test in the past year, sigmoidoscopy in the past five years plus blood test in the past three years, or colonoscopy in the past ten years). 63.2% of Montgomery County residents, ages 50-75, met the colorectal cancer screening guidelines. The county and state did not meet the Healthy People objective.

<table>
<thead>
<tr>
<th>Screening for Colorectal Cancer, Adults, Ages 50-75</th>
<th>Crude Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Montgomery County</td>
<td>63.2%</td>
</tr>
<tr>
<td>Texas*</td>
<td>58.7%</td>
</tr>
</tbody>
</table>

Source: U.S. Centers for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS), PLACES Project 2020. 2018 data. [https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb](https://chronicdata.cdc.gov/500-Cities-Places/PLACES-Local-Data-for-Better-Health-County-Data-20/swc5-untb)

*Weighted average of Texas county rates.

**Community Input – Preventive Practices**
Stakeholder interviews identified the following issues, challenges and barriers related to preventive practices. Following are their comments summarized and edited for clarity:
- Preventive visits don’t happen if people lack documentation. They are too afraid of being asked to produce identification, which they don’t have.
- There is a general lack of literacy on the importance of prevention.
- 90% of provider services are in English. This doesn’t work for community members who speak another language.
- Persons who are undocumented will seek services where they know they don’t have to show documents and they know they won’t be asked about their legal status (e.g., school districts, certain clinics).
- First and second-generation foreign-born populations carry influences and choices from previous generations, especially if they are living in multigenerational families. This influences their health seeking behavior.
• If people feel mostly healthy, they don’t think they need to see a provider.
• Some people rely on folk medicines or community wisdom instead of seeing a medical provider.
Prioritized Description of Significant Health Needs

The identified significant community needs were prioritized with input from the community. Interviews with community stakeholders were used to gather input on the significant needs. The following criteria were used to prioritize the significant needs:

- The perceived severity of a health or community issue as it affects the health and lives of those in the community.
- Improving or worsening of an issue in the community.
- Availability of resources to address the need.
- The level of importance the hospital should place on addressing the issue.

Each of the stakeholder interviewees was sent a link to an electronic survey (SurveyMonkey) in advance of the interview. The stakeholders were asked to rank each identified need. The percentage of responses were noted as those that identified the need as having severe or very severe impact on the community, had worsened over time, and had a shortage or absence of resources available in the community. Not all survey respondents answered every question, therefore, the response percentages were calculated based on respondents only and not on the entire sample size. COVID-19, access to health care and mental health had the highest scores for severe and very severe impact on the community. Mental health and homelessness were the top needs that had worsened over time. Homelessness, access to health care, mental health and substance use had the highest scores for insufficient resources available to address the need.

<table>
<thead>
<tr>
<th>Significant Health Needs</th>
<th>Severe and Very Severe Impact on the Community</th>
<th>Worsened Over Time</th>
<th>Insufficient or Absent Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to health care</td>
<td>85.7%</td>
<td>28.6%</td>
<td>85.7%</td>
</tr>
<tr>
<td>Birth indicators</td>
<td>28.6%</td>
<td>28.6%</td>
<td>57.1%</td>
</tr>
<tr>
<td>Chronic disease</td>
<td>57.2%</td>
<td>28.6%</td>
<td>57.1%</td>
</tr>
<tr>
<td>COVID-19</td>
<td>100%</td>
<td>28.6%</td>
<td>57.1%</td>
</tr>
<tr>
<td>Homelessness</td>
<td>42.9%</td>
<td>57.1%</td>
<td>100%</td>
</tr>
<tr>
<td>Mental health</td>
<td>85.7%</td>
<td>85.7%</td>
<td>85.7%</td>
</tr>
<tr>
<td>Overweight and obesity</td>
<td>57.1%</td>
<td>28.6%</td>
<td>57.1%</td>
</tr>
<tr>
<td>Preventive practices</td>
<td>71.4%</td>
<td>14.3%</td>
<td>42.9%</td>
</tr>
<tr>
<td>Substance use</td>
<td>42.9%</td>
<td>42.9%</td>
<td>85.7%</td>
</tr>
<tr>
<td>Unintentional injury</td>
<td>14.3%</td>
<td>0%</td>
<td>28.6%</td>
</tr>
</tbody>
</table>

