

Preface

South Texas is home to 18 % of the state's entire population.

That's 4.5 million people—an amount that could fill the home stadium of the NBA's San Antonio Spurs a whopping 242 times.

Yet South Texas residents, who are predominantly Hispanic/Latino, struggle with lower educational levels, less income, and less access to health care. This puts them in greater danger of facing dire health problems such as obesity or cancer.

The second edition of the *South Texas Health Status Review* is a comprehensive study of more than 35 health conditions and risk factors and how people in South Texas may be differently affected than those in the rest of Texas or the nation.

Does South Texas have higher breast cancer rates than the rest of Texas?

Do Hispanics in South Texas have more or less diabetes or obesity than Hispanics in the rest of the state?

This *Review* answers these and many other questions by: introducing each of the health conditions or risk factors; analyzing each condition or factor by age, sex, race/ethnicity, rural/urban location; and comparing the results between South Texas, the rest of Texas, and the nation.

The *Review*, originally published in 2008 and now updated in 2013, is a collaboration of the Institute for Health Promotion Research (IHPR) in the School of Medicine at The UT Health Science Center at San Antonio; the Cancer Therapy and Research Center (CTRC), a National Cancer Institute-designated Cancer Center at The UT Health Science Center at San Antonio; the Regional Academic Health Center (RAHC) at The UT Health Science Center at San Antonio; and the Texas Department of State Health Services.

We hope this *Review* gives researchers insight into inequalities that exist in South Texas—information that could stimulate and shape research and interventions to reduce or eliminate those very inequalities and improve the health of this large, diverse, culturally rich population.

Find the *Review* online at <http://ihpr.uthscsa.edu>.

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The South Texas Health Status Review

A Health Disparities Roadmap

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