HEALTH PROFILE OF HISPANICS IN HARRIS COUNTY, TEXAS

**Source Reference:**
Poverty by Race/Ethnicity
06/2016

**Demographic Transformation of Harris County (U.S. Census, 1960-2010)**

### Hispanic Profile in Harris County

- **Hispanics in Harris County:**
  - The number of Hispanics in Harris County has doubled in the past 20 years. In 2010, Hispanics made up 41% of Harris County residents.

- **Uninsured Hispanics:**
  - Texas has the largest number of people who are uninsured. Compared to other races and ethnicities, Hispanics make up the largest uninsured racial/ethnic group in Harris County, with over 50% who are uninsured. The next highest are Asians who make up 21% of the uninsured in Harris County.

- **Mental Health:**
  - Hispanics are at high risk for depression, anxiety and substance abuse. Hispanic women are more likely to have a major depressive period in their lives compared to men. Compared to Whites, Hispanics are less likely to take mental health-related medication and less likely to talk to their doctors about any mental health concerns.

- **Diabetes:**
  - Diabetes is a chronic disease now affecting all ages and racial/ethnic groups. Diabetes is the leading cause of death among Hispanics and can lead to stroke, heart disease, kidney disease and blindness. The age group most affected are adults 40-65 years of age. In Harris County, 11% of Hispanics and 8.5% of Whites have diabetes. Hispanics are more likely to have diabetes than any other racial/ethnic group.

**Census Data Show Consistent Growth in the Hispanic Population in Harris County from 1960 to Present.**

- **Poverty by Race/Ethnicity:**
  - Of those living in poverty, 46% are Hispanics. The majority of Hispanics in poverty are children under 12 years of age. Sixteen percent (16%) of Hispanic families receive food stamps for 34 years and other social assistance. For Whites, only 4% receive food stamps or other social assistance.

- **Census Data:**
  - The number of Hispanics in Harris County has doubled in the past 20 years. In 2010, Hispanics made up 41% of Harris County residents. Hispanics come from different countries, with 75% of Hispanics in Harris County are of Mexican descent.

**Coalition. (January 2013). Hispanic Health Profile Houston/Harris County: Population Growth, Demographics, Chronic Disease and Health Disparities. Retrieved from HTTPS://WWW.HOUSTONTX.GOV/HEALTH/CHS/HISPANICHEALTHDEPBOOKLET.PDF.**

**City of Houston Department of Health and Human Services & Hispanic Health Coalition. (January 2013). Hispanic Health Profile Houston/Harris County: Population Growth, Demographics, Chronic Disease and Health Disparities. Retrieved from HTTPS://WWW.HOUSTONTX.GOV/HEALTH/CHS/HISPANICHEALTHDEPBOOKLET.PDF.**

05 Diabetes

**Diabetes Profile in Harris County:**

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