The interviewees were also asked to prioritize the health needs according to highest level of importance in the community. The total score for each significant need (possible score of 4) was divided by the total number of responses for which data were provided, resulting in an overall score for each significant need. Access to health care, mental
health, birth indicators, chronic disease, and overweight and obesity were ranked as the top five priority needs in the service area. Calculations resulted in the following prioritization of the significant needs:

<table>
<thead>
<tr>
<th>Significant Needs</th>
<th>Priority Ranking (Total Possible Score of 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to health care</td>
<td>4.00</td>
</tr>
<tr>
<td>Mental health</td>
<td>3.71</td>
</tr>
<tr>
<td>Birth indicators</td>
<td>3.50</td>
</tr>
<tr>
<td>Chronic disease</td>
<td>3.50</td>
</tr>
<tr>
<td>Overweight and obesity</td>
<td>3.50</td>
</tr>
<tr>
<td>COVID-19</td>
<td>3.43</td>
</tr>
<tr>
<td>Preventive practices</td>
<td>3.33</td>
</tr>
<tr>
<td>Homelessness</td>
<td>3.00</td>
</tr>
<tr>
<td>Substance use</td>
<td>3.00</td>
</tr>
<tr>
<td>Unintentional injuries</td>
<td>2.83</td>
</tr>
</tbody>
</table>
Resources to Address Significant Health Needs

Community stakeholders identified community resources potentially available to address the identified community needs. This is not a comprehensive list of all available resources. For additional resources refer to [https://www.211texas.org/](https://www.211texas.org/)

<table>
<thead>
<tr>
<th>Significant Needs</th>
<th>Community Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access to care</td>
<td>FQHCs, Lone Star Family Health Center, Sam Houston Student Health Center, St. Luke’s Compassionate Care Clinic for underfunded, Urgent Care, Interfaith clinic, HCA Memorial, Express Family Clinic, United Way, Mission Northeast, Community Assistance Center, Meals on Wheels, St. Vincent de Paul, Texas Familias Council, Good Rx, NAACP, TOMAGWA HealthCare Ministries, local school districts, HCAP, Montgomery County Cares</td>
</tr>
<tr>
<td>Birth indicators</td>
<td>Student Health Clinic, Pregnancy Care Centers, Medicaid, UT Maternal Medical Program, CHIP</td>
</tr>
<tr>
<td>Chronic diseases</td>
<td>Lone Star Family Health Center, Interfaith Clinic, all major hospitals, Harris Health Clinic, MD Anderson, St Luke’s health classes, Community: East County Food Bank, Faith-based organizations, Texas A&amp;M AgriLife Extension classes, Mission Northeast, Interfaith Community Clinic, Texas AIM, County EMS</td>
</tr>
<tr>
<td>COVID-19</td>
<td>Sam Houston Medical Center, Lone Star Family Health Center, SOS Magnolia, Mission Northeast, Faith-based communities, Montgomery County Cares, Salvation Army, House of Prayer-Conroe, Lone Star Community College, local school districts, Texas National Guard, Montgomery County Public Health District, Texas AIM</td>
</tr>
<tr>
<td>Housing and homelessness</td>
<td>Universal Unitarian Homeless Justice, Salvation Army, Montgomery County Homeless Coalition, homeless shelters, IDD Interfaith Community Clinic, Community Assistance Center, Yes to Youth, Faith-based organizations, Harris County Homeless Outreach Team</td>
</tr>
<tr>
<td>Mental health</td>
<td>Tri County Clinic, Lone Star Family Health Center, Montgomery Independent School District, and other independent school districts, Behavioral Health and Suicide Prevention Task Force, Mosaic of Mercy, Mission Northeast, Yes to Youth</td>
</tr>
<tr>
<td>Overweight and obesity</td>
<td>Food pantries, YMCA, Texas AgriLife Extension classes, Head Start</td>
</tr>
<tr>
<td>Substance use</td>
<td>Lone Star Family Health Center, Tri County Clinic, Behavioral Health and Suicide Prevention Task Force</td>
</tr>
<tr>
<td>Unintentional injury</td>
<td>Interfaith Clinic, Transitional care centers, Gateway Baptist (Seniors), Montgomery County Women’s Center, Faith-based organizations, EMS</td>
</tr>
</tbody>
</table>
Impact of Actions Taken Since the Preceding CHNA

In 2019, Lakeside Hospital conducted the previous CHNA and significant health needs were identified from issues supported by primary and secondary data sources. The hospital’s Implementation Strategy associated with the 2019 CHNA addressed: access to health care and obesity through a commitment of community benefit resources. The following activities were undertaken to address these selected significant health needs since the completion of the 2019 CHNA.

Access to Care
- Administered 105,000 COVID-19 vaccinations in partnership with Montgomery County Office of Emergency Management.
- Provided education for the community regarding services and cultural differences that impact bias and affect treatment.
- Fostered new relationships with primary care providers and health care service providers to assist linking hospital patients to medical homes.
- Participated in 17 community blood drives.
- Donated financial support for heart health.

Obesity
Partnered with schools and provided resources and educational support for nutrition, obesity, and healthy lifestyles among youth.
Attachment 1: Benchmark Comparisons

Where data were available, the service area health and social indicators were compared to the Healthy People 2030 objectives. The **bolded items** are Healthy People 2030 objectives that did not meet established benchmarks; non-bolded items met or exceeded the objectives.

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Service Area Data</th>
<th>Healthy People 2030 Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school graduation rate</td>
<td>83.5% - 96.4%</td>
<td>90.7%</td>
</tr>
<tr>
<td>Child health insurance rate</td>
<td>91.2%</td>
<td>92.1%</td>
</tr>
<tr>
<td>Adult health insurance rate</td>
<td>81.9%</td>
<td>92.1%</td>
</tr>
<tr>
<td>Unable to obtain medical care</td>
<td>17.9%</td>
<td>3.3%</td>
</tr>
<tr>
<td>Ischemic heart disease deaths</td>
<td>77.6%</td>
<td>71.1 per 100,000 persons</td>
</tr>
<tr>
<td>Cancer deaths</td>
<td>141.0%</td>
<td>122.7 per 100,000 persons</td>
</tr>
<tr>
<td>Colon/rectum cancer deaths</td>
<td>13.0%</td>
<td>8.9 per 100,000 persons</td>
</tr>
<tr>
<td>Lung cancer deaths</td>
<td>37.7%</td>
<td>25.1 per 100,000 persons</td>
</tr>
<tr>
<td>Female breast cancer deaths</td>
<td>18.1%</td>
<td>15.3 per 100,000 persons</td>
</tr>
<tr>
<td>Prostate cancer deaths</td>
<td>15.8%</td>
<td>16.9 per 100,000 persons</td>
</tr>
<tr>
<td>Stroke deaths</td>
<td>37.6%</td>
<td>33.4 per 100,000 persons</td>
</tr>
<tr>
<td>Unintentional injury deaths</td>
<td>40.0%</td>
<td>43.2 per 100,000 persons</td>
</tr>
<tr>
<td><strong>Suicides</strong></td>
<td>16.2%</td>
<td>12.8 per 100,000 persons</td>
</tr>
<tr>
<td>Liver disease (cirrhosis) deaths</td>
<td>10.7%</td>
<td>10.9 per 100,000 persons</td>
</tr>
<tr>
<td>Homicides</td>
<td>4.3%</td>
<td>5.5 per 100,000 persons</td>
</tr>
<tr>
<td>Drug-overdose deaths</td>
<td>15.1%</td>
<td>20.7 per 100,000 persons</td>
</tr>
<tr>
<td>Overdose deaths involving opioids</td>
<td>8.5%</td>
<td>13.1 per 100,000 persons</td>
</tr>
<tr>
<td>No smoking during pregnancy</td>
<td>96.5%</td>
<td></td>
</tr>
<tr>
<td>Infant death rate</td>
<td>5.3%</td>
<td>5.0 per 1,000 live births</td>
</tr>
<tr>
<td>Adult obesity (age range unknown)</td>
<td>34.9%</td>
<td>36.0%, adults ages 20+</td>
</tr>
<tr>
<td><strong>High school student obesity</strong></td>
<td>19.5%</td>
<td>15.5%, children &amp; youth, 2 to 19</td>
</tr>
<tr>
<td>Adults engaging in binge drinking</td>
<td>18.5%</td>
<td>25.4%</td>
</tr>
<tr>
<td><strong>Cigarette smoking by adults</strong></td>
<td>15.6%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Pap smears, ages 21-65, screened in the past 3 years</td>
<td>83.0%</td>
<td>84.3%</td>
</tr>
<tr>
<td>Mammogram, ages 50-74, screened in the past 2 years</td>
<td>71.8%</td>
<td>77.1%</td>
</tr>
<tr>
<td>Colorectal cancer screenings, ages 50-75, screened per guidelines</td>
<td>63.2%</td>
<td>74.4%</td>
</tr>
<tr>
<td>Annual adult influenza vaccination</td>
<td>24.2%</td>
<td>70.0%</td>
</tr>
</tbody>
</table>
Attachment 2: Community Stakeholder Interviewees

Community input was obtained from interviews with community stakeholders from community agencies and organizations that represent medically underserved, low-income, and/or minority populations.

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maria Banos Jordan</td>
<td>President and Founder</td>
<td>Texas Familias Council</td>
</tr>
<tr>
<td>Laurie Cantrell</td>
<td>Social Worker</td>
<td>St. Luke’s Health - The Woodlands Hospital</td>
</tr>
<tr>
<td>Molly Carr</td>
<td>Kitchen Pastor, Executive Chef, The Abundant Harvest</td>
<td>St. Isidore Episcopal</td>
</tr>
<tr>
<td>Morgan Clark</td>
<td>Community Paramedicine Case Manager</td>
<td>Montgomery County Hospital District</td>
</tr>
<tr>
<td>Kathleen Gilbert</td>
<td>Director, Food Pantry</td>
<td>College of Health Sciences Sam Houston University</td>
</tr>
<tr>
<td>Missy Herndon</td>
<td>President and CEO</td>
<td>Interfaith of the Woodlands, Interfaith Community Clinic, Interfaith Child Development Center</td>
</tr>
<tr>
<td>Jennifer Landers</td>
<td>Executive Director</td>
<td>Community Assistance Center</td>
</tr>
<tr>
<td>Anita Phillips</td>
<td>Director of Clinic Operations</td>
<td>Interfaith of the Woodlands</td>
</tr>
<tr>
<td>David Strickland</td>
<td>Market Vice President of Operational Finance</td>
<td>St. Luke’s Health - North Houston Market</td>
</tr>
<tr>
<td>Alicia Williams</td>
<td>Director</td>
<td>Montgomery County Public Health District</td>
</tr>
</tbody>
</table>
Attachment 3: Community Stakeholder Interview Responses
Community interview participants were asked to name some of the major health issues affecting individuals in the community. Responses have been grouped by category and combined where appropriate.

Access to Care
- Access points to receive medical and social services are far and few between in the rural parts of Montgomery County.
- Both maternal health and mental health services are very hard to find. There is more demand than supply.
- There is a lack of general preventive care including vision and dental care that is covered by insurance or is low-cost/free.
- People can’t pay the cash prices for medication if they don’t have insurance.
- Reliable public transportation is an issue in Montgomery County. It’s only accessible in the metro area. A lot of services including medical providers are not near bus stops, except in the Woodlands.
- Many new arrivals who come to Montgomery County from other areas (mostly Harris County) are not familiar with the system here so they don’t know how to access services.
- There is a need for health homes to coordinate care for patients with chronic disease.
- We need more support and services to help victims of human trafficking
- In Montgomery County we have pockets of food insecurity and malnourishment.
- Many people lost their jobs in the last two years, setting off a domino effect of lack of insurance leading to poor health management.
- Patients don’t seek and receive preventive care in a timely manner.
- There is a lower vaccination rate in rural parts of the county.

Chronic Diseases
- There are high rates of chronic disease such as cardiovascular disease, diabetes, respiratory issues and associated co-morbidities such as obesity, hyperlipidemia, high blood pressure and hypertension throughout Montgomery County.
- Lymphoma and other cancers are on the rise.
- Lack of management of chronic health conditions is based on unhealthy lifestyles (lack of healthy food and regular exercise).
- We are seeing many seniors with early onset dementia and memory issues, leading to falls and injury.
Social Determinants of Health

Interviewees were asked about the underlying systemic issues/social determinants of health that impacted health and health outcomes in the area. Responses are presented according to the five domains of Social Determinants of Health (Healthy People 2030).

Economic Stability
- Lots of people move from Harris County to Montgomery County where the cost of living is cheaper and they can afford a decent place to live.
- People are dependent on keeping their jobs for health insurance. If they lose their jobs and wages, they cannot afford health care. Many times, you see multiple generations dependent on one or two wage earners.
- The working poor have no savings and often work multiple jobs to make ends meet.
- If the head of household falls ill it has a catastrophic effect on the health and welfare of the family (no money for food or rent).
- Undocumented individuals have the hardest time finding regular employment as they don’t have the required identification.

Neighborhood and Physical Environment
- Hwy 45 cuts the county in half. The eastern part is a food desert and has limited transportation options. Hospitals are primarily located on the western side, which is generally more affluent.
- The physical environment is better in Woodlands where there are nice parks and walking paths.
- Transport infrastructure growth is not keeping up with need especially in small towns and the rural parts of the county. There is not one transportation option that crosses the county.
- Montgomery County has mobile home complexes but they are not considered quality, affordable housing units.
- The regular occurrence of natural disasters like hurricanes (Harvey and Irma) has left extensive damage in the waterways and housing in the rural areas. It takes longer to recover.
- There is not good access to basic services in the eastern part of the county.
- Food security is a big issue in the county. We see many neighborhoods where the closest large grocery store is miles away.
- For some food pantries, people need to show their check stub or ID to get access. Not everyone has that (if they are unemployed or undocumented).
- There are county resources for food for those who lack access but not enough advertising on how to get it/find it/access it.
• Eating healthy food items is expensive. For many families, they have to think of how to stretch their food dollars between paychecks. They will choose canned and processed food because it lasts longer.

**Education**
• The quality of elementary education and outreach to families depends on where they live. There is a well-developed outreach in the larger school districts in places like the Woodlands, but the smaller school districts need more support.
• The adaptation of school districts and resources do not keep pace with the demographic changes. We see this in the lack of language and social support services.
• Vocational and job training information flows slowly into the community. Most job seekers don’t know what resources are available.

**Health Care Access**
• There is a general lack of health care literacy. That includes knowing how to proactively access health care or where to go when sick. People will wait until there is a health crisis before they access care.
• Many people don’t have knowledge or understanding of how insurance works, how to get it or use it, how to read the bills and notices for what is covered and what is not.
• Many providers do not take Medicaid, which is the insurance that many people have.
• Some of the health systems don’t take different low-cost insurance plans. Persons who access care do not know they are not covered for services until they receive a bill.
• Not all health systems and providers have linguistic and culturally competent services and providers. This especially impacts Hispanic and African Americans. Further, there is a lack of intercultural awareness.
• Persons who are experiencing homelessness or are lower income individuals feel that doctors/hospitals ‘shop them out’ because they have more complex medical issues and are a burden on the medical system.
• There is a lack of centralized social services, such as legal assistance, food access or utilities assistance. Often this work is left to churches and community nonprofits.
• There are many pop-up clinics in the county, often in lower income neighborhoods that will see patients for cash payment but they don’t give consistent care.
• Many foreign-born persons and undocumented individuals have distrust and fear of the medical system. They fear they will get deported if seeking services.
• Medicines for diabetes and steroids for COPD are two of the most commonly reported expensive medications that people stop taking because they can’t afford it.
• There is little to no social support for elderly individuals who fall and are in recovery alone at home.

Social and Community Context
• Many people don’t have access to or understand how to use technology to get services.
• Many political offices are not held by people of color even though they are growing in larger numbers in this community.
• Local policy decisions are not representative of changing community demographics.
• There is pandemic misinformation. People don’t know who to ask or where to go for trusted science-based information.
• There is institutional racism related to law enforcement actions and who gets food stamps.
• In some communities, there is still a sense of segregation. For example, in some Hispanic neighborhoods, they are traditional barrios or enclaves, which is both good and bad for the community’s overall health and integration.
• Young families need food, clothing rent mortgage, legal services. They can’t always easily get it due to language or other barriers.
• Those individuals who left Houston 35 years ago, who are still monolingual Spanish speakers, need elder care now.
• There is a delay in service availability in the neediest communities.

Gaps in Accessing Care
Interviewees were asked to identify populations and geographies that were lacking access to regular health care and social services within Harris County. The following groups and areas came up multiple times in the interviews as having the most barriers to access.

Demographic Groups
• Seniors living alone with a lack of transportation
• Vietnamese community in SE Conroe and Spring. There is a language barrier and translators are not available
• Foreign born, undocumented individuals
• Veterans
• Persons living in poverty or who are low-income
• Persons experiencing homelessness
• Hispanic communities
• African American communities
• Patients with untreated mental health issues
• Young males between the ages of 18-30
• Afghan refugees

Under resourced neighborhood and geographic locations
• East County- Hispanic communities
• Rural areas – Willis or North County
• New Caney
• Cleveland
• Central and East Conroe
• Conroe

Impact of COVID-19
Interviewees were asked to reflect on how the pandemic influenced or changed the unmet health-related needs in the community.
• In the last three months of 2020, we saw three times the number of funerals due to COVID compared to the previous 18 months. The amount of stress and grief that people were dealing with was overwhelming.
• We don’t have an accurate figure as to how many people died at home or how many homeless persons died.
• There was an increased number of deaths out of hospitals (at home) due to heart attacks or strokes. We don’t know how many of these could have been prevented if the patients had sought medical care.
• We saw an increased need for food and use of food pantries by 400% in 2020.
• There was an increased need for financial assistance for rent and utilities among our clients as well as many middle-class families who had never sought help before.
• We could not keep up with emergent needs. We had to constantly adjust our strategies and services.
• Mental health declined because people worried about issues like financial security, paying for health care, how they would make a living, fear of catching COVID and passing it to their families.
• People started using 911 and EMS to get care and checked for COVID at home. They were too scared to come to the hospital for care. This overburdened the system and made it harder to get to real emergencies.
• We saw many high school kids dropping out of school due to psychological and physical struggles with depression, anxiety and lack of support.
• Many residents of Montgomery County live in multigenerational households. These individuals were at higher risk for COVID with essential workers, elderly parents and young children, too young to receive the vaccine, all in the same home.
• COVID amplified the cracks in the community safety net, both in the referral process between organizations and being able to meet people’s needs.
• The underlying issues for working poor communities were highlighted.
• Foreign born and poor families struggled without consistent access to the Internet and broadband services.
• People stopped coming for health care visits due to fear of catching COVID.
• FQHCs and small nonprofits were overwhelmed for vaccinations. So many people came and we couldn’t vaccinate them all.
• The amount of stress, isolation and addiction reported during COVID was intense. Everyone was struggling.
• A positive change was the shift to video and telehealth. But not everything can be managed through a virtual visit. It did not build trust for those families who already distrusted the medical system.
• Because of COVID, a lot of red tape to get help was removed. We hope this continues so we can get help to those individuals who are undocumented.
• There were a lack of hospital and nursing facility beds due to COVID.
• The capacity of health care workers was drastically lowered due to burnout.